

# DAET COALITION NEWSLETTER

A community resource to help prevent youth substance use in Ashland



SPRING 2018

## A LETTER FROM THE COALITION

Dear Ashland Community Members,

In the past four years of working with the Coalition, my views on prevention have evolved, along with, I would suggest, the increased importance of prevention within the continuum of substance misuse. Talking about prevention is an increasingly important conversation to have. We need to reach young people before risky behaviors begin.

Last month I was given the opportunity to speak at the Charles River Rotary "Responding to the Opiate Crisis" MetroWest area community meeting. The featured speakers offered valuable viewpoints and calls-to-action for healthcare providers, law enforcement, local health departments, and the recovery community for supporting individuals and families impacted by the opioid crisis or otherwise struggling with addiction. I learned a lot. When my turn came at the end, I started by thanking them all and encouraged everyone in the room to continue to support the critical intervention, treatment and recovery efforts already happening within their own community and in MetroWest. And then I talked about prevention. I challenged the room to shift their perspective away from "either/or" to "and/both". We need to be working on prevention AND intervention, treatment, and recovery at the same time or we will not make a difference in today's crisis. I invited them to become part of the prevention community.

As Coalition members, you are a part of Ashland's prevention community. You help support and implement evidence-based strategies to help prevent and reduce substance use by our youth. I invite you to participate in our May 22<sup>nd</sup> Coalition meeting during which we will highlight our prevention strategies and discuss how each positively impacts our community efforts and in our June 12<sup>th</sup> final celebration (details on back page).

I also encourage you to read the adjacent article about the regional Substance Abuse Prevention Collaborative (SAPC) and MetroWest Opioid Abuse Prevention Collaborative (MOAPC) grants. Together, these initiatives reinforce the urgency to keep prevention at the forefront of our conversations about youth health and well-being and illustrate the need for "and/both" thinking.

As we close out the school year, I would like to extend a sincere thank you to our community partners, individual members, and all residents of the Ashland community who support DAET and our vision to create a safe and healthy Ashland by working as a community to prevent, reduce and address the problems that can lead to youth substance abuse.

~Kristin French, MSW, LCSW  
Director of Prevention Outreach  
Director, DAET

## SPOTLIGHT ON PREVENTION



Several years ago, the Town of Ashland was invited to be a part of two important regional initiatives to address youth substance use.

The *Substance Abuse Prevention Collaborative* (SAPC) is a partnership between Ashland, Framingham, Hudson, Natick, Northborough and Southborough focused on preventing and reducing youth alcohol use. The *MetroWest Opioid Abuse Prevention Collaborative* (MOAPC) is a partnership between Ashland, Framingham, Hudson and Natick focused on preventing first opioid use and opioid overdose. Both issues are complex in their own way, yet the use of primary prevention as the core strategy to address both youth alcohol and youth opioid use are the same: create a network of caring adults (and communities) using a positive youth development approach to support, nurture and build resiliency in our children and teens.

Research conducted by the Search Institute ([www.SearchInstitute.org](http://www.SearchInstitute.org)) shows that young people who experience strong developmental relationships are more likely to report a wide range of social-emotional strengths and other markers of health and well-being, and that young people do better when they experience a strong web of relationships with many people. Our communities have adopted this premise as the foundation for the SAPC and MOAPC strategies to train community adults in developmental relationships and positive youth development with the anticipated short- and long-term outcomes of enhanced youth/adult relationships; an increase in youth reporting feeling connected to an adult outside of school; and a reduction in rates of youth alcohol use and opioid first use.

If you serve in a capacity where you can positively impact Ashland youth and are interested in learning more about current youth development trainings please contact Kristin French, Director of Prevention Outreach at [kristin.french@AshlandDecisions.org](mailto:kristin.french@AshlandDecisions.org).



WATCH FOR OUR FACEBOOK POSTS NEXT WEEK AS WE RECOGNIZE EACH DAY WITH A SPECIAL "PARENTING FOR PREVENTION" TIP SHEET!  
<https://www.facebook.com/ashlanddecisions/>

## METROWEST HEALTH DEPARTMENTS JOIN FORCES TO OFFER EXPANDED ACCESS TO NALOXONE FOR COMMUNITY MEMBERS

Ashland, Framingham, Hudson and Natick are leading the way to increase community access to naloxone (sold under the brand name Narcan), a lifesaving prescription medication used to rapidly reverse an opioid overdose. The *MetroWest Health Department Naloxone Program*, coordinated by the Framingham Health Department and funded by the MetroWest Health Foundation, is a collaborative effort between the four communities to make naloxone available through their respective municipal health departments.

In partnership with the Justice Resource Institute's Program *Rise*, staff members at each Health Department have undergone training to provide overdose prevention education and instruction on how to administer naloxone.

Individuals can obtain a naloxone kit with two intranasal doses of the medication as well as guidance and direction at their local health department by private appointment. Organizations or businesses interested in arranging overdose prevention training and naloxone kits for their employees may contact their local health department. Both services are free and available to anyone who lives or works in Ashland, Framingham, Hudson, or Natick.

Training community members and organizations on how to recognize and respond to an overdose is essential when practicing first aid, and is as important as learning to do CPR or operate an AED. By utilizing the Health Departments as key access points to obtain naloxone and opioid overdose education, the public will be better equipped and empowered with the knowledge and tools necessary to help save lives.

For more information about this program or community resources and other places that you can access naloxone, please call the **Ashland Health Department (508) 881-0100 x7128**.

FUNDED BY THE METROWEST HEALTH FOUNDATION

## NALOXONE (NARCAN) AVAILABLE AT ASHLAND BOARD OF HEALTH DEPARTMENT

### WHAT IS NALOXONE?

Naloxone (Narcan) is an emergency medical treatment used to reverse the effects of an opiate overdose. Naloxone is to opioid overdoses as a fire extinguisher is to fires. Both products can be lifesaving and are important to have in the case of an emergency. Naloxone gives the individual another chance at life and recovery.



### WHO SHOULD OBTAIN NALOXONE?

- Family and friends of an individual who may be at risk for an opioid overdose.
- An individual who may be misusing opioids.
- An individual who may have a long term and/or a strong dose prescription of an opioid.
- Businesses and organizations that train employees to use CPR or AED devices.

FREE training and Naloxone distribution for community members who are at risk of witnessing or experiencing an overdose.

**CALL ASHLAND BOARD OF HEALTH DEPARTMENT (508) 881-1000 EXT 7128 TOWN HALL 101 MAIN STREET ASHLAND, MA**

[www.ashlandmass.com](http://www.ashlandmass.com)

## PARTNER SPOTLIGHT

### JENNIFER WUELFING, MSW, LICSW ASHLAND'S DIRECTOR OF HUMAN SERVICES

Allow me to introduce the Department of Human Services now available to the residents of Ashland!

The Human Services Department is an interdisciplinary team comprised of culturally compassionate and enthusiastic professionals available to serve the versatile needs of our town. We are here for residents of any age, from a myriad of ethnic backgrounds and socioeconomic positions. We are accessible to assist vulnerable, middle income, and affluent populations.

The Department of Human Services is available to aid in times of crisis as a source of support and case management. We can help navigate the various health care, criminal justice, and service provider systems. Additionally, Human Services offers assistance in accessing resources, monetary or emotional in nature. We provide assessments and make referrals to appropriate programs and providers as needed.

This interdisciplinary team includes Elder Outreach, Youth & Family Services, the Food Pantry, and the town Social Worker. Programs offered through the Department of Human Services include: Two Together; a caregiver support group; Youth Diversion; the Holiday Program, Thanksgiving meals, Emergency Fund screening, and a community book club.

The Human Services Department partners with a variety of working groups. We serve on the Hoarding Task Force, a town-wide effort to assist those struggling with hoarding behaviors, and on the Dementia Friendly Committee, a group of community members dedicated to leading the Town of Ashland to a nationally recognized dementia friendly status. In unity with the Director of Prevention Outreach, we are active members of the MetroWest Opioid Abuse Prevention Collaborative (MOAPC) and YMCA's *Project ABC* to support and strengthen families with children ages 0-8 in Ashland, Holliston, and Hopkinton. The Human Services Department also assists on the Elder LGBT advisory board through BayPath Elder Services to provide older adults, and their allies, living in the MetroWest area and identify as Lesbian Gay Bisexual or Transgender with education, resources, and support.

We will continue to work in collaboration with Decisions at Every Turn, Ashland Public Schools, local hospitals, the regional crisis team, the Ashland Emergency Fund, BayPath Elder Services, the Jail Diversion program, Veterans Services, the Red Cross, Public Safety and all other town departments to provide the best service to our community. Please contact us at any time.



Jennifer Wuelfing  
[jwuelfing@ashlandmass.com](mailto:jwuelfing@ashlandmass.com)  
508-532-7942

## COALITION REWIND

### January

- Published 'Health and Well-being of Ashland Youth a Priority' in *Ashland Directions*.
- Hosted the POWER series program "Developmental Approach to Parenting" featuring Dr. Jane Greenstein.
- Hosted the POWER "World Café: Let's Talk about Trauma" with DAET community partners.
- DAET staff and community partners participated in the two-day Community Justice Project workshop.

### February

- Published "A Letter from the Coalition" in *Ashland Directions*.
- Sent one staff and one volunteer to the Community Anti-Drug Coalitions of America (CADCA) "Partnering for Prevention" conference.
- Hosted the POWER series program "Rumination!" featuring Elizabeth Handley.
- Participated in the Project ABC Advisory Committee planning meeting.
- Administered the DAET 2017 Parent Survey in English, Portuguese, Spanish, and Russian.

### March

- Published "Partnering for Prevention in Washington D.C." in *Ashland Directions*.
- Co-hosted the POWER series Community Book Read *Grit* by Angela Duckworth with Warren and Mindess schools.
- Hosted "A Positive Passion & Will" featuring John Trautwein.
- DAET/MOAPC members participated in an Opioid Overdose Prevention training provided by Justice Resource Institute (JRI).
- Submitted the Drug Free Communities (DFC) Support Program grant application for years 6-10 of funding.
- Breaking the Barriers (BTB) youth participated in the MetroWest Youth Teaming Together kick-off event.
- DAET members served as invited guest speakers at the Greater Ashland Lions meeting.

### April

- Published "A Coalition Thank You" in *Ashland Directions*.
- Hosted a DAET information table at Ashland's National Prescription Drug Take Back Day with the Ashland Police Department, Ashland Lions and Walgreens.
- Presented at the Charles River Rotary "Opiate Crisis in MetroWest" community meeting.
- Administered the Ashland High School (AHS) Positive Community Norms Student Survey to all AHS students.



## PHOTO OPS

**DAET Co-Chair Amy Turncliff and Program Coordinator Saumya Sankhavaram attend the 2018 CADCA conference in Washington D.C.**



**Members of the Ashland Lions, DAET, and Walgreens take a quick break during Drug Take Back Day at the Ashland Police Station**



**An important message to parents from John Trautwein of the Will to Live Foundation. Find out what your kids love to do and encourage them to do it!**



## COMMUNITY PROGRAMMING: The POWER Series



Ashland's Decisions at Every Turn (DAET) Coalition and the Friends of the Ashland Public Library (FAL) have had the privilege of co-hosting programs for parents and the community for four successful years. This past year, POWER offered 13 different community programs which explored topics such as resilience, parenting, substance use prevention, and transitioning to college. Programs provide participants with strategies, the opportunity to collect new skills, and answers to compelling questions. Programs are free and open to all.

The 2017-2018 POWER Series has wrapped up for the year, but we are in the process of building next year's programming schedule. If you have any ideas or recommendations for next year's programs or would like to learn more about the POWER Series, please contact [president@friendsoftheapl.com](mailto:president@friendsoftheapl.com).

## DON'T FORGET TO SIGN UP FOR FUTURE DAET COALITION NEWSLETTERS

To receive notice about the next online issue, join our email list at: [CoalitionInfo@AshlandDecisions.org](mailto:CoalitionInfo@AshlandDecisions.org)



Find us at:  
Decisions at Every Turn



Follow us at:  
@AshlandDAET



Check us out at:  
AshlandDecisions.org

## COME TO A COALITION MEETING

Coalition meetings are open to anyone in the community. Come learn about the Coalition, our current initiatives, and volunteer opportunities. New members are welcome! An orientation meeting can be made by prior arrangement.

January 16	5:30 – 7:00 PM	April 10*	3:00 – 4:30 PM
February 6	5:30 – 7:00 PM	May 22	5:30 – 7:00 PM
March 13	5:30 – 7:00 PM	June 12	5:30 – 7:00 PM

The Coalition meets monthly on Tuesdays in the Ashland Middle School Library