

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

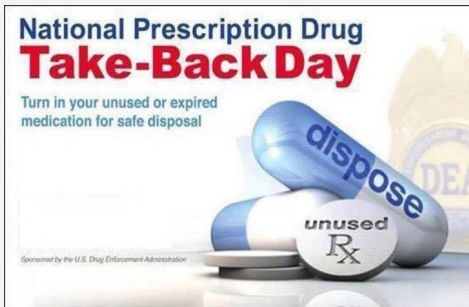
SOMERVILLE PREVENTION NEWSLETTER

Summer 2018

Welcome Back!

After a little break, the Somerville Prevention Newsletter is back, new & improved!

Since last time, there have been a lot of happenings with Somerville's Office of Prevention. Most notably, events such as National Prescription Drug Take-Back Day, the SCAP Annual Meeting, National Night Out 2018, International Overdose Awareness, & the hiring of new staff!



Please read to find out more!

Inside this issue:

National Drug Take-Back Day	2
National Night Out	2
Overdose Awareness	3
New Staff	4
Somerville Positive Forces	5
Intern Reflections	6&7
Six City Tobacco Initiative	8
Contact Us	9



ONE CALL to CITY HALL

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SOMERVILLE



**SOMERVILLE CARES
ABOUT PREVENTION**

Together we can make a difference



Public Health
Prevent. Promote. Protect.



SPRING & SUMMER HAPPENINGS!

National Prescription Take-Back Day

On Saturday, April 28, Somerville residents were encouraged to dispose of unwanted medications safely and properly at either the Somerville Public Safety Building (220 Washington Street) or the Somerville Fire Station (6 Newbury Street) between 10a & 1p. This year was a great success with several pounds of medication returned!



National Night Out 2018

On Tuesday, August 7, Somerville hosted its 15th annual National Night Out (NNO) event at Foss Park. NNO is an event Somerville sponsors to continue to enhance the relationship between residents and law enforcement while bringing back a true sense of community. We had 45 community partners represented and had hundreds of community members in attendance. All were able to share resource information as well as enjoy free entertainment & refreshments.





SPRING & SUMMER HAPPENINGS!

Memorial Gathering and Overdose Awareness

In recognition of International Overdose Awareness Day (IOAD) on August 31 and National Recovery Month in September, advocates and officials in Somerville have united in their call for Somervillians to observe both events in a few simple, but powerful ways.

Among the activities, a Memorial Gathering and Overdose Awareness Ceremony was held on Thursday, August 30, at City Hall. Attendees were given 156 purple flags to place in memory of the **156** Somerville residents lost to overdose since 2000 and one larger flag for all those lost in previous years.



International
Overdose
Awareness Day
 August 31

On behalf of the community, City Hall was also lit after the ceremony with purple lights and will remain so for the week of August 30 thru September 5, to remember those lost and to raise awareness that the tragedy of overdose death is preventable.

Please make sure to take a look when you are in the area!



PREVENTION SERVICES MANAGER



Please welcome Matthew Mitchell to his role of Prevention Services Manager with Somerville's Health & Human Services Department. Matt brings with him seven years of experience working in the human services field. He has worked in community-based settings during this time, primarily as the Director of Residential Services with a non-profit agency providing clinically informed, person-centered care to adults with various mental health related struggles. Matt received a BA in Psychology from the College of the Holy Cross and is also a Licensed Social Worker (LSW). This experience gave him a profound appreciation & understanding for the communal effort needed in improving the quality of life for those individuals that need it most.



HARVARD DOCTORAL RESIDENT



Please also welcome Aaron Jennings, who will be completing his doctoral residency with Somerville's Health & Human Services Department. Aaron will be working on developing a strategy to integrate the city's wraparound services for children and families through the By All Means' network and providing technical assistance on Somerville's recreational marijuana policy & outreach. Upon graduating, Aaron plans to work at the intersection of education and communities.



SOMERVILLE POSITIVE FORCES UPDATES

Somerville Cares About Prevention (SCAP) Annual Meeting

SCAP Program Director, Lovelee Heller-Bottari, worked with sixteen Somerville Positive Force (SPF) youth leaders to plan, organize, and present the SCAP Annual Meeting with the support of the Six City Tobacco Initiative Director, Bonny Carroll, community partners, city channel media staff and two alumni youth. Presentations included sharing SCAP/SOP prevention accomplishments and member/partner appreciations. The event was to highlight the work done throughout the year to educate and mobilize community members in various prevention efforts.

2017-2018 Somerville Positive Forces (SPF) Leaders



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





Intern Reflections - Toluwanimi Akinyemi



It feels like only a week ago I was writing my introduction, and now my time here in the Health and Human Services office is coming to a close. First, I have to thank Lovelee Heller for all of her support and knowledge. Throughout these past few months, I've had the opportunity to work with, and learn from, so many different leaders throughout the community, and without Lovelee, it would not have been possible.

Initially, my goal for this internship was three-part: to help the youth in the Somerville community not only understand the dangers of substance abuse, but learn ways to inform their peers about this information; to gain experience in policy making and creating interventions for students who use and abuse substances; and finally, to become more comfortable with leading presentations and facilitating conversations. Looking back on these initial thoughts, I'm surprised by how many boxes I was able to "tick" through my twelve weeks here with SCAP.

Through the Somerville Positive Forces program, I was able to interact with an amazing and very motivated group of girls once a week. Through these meetings we discussed topics from mental wellness and guided meditation to statistics surrounding marijuana use and ways we can encourage students to "just say no" to alcohol. I was blown away by the intelligence and sheer passion of "Generation X" (as our girls like to call it), and hope that we can continue to encourage our youth to use their voices for change.

Last month, we had the opportunity to meet with several State Representatives, and other Chair people of state-run committees, to discuss concerns regarding the use of alcohol and illegal substances among community high school students, and presented interventions we believed could help combat this. Coming into this internship, I had no idea that I would get the experiences I did in regards to policy making. Recently, in one of my Community Health classes, we discussed the importance of policy change when it comes to health--when you really think about it, everything we do, and every change that is made, affects our health in one way or another. That's why the ability for public health workers to communicate and work with policy makers is so crucial, and I am very excited I was able to be a part of this and experience it firsthand.

In addition, I have had the opportunity to present on the consequences of marijuana use in Massachusetts, in accordance with the current change in legislation; participate in the plans for the Somerville High School walkout; attend a conference on prevention in Worcester, MA; help create PSAs focusing on positive self-image, and the harms of social norms; and much more. I'm very grateful for the opportunities that I have been able to experience during my time with SCAP, have come away understanding that health and healthcare are linked in more ways than one. The work of community coalitions and specifically, our work in primary prevention should continue to be regarded as one of the most important ways to keep our communities safe and healthy.

Thank you again to Lovelee Heller, and everyone in the Health and Human Services office for your acceptance and willingness to teach; I am forever grateful!



Intern Reflections - Chuck Calabrese

Throughout my internship with Somerville Cares About Prevention, I was involved in engaging with youth in two ways: physical and digital marketing and educational forums for youth. By using Facebook and other social media platforms, we were able to engage youth while promoting positive social norms in a place that they are familiar with. This process entailed that we included topics brought up in our youth discussions to better understand the reasons that they would engage in marijuana and substance use. We drafted over fifteen individual social media posts that will be put up on the SCAP page- all of which are marijuana education for both youth and adult residents. Additionally, we identified twenty potential organizations with large social media followings that could help us promote this information to both youth and adults. All of these pages are Somerville related like the Somerville News Dispatch and Healthy Somerville. In addition to social media marketing, we developed two comprehensive marijuana educational posters that will be displayed throughout the city to better prepare people for the recreational legalization of marijuana. These posters can also be given to consumers after a purchase of cannabis that outlines the laws and etiquette around using marijuana in a community with vulnerable youth.

Our youth discussions and Marijuana Gameshow was the other way to directly engage with our youth and better understand their issues and perceptions of recreational marijuana. We developed our game show as a fun way to engage with our youth while still learning the legal, social and health implications of using marijuana. These events helped us develop the social media and promotional side of our marijuana prevention efforts. In accordance with Somerville Positive Forces, Teen Empowerment, and Somerville police, students were able to ask questions and hold discussions about what it means for recreational marijuana to be present in their community and how to remain safe moving forward in their lives. Each event was closed out by roundtable discussions to facilitate the conversations between us and the youth and the youth to their peers.

This experience was both fulfilling and very educational for me and I will take the lessons and strategies that I have learned with me for the rest of my professional career. Preventing teen usage of drugs and alcohol are extremely important to the development of strong communities filled with healthy people. Thank you to Lovelee Heller and all those who helped me along the way. The Somerville Public health department is very selfless and has a strong passion for prevention and all of the work that they do. This dedication is why Somerville is, and will continue to be, a great place to live.





Six City Tobacco Initiative

By now you have probably heard about e-cigarettes, in particular, one called JUUL, that pose a threat to our young people's health.

Enclosed is the latest information to help us all get the word out that e-cigarettes are not just water vapor and flavor and are not safe for young developing brains.

- <https://www.cdc.gov/tobacco/infographics/youth/pdfs/e-cigarettes-usb-flash-508.pdf>
- www.GetOutraged.org

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



INTERESTING READS

Alcohol, Tobacco, Marijuana, & Other Drugs

- Study: More teens saying no to substances
<http://www.aappublications.org/news/2018/07/19/substanceuse071918>
- Marijuana Talk Kit— What you need to know to talk with your teen about marijuana
<https://drugfree.org/download/marijuana-talk-kit/>
- Educators worry students don't know vaping health risks:
<https://www.pbs.org/newshour/show/educators-worry-students-dont-know-vaping-health-risks>
- Opioid Overdose Prevention Toolkit
<https://store.samhsa.gov/shin/content//SMA18-4742/SMA18-4742.pdf>

CONTACT US



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Six City Tobacco Initiative

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VOLUNTEER OPPORTUNITIES

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 and the Sticker Shock Campaign.



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/SCAP
- <https://www.facebook.com/SomervilleCares>