



Public Health
Prevent. Promote. Protect.

MEMO

9/28/17

TO: Public Health & Safety Committee

FR: Doug Kress, Director

RE: Community Partnerships; Prevention Efforts

Somerville HHS has worked with families, organizations, and community members to identify existing services, collaboration, and gaps in services for families (and community members) around various substance use/abuse efforts of prevention and education. Specifically staff have been engaged in efforts of education, trainings, partnerships on various topics including tobacco, alcohol, other drugs including medical marijuana, opioids, and most recently recreational marijuana. We have worked to expand our network of partners and efforts especially to address stigma. These efforts have had a focus on students, and family members impacted by opioids and other narcotics.

Our efforts have included:

- Somerville Cares About Prevention mobilize the diverse community of Somerville to prevent and address issues associated with substance abuse while promoting positive mental, spiritual, and physical health, especially among our youth. The target population is middle and high school students (and their families) who address issues of alcohol and drug abuse by adhering to the principle of using "Multiple Strategies in Multiple Settings" using student peer leaders Somerville Positive Forces.
 - Reduce underage drinking and drug use
 - Mobilize community members to help protect youth and influence them to make positive choices
 - Increase knowledge of risks associated with substance use
 - Increase knowledge of protective factors that can help youth avoid substance use
- Massachusetts Opioid Abuse Prevention Coalition/OPEN is a regional collaborative aimed at reducing accidental opioid overdoses, and the misuse and abuse of prescription pain medications in Cambridge, Everett, Somerville, and Watertown.
- Facilitate the Youth Risk Behavior Survey
- Lead presentations/discussions on substance use, bullying, and cyber-bullying
- Provide one-on-one evaluation and assistance with Somerville Students as needed
- Leading the Six City Tobacco Initiative works to change community norms regarding the use of tobacco. The Initiative works to raise public awareness about tobacco control issues and the steps communities can take to protect themselves from the devastating effects of tobacco use.
- Somerville Trauma Response Network (TRN) is a team of Somerville community members to respond when a traumatic event involving youth occurs in the city. The TRN will train, organize, and maintain readiness of a team of volunteers who know our youth through a broad range of contact in the community. The purpose is to provide supportive and informed responses to our youths' needs related to trauma.
- National Night Out is a great to unite the community in an effort to improve the safety of neighborhoods and heighten drug and crime prevention. The past seasons, HHS has asked the

questions "How have Opioids impact you?" & "What do you like about Somerville" to build a community chain. These have been on display at the Annex.

- Assisted in coordination, marketing, and implementation of the regional Addiction and Recovery Forum. A partnership of CHA, MOAR, and other community organizations working on opioid reduction efforts.
- Substance Abuse Prevention Collaboration SAPC is a regional collaborative working on the prevention of underage drinking and other substances. The collaborative includes Arlington, Cambridge, Everett, and Somerville.
- Initiated a Stamp Out Stigma campaign - purchase promotional items, tabling at various events, co-hosted events, and presented on local cable shows with support from Mt Auburn Hospital funding
- Hosted 5 Caring for the Caregiver events including:
 - meet and greets
 - self-care strategies (mindfulness, nutrition, etc)
 - Memory Arts events (facilitated art activity by a therapist)
- Co-sponsored the National Take Back events (4 locations) with Somerville Police Department, with an emphasis on "no wrong door" to support and treatment.
- Co-hosted, *Talking to Your Kids* with Somerville Public Schools, 55 parents participated
- 3 Community TV appearances on targeted topics to reduce stigma (Seniors and Addiction, Community Resources and Talking to your Kids)
- Assist with various Community Organization efforts including vigils, awareness campaigns, and education fairs.