

MVPHC Prevention Professionals Group



MYSTIC VALLEY
Public Health Coalition

DATE: March 27th, 2025

TIME: 10am - 12pm

LOCATION: Medford City Hall

FACILITATOR: Sophie Greenebaum **RECORDER:** Isabelle Jenkins

ATTENDEES : Jason S., Bridget F., Jess C., Becca L., Emily H., Catherine D., Dot B.

Topic	Notes	Time
Welcome & Introductions	Brief round of introductions	10:00 - 10:05 AM
MC3B Grant Updates	- Strategic plan - Alcohol compliance: compliance checks, TIPS - Medford checks in February - Another round of alcohol compliances in February - Went well, not 100% pass, improvement from previous round - TIPS in March (11 on-premise / 5 off-premise) - Good Winchester representation - A couple of restaurants here in Medford - American Legion reached out to ask if we could host it with them - Restorative practices - Melrose - peer to peer restorative practices model - More guidance and office hours in the next month - Beginning of May, implementing with 5th graders - Reading - expanding through MS staff - Going well, buy in from Reading public schools - Peer-to-peer restorative programs - Youth mediating issues in high school - Presence of adult (mediator) important - One middle school done so far - Idea: mental health 101 for 8th graders before transitioning to high school "8 for 8" mental health challenges, how to support peers, prepare for transition - Winchester: guest speaker coming to talk about high school drinking - April 10th - Sober Truth, Hunter	10:05 - 10:30 AM

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	○ Youth summit in Medford on May 3rd ○ Suggestions for speakers: send to Sophie, Catherine, e-list ○ Community norms: BSAS & MSI training series, support from Prevention Solutions ■ Wakefield, Stoneham, Melrose ■ Prevention Solutions contract finalization ■ BSAS sessions: not as promising as hoped, lack of skills-building ■ Looking for prevention solutions ● Capacity building ○ Mini grants - Malden, Medford, Melrose, Stoneham, and Wakefield, midpoint meeting soon ● Youth updates ○ Getting to Y community change projects ■ Working w/ Melrose's new Youth Action Team ■ Stoneham Women's Day ■ Melrose Youth Action team coming for next school year ○ Instagram & newsletters ○ Wrapping up youth leadership group late-May/early-June ■ Offering opportunity to join another local group/coalition ● Regional tobacco update - Emily ○ 15 communities have passed Nicotine Free Generation ■ Last one was Somerville ■ Medford waiting on Somerville ■ Over 5,000 residents in 15 communities have been affected by Nicotine Free Generation ■ How are the compliance checks going? ● Regional Social Services & Recovery updates ○ Kratom ○ Jason has additional notes on Kratom meeting ○ Next meeting: the Bridge 4/22 ■ Last month's meeting: meditation session ■ Opioid settlement funds ■ Services for children left behind from overdose deaths ■ Planning support meeting soon at Insight ■ She will share info soon ○ EOHLC meeting next Wednesday ■ Folks in Section 8 seeing increased utilities bill, rent increase, defunding of moving assistance ● End of year celebration - week of June 23rd	
Mini Case Studies	● PCN (Becca), alcohol compliance (Catherine), and RP (Jess/Erica) ● Becca: Positive Community Norms (PCN) ○ Highlighting positive Mass Call and DFC	10:30 - 10:50 AM

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	○ Event at high school and middle school: asked youth to write down one thing that they love about their school ■ About to be funding cuts to their schools ■ Infographics: using quotes from youths to disrupt negativity on social media ○ Middle school trusted adult activity: counting how many important relationships middle schoolers have made with school faculty and adults in Stoneham, identifying students with no trusted adult and connecting them with resources ■ Combating burnout ■ Empowering adults who may go under the radar ○ HOPE trainings with middle school staff: all the things that the staff are doing that are working ○ Mini-grant opportunities ● Jess/Erica: Restorative Practices (RP) ○ Reading: youth town hall during school hours to listen to concerns, hoping to host in June or early-Fall ○ Michelle Hopkinson, health teacher, and having principal who backs up the plan ■ More difficult to implement in middle school than in high school ● Catherine: Alcohol Compliance ○ The Mystic Valley Public Health Coalition has funding for compliance checks ○ Great way to build relationships with police, with liquor licensing board ○ Looking at compliance rates, identifying hotspots ○ TIPS training, initiate conversations about community policy ○ 2 hour long key informant interview, great for relationship building ○ Practices in community ○ In Medford, officers are certified as Agents of the Liquor Commission, sends it through Liquor Commission rather than criminal proceeding ○ In Wakefield, paying officers overtime to visit every single alcohol licensee, give them packet, TIPS training, signage	
Spend Down & Sustainability	● FY25 planning, ~4k per community ○ DEI initiatives ○ Trauma informed practices ○ Youth action team ○ Melrose: Family friendly event, not explicitly about drinking but drinking resources ■ Rental fee ■ Recovery yoga	10:50 - 11:20 AM

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	○ Jess: play Second Act coming to schools, wanting to bring the play to the community - May 23rd, 9:30-10:30 ○ Hunter, back to school night for parents ○ Wednesday, Winchester panel for Mental Health ○ Narcan kits ○ Concerns that there is a lack of communication/a disconnect between MVPHC and smaller local community ■ Perhaps sharing in more informal spaces ○ Alcohol Awareness Month ■ Budget deficit in Melrose - no new programming ■ Funds through June ○ Stoneham: Wellness Fair: Narcan training aspect ■ Food or refreshment needed ■ Sending youth to Youth At Risk (YAR) Conference for DEI training ● May 28th, one day ● Good to get guidance counselor, SRO ● Keynote speaker ■ Printing materials for PCN information ● Highlighting positive work rather than talking about risks ○ Malden: ■ Compliance checks ■ Struggling with connections at the schools ■ 5 middle schools with different health teachers, principals ■ Malden Overcoming Addiction, Stigma Day ● 5th, 6th, 7th graders ○ Professional development days - staff training on youth mental health ○ Malden: setting up table at parent teacher conference, handout resources and speak with parents ● FY26 needs	
YRBS	● Check in and group sharing ○ Middle School has taken YRBS in Winchester ○ Reading - different approach to middle school, Erica worked with middle school and people with YBRS to bring it down to 50 questions ■ Information is needed for grant applications ■ Middle school agreed to half version, high school has agreed to it ○ Malden: happening, unclear when ■ Last time it was conducted was 2019	11:20 - 11:35 AM
Community Share Outs	● Local events, initiatives, and prevention efforts ○ PFS updates?	11:35 - 11:55 PM

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	■ Malden and Medford applied to PFS ● Medford will be hiring part time prevention coordinator, funding came from RIZE ○ Reapply year-by-year ■ Melrose and Stoneham applied to PFS ● Starting a youth action team supported by Wakefield ● Positive community norms work ● Similar to DFC, good for sustainability ■ Hopefully prevention funding coming ● Stoneham students pick a topic on mental health and stigma, students coming to Town Hall to see if they can get funding/help ● Possibly recordings instead of in person meetings for caregiver engagement ● “iCare” for parents of children who have done “iDecide” ○ Podcast format	
Next Meeting	● Next meeting: April 24th, 9am - 9:30am, <u>virtual only</u>	11:55 - 12:00 PM