

MAYOR JOSEPH A. CURTATONE,
SOMERVILLE HEALTH AND HUMAN SERVICES DEPARTMENT,
& SOMERVILLE PREVENTION SERVICES,
PRESENT:

SOMERVILLE PREVENTION NEWSLETTER

Prevention Works!

Welcome to Somerville Prevention's
Fall/Winter 2018-2019 Newsletter!

Since last time, there have been a lot of
happenings with Somerville Prevention Services,
Somerville Cares About Prevention, & the
Six-City Tobacco Initiative.

Please read to find out more!



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SOMERVILLE
Public Health
Prevent. Promote. Protect.



ONE CALL to CITY HALL
3 1 1
SOMERVILLE



FALL & WINTER HAPPENINGS

Regulation of the Somerville Board of Health Restricting the Sale of Tobacco Products

On December 13, 2018, the Somerville Board of Health unanimously voted to restrict the sale of menthol/wintergreen/mint flavored tobacco & electronic cigarettes (e-cigarettes) to retail tobacco stores open exclusively to individuals over the age of twenty-one, effectively decreasing the youth access & exposure to these products. This regulation update went into effect starting April 1, 2019.

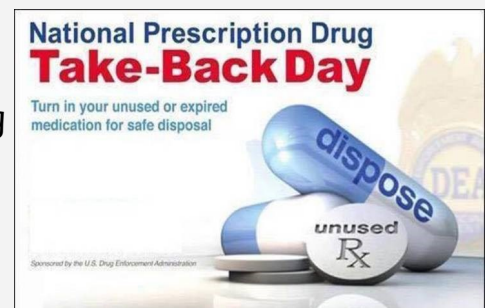
Board of Health



National Prescription Take-Back Days

On Saturday October 27 & April 27, Somerville residents were encouraged to dispose of expired or unused medications safely at either the Somerville Public Safety Building (220 Washington Street) or the Somerville Fire Station (6 Newbury Street) between 10a & 1:30p. Both were a great success with approximately 270 pounds of medication returned!

In addition, Somerville Prevention Services partnered with all Somerville pharmacies to attach 1000+ Safe Medication Disposal Guides to all prescriptions during the months of October 2018 & April 2019 to guide folks on how and where to dispose of unused or expired medications properly.





FALL & WINTER HAPPENINGS

Overdose Prevention & Naloxone Administration Trainings

In the Fall of 2018, Somerville Prevention Services partnered with the Public Health Nurse Manager to provide this **FREE** Overdose Prevention & Naloxone Administration training to all Somerville residents, businesses, etc. to better understand, recognize, & respond to a potential overdose in the community. Participants are also equipped with Naloxone (aka Narcan), the life-saving drug that can reverse an overdose.

As of July 1, this initiative will have trained approximately 176 individuals, spanning a combined 19 Somerville businesses, apartment buildings, City departments including libraries, Health & PE teachers, & school nurses, etc. while distributing 106 doses of Naloxone.

If you are a Somerville resident or business interested in setting up or attending a training, please RSVP to Prevention Services Manager, Matthew Mitchell, at mmitchell@somervillema.gov



OVERDOSE
CAN AFFECT
ANYONE.



FALL & WINTER HAPPENINGS

#NipIt Awareness Campaign

As part of our Department of Public Health's Bureau of Substance Abuses Services (BSAS) grant-funded collaborative with Arlington, Cambridge, & Everett (#PreventionACES), Somerville is working on an awareness campaign entitled "#NipIt" which aims to address the issue of littered small alcohol bottles, commonly referred to as "nips" or "miniatures", in our community, particularly for youth exposure of alcohol products in youth-friendly areas, including parks, playgrounds, schools, public transportation, etc.

Over the course of the last six months, we set out on doing environmental scans, discussions, & surveys with community members & liquor store owners to get a better sense of the concerns and how to best address them. Through this process, we have started to identify ways in which we can problem solve and work together to decrease youth exposure to alcohol in their community.

Follow us on Facebook: www.facebook.com/SomervilleCares

Follow us on Instagram: [@PreventionACES](https://www.instagram.com/PreventionACES)





SOMERVILLE POSITIVE FORCES (SPF100) UPDATES



SPF100 worked on over 12 prevention initiatives this year to promote a healthy community to live, work and play which reached thousands of community members.

SPF100 Projects

- **YRBS Event and World Café Discussions:** SPF100 leaders presented the most recent SHS Student Health Survey data to the community and engaged participants in World Café discussions around the top issues youth face in the areas of Substance Use, Mental Health, Violence and Safety, Physical Health and Sexuality, and Gender and Racial Disparities.
- **MOST DON'T:** Leaders presented this annual positive social norms campaign to peers at SHS throughout the month of March to correct misperceptions that “Everybody does it” when the fact is Most SHS Don’t use substances (83% Don’t Use Alcohol, 83% Don’t Use Marijuana, 87% Don’t Vape).
- **MA State House Kick Butts Day:** SPF100 Youth Leaders joined with 84.org youth activists from across the state and marched to the state house to meet with their representatives and share the issues of tobacco use and vaping among their peers and the tricky tactics that these industries use to target kids and get them hooked on their products (Cheap, sweet, and easy to get).
- **Public Service Announcement:** Partnered with SCATV to create a vape prevention video to raise awareness around the harms of vaping among their peers shown at SHS and youth social media sites. Please go to this link to view: <https://youtu.be/6kC6nKn4uzk>
- **SCAP Annual Meeting:** SPF leaders presented their work and the outcomes at the SCAP annual meeting and honored partners for their support to help save lives. Please go to this link to view: <https://youtu.be/rAgsUloEPGA>



We are so proud of all they accomplished this year to help reduce youth substance use!

For more information about SCAP, SPF, and/or to volunteer, please contact: Lovelee Heller-Bottari, SCAP Program Director, at 617-625-6600 x4322 or lheller@somervillema.gov.



SOMERVILLE POSITIVE FORCES JUNIOR UPDATES



SPFJr. worked on over 10 prevention initiatives this year to promote a healthy community to live, work and play which reached thousands of community members.

SPFJR. Projects

- **Highlander Rules Freshman Guide:** An informative booklet for youth made by SPF youth leaders and distributed to all incoming SHS students with the goal of promoting protective factors like resisting peer pressure and how to make new friends.
- **We R Somerville:** A creative campaign that promotes positive self-identity and community connections which was shared with community members at the Just One 5K event.
- **Holiday Sticker Shock Campaign:** A partnership between SPF youth & liquor outlets where youth place thousands of stickers, table tents, and coasters in stores/restaurants that remind adults that it's illegal to give alcohol to people under 21.
- **Kick Butts Day Somerville:** SPFJr. leaders wrote messages on sidewalks around Somerville High School, City Hall, Library and bus stops to raise awareness around the harms of tobacco use and vaping; promote that Most SHS Students Don't Vape (87% Don't); and provide support information (1-800-Quit-Now) reaching hundreds of students and community members with messages like "Nicotine Decreases Oxygen to your Brain."
- **Photo-Voice:** SPF leaders shared their stories of youth leadership and prevention with Somerville Positive Forces which will travel around the city to promote youth leadership & substance use prevention among youth. Check it out at City Hall in June!

We are so proud of all they accomplished to help save lives!

For more information about SCAP, SPF, and/or to volunteer, please contact: Lovelee Heller-Bottari, SCAP Program Director, at 617-625-6600 x4322 or lheller@somervillema.gov.



SPF 100 Reflections



My name is Shray Vashisht, I am a 9th grader at Somerville High School. I joined the SPF100 program because I wanted to understand more in depth about youth substance use and ways to stop it. As a leader, I wanted to become more confident with myself and grow my leadership skills. In the past, I have seen others get negatively impacted due to these harmful substances. I also joined because I wanted to make some sort of difference in the youth community. By being part of this SPF100 group, I feel like I can actually accomplish something!

During the program, my favorite project was Sticker Shock. I feel like I actually learned a lot from this experience. I got to speak with the store employees and spoke about who we are, what we are trying to do, and how people can benefit from the work we are doing. Sticker Shock was the first event we did and it really made me feel like I was making a difference in the community. This project helped stop underage alcohol use and considering my experience with others using alcohol it really made me feel like a youth leader.

I feel like I gained a lot of benefits from attending SPF100. This opportunity provided me a chance to stop youth from consuming harmful substances in a positive way. This program allowed me to learn a lot about the true facts about JUULing and other drugs. I was interested and unaware of all the conditions people faced when under the influence. I wanted to know what really goes on when consuming these substances and SPF100 helped me learn about that. With group projects and activities, we were able to share what we learned with other youth and adults.

I also learned about the myths people have within the youth community using these harmful substances and the actual true facts. I gained clarity about the misconceptions teens have about e-cigarettes and drugs. For example, youth think that a huge amount of their peers Juul in the school (especially juniors/seniors) and that if they don't Juul, then they wouldn't really fit in. The truth of the matter is that Most Don't Juul including juniors and seniors! Yet this misconception can cause health problems for freshman down the road, so it is something SPF works to prevent with Most Don't.



SPF 100 Reflections



My name is Kate Johnson, and I am in ninth grade. When I first heard about this program, I was very interested and immediately submitted an application. I came into this group wanting to learn more about youth substance use in my community and prevention strategies to better the health of my peers. Over the course of this program, I have learned so much and developed new skills in prevention, leadership, and public speaking. Being a part of this group has been incredibly educating and beneficial. I have seen so much positive change throughout our community due to my work in SPF100.



My favorite project that I participated in while working with Somerville Positive Forces 100 was Kick Butts Day at the Massachusetts State House. This field trip provided an incredible opportunity to educate our state legislators about the harms of vape products and share our first hand experiences involving these substances at our schools. I not only felt like I was making a tremendous impact at the state level of government, but I also gained knowledge about how to converse with my representatives about issues and change I want to see in my community. This trip is one that I will remember for the rest of my life.

I am so glad that I was able to attend through SPF100!



SPFJr. Reflections



Hello! My name is Lillie Pendleton and I am in middle school. This is my first year being an SPFJr. youth leader. I love being in SPF because I love to make a difference in Somerville!

Two of my favorite activities that we've done are Kick Butts Day and Sticker Shock! I really like these projects because they show that we truly make a difference as it is so easy for people to see our messages. With Kick Butts Day, we went outside of the high school and wrote messages on sidewalks with catchy slogans that were easy to remember. For example, "vaping chemicals = popcorn lungs." This makes people start to wonder... "What are popcorn lungs?" Writing on the sidewalks with chalk caused the high schoolers to see the messages because they would have to look at them each day on their way in and out of school. With Sticker Shock, we put stickers on boxes of beer which said that it was illegal to give alcohol to youth under the age of 21. When we put the stickers on the boxes, we made sure that they were easy to see from a distance so that adults could notice them.

I have learned a lot from SPFJr.! It has taught me how serious substance use is and how much of a problem it can cause in the real world.

I really hope that I can do this important work again next year!



SPFJr. Reflections



My name is Cole Martell and I am in middle school. SPFJr. is very important and special to me. This is my second year of changing my community for the better. I feel that I have grown a lot since my SPFJr. interview. By being part of SPF, I now know what is good for me, what is bad for me, and how to stay away from peer pressure.

My favorite project with SPFJr. was the “We R Somerville” campaign at the Just One 5k. At this event, I got to run the race for 3.1 miles and then make a positive change in my community by getting people to know themselves and each other better in a creative way. “We R Somerville” is a project where we asked people to draw themselves on a button then write three or more positive traits about themselves on that button. Afterward, they wear their button and share it with other people at the event.

Overall, SPFJr. made me a more motivated person. I liked the fact that I got to do things that I never thought I would do by making a positive change in my community. But, with the help of SPFJr., I felt that I was able to do lots of things.

This has been a great experience for me!



Six City Tobacco Updates

Since the adoption of the amended regulations in December 2018, Somerville's goal has been to make sure that retailers understand the new regulations and what it would mean for their business.

Somerville currently has 83 tobacco retailers. All were visited at least twice throughout February & May 2019 to educate on what products they can no longer sell as of April 1, 2019.

No tickets were issued yet for violations!

Feel free to call Bonny Carroll at 617-625-6600 x 4318, if you have questions.



INTERESTING READS



Study suggests e-cigarette flavorings may pose heart risk

- <http://bit.ly/2WplcWg>

Discipline or treatment? Schools rethinking vaping response

- <http://bit.ly/2HUMieR>

Alcohol use rising. Average adult drinks 1.7 gallons of pure alcohol

- <http://bit.ly/2HYIKJX>

Nearly all doctors can freely prescribe opioids. Now a new movement aims to vastly deregulate an addiction treatment

- <http://bit.ly/2MuT4N3>

More than 700 calls for children ingesting marijuana edibles in 2017 in US, up from 23 in 2016

- <http://bit.ly/2WkXgyA>

CONTACT US



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Writer

Do you have a literary knack?

Help SCAP write articles, interest pieces, or editorials for the SCAP newsletter or local newspapers. Time commitment varies depending on length of writing sample.

Youth In Action Project Participant

Adult volunteers are partnered with youth and law enforcement in efforts to promote zero tolerance enforcement, legislative advocacy and eliminate the current retail and social availability of alcohol for minors via the various YIA programs.

Current volunteer opportunities are available with the Compliance Checks, Shoulder Tap Surveys, & Sticker Shock.

Somerville Positive Forces (SPF)

Now accepting SPF 100 and SPF Jr. applications for the 2019-2020 school year, email lheller@somervillema.gov for details.

GET INVOLVED!



SCAP Community Activist

Friendly, outgoing volunteers are needed to reach out to residents, storekeepers, non-profit groups, community groups, etc. to promote the SCAP mission and to encourage involvement. Duties may include distributing informational or upcoming event fliers, and making phone calls to various businesses and residents. Variable hours are available.

Please visit us at:
www.somervillema.gov/PreventionServices

or
www.facebook.com/SomervilleCares