
SPIFFY's February Newsletter

2 messages

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To: RGRiffin@easthamptonma.gov

Sun, Feb 15, 2026 at 8:59 AM



STRATEGIC PLANNING INITIATIVE FOR FAMILIES AND YOUTH

Welcome to the SPIFFY Newsletter! As always, if you or your coalition have upcoming events or trainings, job opportunities, or any news you'd like to share, please send it along: we are happy to help spread the word!

Dear SPIFFY friends,

Before diving into some of the latest coalition news, I want to acknowledge the relentless, continuous depth of harm that the current federal administration is creating. SPIFFY values **collaboration**, **inclusivity**, **compassion**, **evidence**, **truth and transparency**, and **social justice**. There is no denying that the federal administration has embodied the antithesis of these values. And yet we stand with our values.

There is a quote from adrienne maree brown's book, *Emergent Strategy: Shaping Change, Changing Worlds*, that feels powerful and pertinent:

"When we speak of systemic change, we need to be fractal. Fractals - a way to speak of the patterns we see - move from the micro to the macro level. The same spirals on sea shells can be found in the shape of galaxies. We must create patterns that cycle upwards. **We are microsystems." (p 59)**

If you are interested in being an agent of change to actively re-shape our world to one that authentically cares for humanity and all non-human life, I highly recommend reading *Emergent Strategy: Shaping Change, Changing Worlds*.

In community,

 Lexi 

In this newsletter, you will find

1. **Community & Coalition News** (Full Coalition meeting recap, SPIFFY staff changes, etc.)
2. **Some Resources in Line With SPIFFY's Values**
3. **Local Nicotine-Free Generation Policies**
4. A diverse array of upcoming **trainings, events, and other opportunities** in our communities that support youth health and community building!

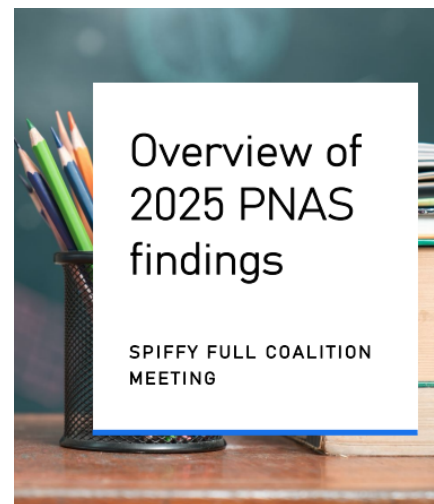
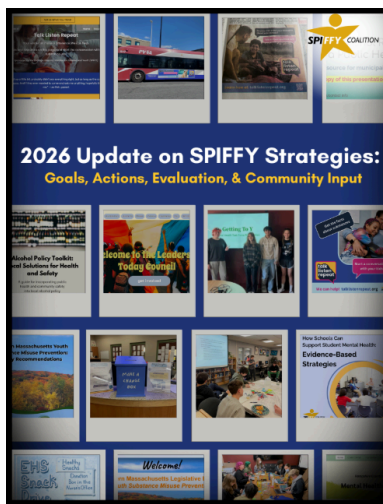
COMMUNITY & COALITION NEWS



ICYMI: SPIFFY's Winter Full Coalition Meeting

Thanks to all how were able to attend to SPIFFY's Full Coalition meeting on January 15th. It was great to have different community voices represented at this meeting, representation from youth, health boards, coalitions, schools, the DA's office, and more.

Full Coalition Meeting resources & materials:



Good luck, Caroline!

Caroline Johnson, SPIFFY's Public Health Data and Evaluation Specialist for the past several years, transitioned out of her role with SPIFFY on February 15, 2026. Caroline provided incredible leadership with the Prevention Needs Assessment Survey administration, SPIFFY assessment process, and other data collection efforts. She provided multiple data presentations

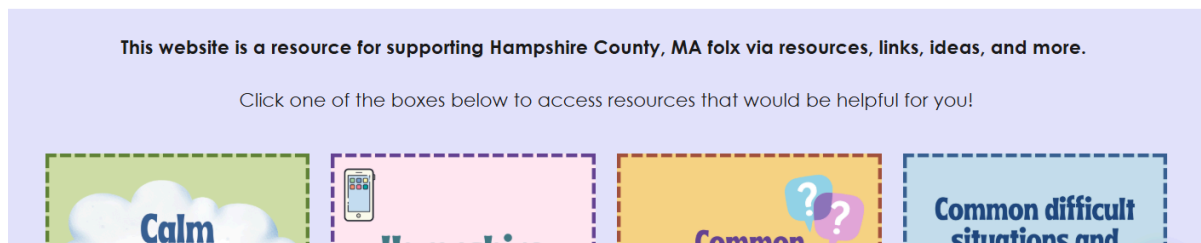
to support the work of local communities, she stepped in to support one of our Youth Participatory Action Research projects, and she generally acted as a strong member of the SPIFFY Team as we made decisions around the best ways to engage the community and move forward with our strategic plan. We wish her well and she will be missed!

SPIFFY Youth Steering Committee needs your feedback for their website!

The SPIFFY Youth Steering Committee (SYSC) has taken on the project of creating an accessible website for Hampshire County community members to provide some local, state, and national resources for people to support their mental health. **The SYSC has a first draft of the website, [MH4A](#), and would love your feedback on it! The first 20 people to provide feedback [via this Google Form](#) will receive a \$5 digital gift card.** Thanks for your help!!



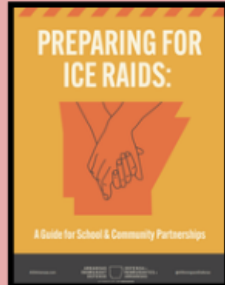
NOTE: If you are experiencing a mental health emergency, please call 911 immediately.



Some Resources in Line With SPIFFY's Values

Collaboration

Preparing for
ICE Raids:
A Guide For
School &
Community
Partnerships



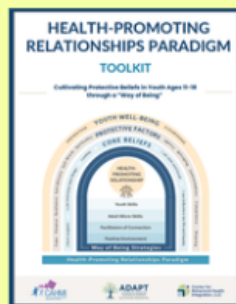
Inclusivity

The Student
Voice
Toolkit



Compassion

Health-
Promoting
Relationships
Paradigm
Toolkit



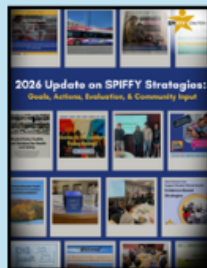
Evidence

Online Registries
Guide to
Evidence-based
Substance Misuse
Prevention
Programs,
Practices, and
Policies



Truth & Transparency

2026 Update
on SPIFFY
Strategies:
Goals, Actions,
Evaluation, &
Community
Input



Social Justice

28 Days of Black History:
A Newsletter



**PREVENTION IN
ACTION**



Local Nicotine-Free Generation Policies

More and more municipalities in Massachusetts, including many in Western Massachusetts, are passing Nicotine-Free Generation policies.

What is a Nicotine Free Generation policy? The Nicotine Free Generation (NFG) policy uses a birthdate to set a limit on retailers' ability to sell nicotine products. NFG prevents the creation of future demand for nicotine by preventing sales to anyone born after the designated birth date. Users who currently are legally sold nicotine are NOT affected. You can learn more about NGF by viewing [these resources](#).

Last month, NFG was enacted unanimously in the neighboring towns of [Amherst and Leverett](#). They are the 20th and 21st NFG communities, raising the total population of enacting cities and towns to over 627,000 people. This growing list now includes Amherst, Belchertown, Brookline, Chelsea, Concord, Conway, Dover, Hopkinton, Leverett, Malden, Melrose, Manchester-by-the-Sea, Needham, Newton, Pelham, Reading, Somerville, South Hadley, Stoneham, Wakefield, and Winchester. More are on the way!

Is your town or city interested in potentially passing a NFG policy? Please reach out to nicotinefreegeneration@gmail.com, they will make a presentation about NFG. Even in small towns with no tobacco licensees, they welcome supporting resolutions from boards of health.



Check out upcoming opportunities for events, trainings, and more, below!

Events

- **February 17; 10AM-3PM:** Girl's Empowerment Symposium (learn more [here](#))
- **February 18; 7-8PM:** Virtual Caregiver/Family Support Space at Translate Gender (learn more [here](#))
- **February 20; 12-1PM:** Hampshire HOPE's Lunch and Learn with Alvin Nguyen from Massachusetts Fair Housing Center (learn more [here](#), zoom link to join [here](#))
- **February 21:** Black AF Conference (learn more [here](#))
- **March 4; 10AM-3PM:** Public Health and Health Professions Career Fair at UMass Amherst (learn more [here](#))
- **March 6; 6-7PM:** Recovery in Action: Learn how to advocate for recovery (in person at Learn to Cope, learn more [here](#)).
- **March 26; 5:30-7PM:** Film screening of "Like" - A documentary about the impact of social media on our lives at South Hadley High School (see flyer [here](#)).
- **March 28; 11AM-PM:** Trans Day of Visibility Resource & Art Fair (more info [here](#))
- **[MYPIR's Statewide Committee's monthly virtual meetings](#)** (2nd Monday of the month at 6pm)
- *Check out Translate Gender's many different [youth and family offerings](#).*

- Check out the Bridge Family Resource Center's [February Calendar of Events](#).

Trainings

- **February 24; 6:30-8PM:** "Introducing Support 101: How to Show Up for Yourself and for Others" (learn more [here](#)).
- **February 24; 6PM:** Behind the Buzz: Helping Kids Navigate Nicotine, Stress, and Mental Health with Dr. Jonathan Avery (register [here](#))
- **February 26; 12-1:30PM:** Tokens Are for Arcades: Engaging Youth in Prevention in a Meaningful and Purposeful Way (more info and register [here](#))
- **February 25; 10-11AM:** Social Media, Mental Health, and Suicide Risk (register [here](#))
- **March 3; 11AM-1PM:** Be Your Own Spielberg: Using Storytelling Techniques to Create Highly Engaging and Impactful Presentations (register [here](#))
- **March 3; 2PM:** "Normalizing" the Sharing of Positive Youth Norms: Activating a Community-Level Approach (register [here](#) for zoom link)
- **March 5; 5:30-7PM:** Community Care: A Lifeline in these Trying Times (register [here](#))
- **March 11; 6PM:** Advocacy for Action Civic Engagement Series: Media Literacy (register [here](#))
- **February 26 - April 2:** 6-week Active Parenting of Teens on Thursdays 5-7 pm starting February 26. For caregivers of tweens and teens, APT is a video and discussion-based program packed with activities, real-world examples and feedback. Free and virtual! Learn more [here](#). Register [here](#).
- **February 25; 1-2:30PM:** Using Opioid Abatement Funds to Build Effective Peer Support programs ([register here](#))
- **Monthly Virtual Community of Practice Gatherings:** Building safe, inclusive schools where every student belongs
 - Purpose: To connect school staff supporting LGBTQ+ students across MA. Learn more [here](#).
- **Virtual Training Series: Policies and Proven Approaches for Supporting LGBTQ+ Students in Massachusetts Public Schools**
 - Learn more [here](#).

Other Opportunities

- [Sign up to request](#) student assistance from UMASS School of Public Health and Health Sciences if you're interested in having a **short term intern** to help you as they learn about public health and health sciences.
- **MA Trans Political Coalition** - Their [GEAR](#) (Gender Euphoria and Affirmation Resources) program re-opened last month, providing transgender and nonbinary people with access to products, garments, and resources that affirm who they are at no cost!
- **Grant Opportunity:** Healthy Summer Youth Jobs Grant Program
 - [Grant announcement website](#)
 - [Request for Proposals](#)
- **Job opportunities:**
 - Grow Food Northampton: [Director of Development and Communications](#)

- **Virtual Nurturing Fathers - Now Enrolling!**
 - Join a free, virtual Nurturing Fathers program where you'll connect with other fathers, share your journey, and gain powerful parenting skills.
 - Learn more [here](#).
- **Youth Opportunities**
 - **(Paid) Abundance Farm Summer Farm Internship**
 - Young people do farm work outside while building community, making friends, and learning about food justice issues grounded in a Jewish framework. Everyone is welcome; you do not need to be Jewish to participate. This year, they have two main tracks.
 - Shefa Squash is designed for rising 8th to 10th graders, and runs for two weeks, Monday through Friday from 8 AM to 12 PM.
 - Shefa Corn is designed for rising 11th to 12th graders, and runs for four weeks, Monday through Friday from 8 AM to 12 PM.
 - Learn more [here!](#)
 - **Translate Gender's Open Studio for Tweens & Teens**
 - Each month on the 2nd and 4th Fridays from 4-6pm, youth can come hang out in our comfortable studio space in Northampton to watch movies, create zines and art, play video games, do homework, and make friends.
 - Register and learn more [here](#).

If you have upcoming events or opportunities that you'd like SPIFFY to help promote via this newsletter, please reach out to spiffy@collaborative.org.

Visit our website !



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Collaborative for Educational Services

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