

**SUMMER/FALL 2022**

# SOMERVILLE PREVENTION



Welcome back! Summer & Fall 2022 have been as busy as ever. Swipe through to learn about the amazing substance misuse prevention work going on in Somerville, MA.

## WHERE TO START

- P2: MassCALL3/Data Share
- P4: Harm Reduction
- P12: Social Media
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- P17: Drink Spiking
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- P22: Tobacco Control
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# MASSCALL3



The Somerville, Everett, Arlington, & Lexington (SEAL) cluster are moving along in our strategic planning process. We have successfully submitted our first deliverable, explaining our needs & capacity assessment process to our funders, MA-DPH's BSAS, and received approval to move into strategic planning, following our data share back to our respective communities.


*Did you know?*

The S.E.A.L. cluster will be holding quarterly meetings to engage stakeholders in youth substance misuse prevention efforts.

# DATA SHARE & DISCUSSION

MassCALL3: Somerville · Everett · Arlington · Lexington

## COMMUNITY DATA REVIEW & DISCUSSION









ON SUBSTANCE MISUSE PREVENTION

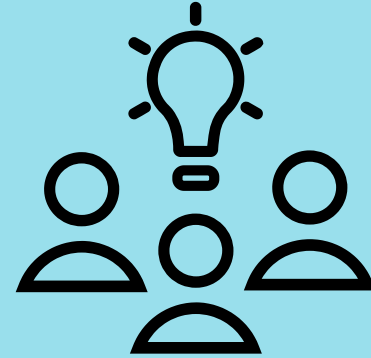
**Thursday Dec. 1st**

6:00 pm – 7:30 pm  
via Zoom

**Facilitators**

 INSTITUTE FOR COMMUNITY HEALTH	 Somerville Prevention Services	 LEXINGTON HUMAN SERVICES
 ECHP Everett Community Health Partnership	 CHA Cambridge Health Alliance	 Arlington Youth Coalition

To register: <https://bit.ly/masscall3>



SOMERVILLE  
EVERETT  
ARLINGTON  
LEXINGTON

The S.E.A.L. cluster hosted several Data Review & Discussion events to review the youth substance misuse data we gathered from community members. We had 65+ stakeholders attend as phase one of our share back process with cities/towns now looking to connect with folks who were not able to attend the event. We also hosted Spanish & Portuguese events that are available for viewing on our YouTube page.

*Did you know?*

You can view all the MassCALL3 Youth Data Share Back Events on YouTube - <https://bit.ly/somyoutube1>.



# DRUG TAKE BACK DAY



The City of Somerville's Community Outreach, Help, & Recovery (COHR) and Somerville Prevention hosted their biannual Prescription Drug Take Back Day event on October 29th. We had another successful turnout with individuals learning about overdose prevention & how to administer Narcan!

*Did you know?*

There are medication & sharps disposal kiosks available 24/7 at the Somerville Public Safety Building (220 Washington Street).

# NARCAN DISTRIBUTION



Somerville Prevention partnered with the Somerville Homeless Coalition, COHR, & Fenway Health to host seven (7) Narcan Distribution events in Davis Square, Union Square, Foss Park, & East Somerville to provide FREE overdose prevention trainings, Narcan, fentanyl test strips, CPR face shields, COVID-19 tests, and overdose prevention educational materials. We trained 200+ Somerville residents in overdose prevention and distributed 700+ doses of Narcan as well as 200+ fentanyl test strips, CPR face shields, & COVID-19 tests.

*Did you know?*

We have more distribution events scheduled in February 2023. Keep reading to learn where!

# NARCAN DISTRIBUTION

West Library  
40 College Ave.  
February 6th  
9a-7p

Central Library  
79 Highland Ave.  
February 11th  
9a-5p

East Library  
115 Broadway  
February 27th  
9a-7p

## NARCAN DISTRIBUTION

COVID tests, Fentanyl test strips, face shields for rescue breathing, & more!

**WHILE SUPPLIES LAST!**

Somerville Prevention Services  
Greater Somerville Homeless Coalition  
COHR  
ACCESS  
SPL



Somerville Prevention partnered with Connexion & the Somerville Public Libraries to host Narcan Distribution Events in February 2023. Be sure to stop by!

- West Library (40 College Avenue)
  - Monday, February 6th: 9a-7p
- Central Library (79 Highland Avenue)
  - Saturday, February 11th
- East Library (115 Broadway)
  - Monday, February 9a-7p
- Connexion (149 Broadway): TBD

*Did you know?*

You can get Narcan for free at anytime! Please e-mail Prevention Services Manager, Matthew Mitchell, at [mmitchell@somervillema.gov](mailto:mmitchell@somervillema.gov).

# RECOVERY MONTH



In recognition of International Overdose Awareness Day (8/31) & Recovery Month (September), the City of Somerville supported several events to continue to raise awareness and educate our community about opioid-related overdoses including:

- 15 purple flags were displayed on the front lawn of Somerville City Hall, representing the 15 Somerville residents who passed away from an opioid-related overdose in 2021.
- 3 Narcan Distribution Events in September to provide community members with FREE Narcan, fentanyl test strips, CPR face shields, COVID tests, & overdose prevention materials.

*Did you know?*

We offer overdose prevention trainings & free harm reduction materials year-round. Reach out to [mmitchell@somervillema.gov](mailto:mmitchell@somervillema.gov) for more details.

# OD2A

FY21 & FY22

**103**

**OVERDOSE PREVENTION  
TRAININGS**

**214**

**INDIVIDUALS TRAINED IN  
OVERDOSE PREVENTION**



Somerville & Cambridge have entered the final year of the Overdose Data to Action (OD2A) grant. During the first two years of the grant, we have had many successes especially thanks to the efforts of our community partners, the Somerville Homeless Coalition (SHC) & Fenway Health's Access Drug User Health Program. Check out the number of trainings and individuals reached with overdose prevention education as well as examples of materials distributed above!

*Did you know?*

Reach out to [mmitchell@somervillema.gov](mailto:mmitchell@somervillema.gov) to see how to get free materials today!



# MOBILE HARM REDUCTION SERVICES



Mayor Katjana Ballantyne and Somerville's Health and Human Services (HHS) Department announce that, in partnership with Fenway Health's Access: Drug User Health program, mobile outreach services in Somerville to individuals who use drugs restarted the week of December 19, 2022.

During outreach sessions, services will include syringe exchange, safe collection and disposal of used syringes, harm reduction materials including safer injection equipment, sharps containers, wound care supplies, and safer sex materials. Additionally, Access provides distribution and training of Naloxone (Narcan), testing for HIV, Hep C, and STIs with linkage to care, if needed, and connecting individuals to substance use treatment providers, behavioral health providers, and legal and housing services as needed.

*Did you know?*

Outreach locations will include Davis Square (Statue Park, Seven Hills Park, West Branch Library, and Kenney Park), Sullivan Square, and Broadway/Foss Park.

# TUFTS TISCH SCHOLAR



Jonathan M. Tisch  
College of Civic Life

## Tisch Scholars

**AWESOME!**

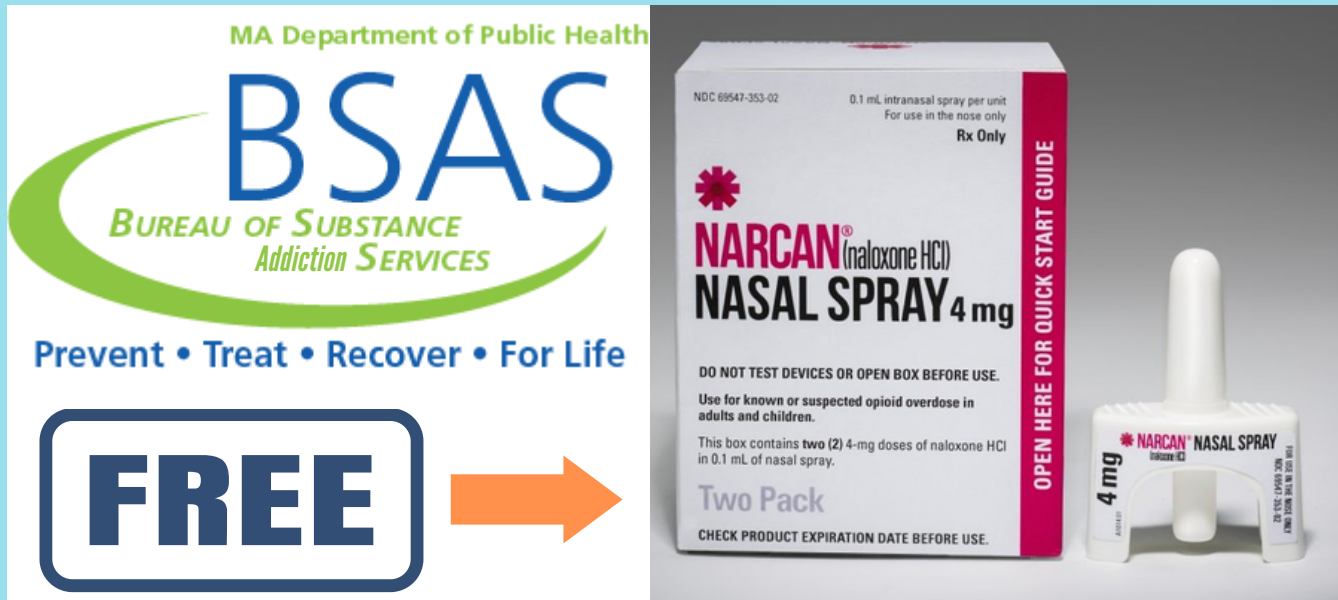


Growing up in Arkansas, community engagement has been a core principle of Aviance's upbringing. As a kid, she worked alongside her grandmothers to help feed the community in her hometown through her church, St. Mark AME. In high school, Aviance led SOUL Club---a club devoted to teaching her school community about various cultures and the traditions of those cultures. Additionally, Aviance has spent the past three years informally braiding hair at affordable prices for those living in her community. Currently, Aviance is pursuing a major in Community Health on the pre-medicine track and aspires to become a pediatrician in future. Outside of class, she enjoys stepping with ENVY Step Team and looks forward to braiding hair in her community! Aviance will be working on our OD2A grant focusing on overdose prevention training outreach to community members & businesses as well as social media content. Welcome!

*Did you know?*

Somerville Prevention hosts Tufts interns each year to support our substance misuse prevention efforts.

# CNPP



The Community Naloxone Purchasing Program (CNPP) aims to expand the availability of naloxone in MA by ensuring a wide variety of entities have access to naloxone in the event of an overdose emergency and can provide that naloxone to people likely to witness an overdose. The CNPP allows the City of Somerville to order naloxone directly through the State Office of Pharmacy Services (SOPS) free of charge.

*Did you know?*

Through CNPP, we have already distributed 240 doses (!) of Narcan since November 2022.

# SOCIAL MEDIA

JULY-DECEMBER 2022

**42,398**

IMPRESSIONS

**5,542**

ACCOUNTS REACHED

**1,113**

FOLLOWERS

**2,451**

CONTENT  
INTERACTIONS



**108**

NEW FOLLOWERS

Check. Out. Those. Numbies.  
@somervilleprevention on Instagram  
continues to reach more and more  
individuals everyday! We have seen the  
highest number of impressions,  
interactions, accounts reached, followers,  
etc. since our inception in early 2020.

We appreciate all the support!



@SOMERVILLEPREVENTION

# YOUTH SOCIAL MEDIA AMBASSADORS



## GREEN FLAGS TO LOOK FOR IN PEOPLE



Being an active listener



Growth mindset



Being authentic around others



Self awareness



Positive self-talk



Setting healthy boundaries

maria clara



This summer, Somerville Prevention worked with **EIGHT** youth to create substance misuse prevention content for Instagram. A HUGE THANK YOU to Nancy, Havilah, Maria Clara, Justin, Lia, Maya, Sarah, & Aryanna for their efforts. We look forward to having more youth next year!

*Did you know?*

Somerville Prevention looks for youth creators each Summer as part of our Prevention Ambassadors program as well as the Mayor Summer Jobs!

# MAYOR YOUTH SUMMER JOBS



Jaslene Jean-Francois was the Somerville youth working with Somerville Prevention this past Summer. Jaslene managed our social media account & created AMAZING content related to substance misuse prevention. We thank Jaslene for her great work and look forward to continuing to work with her in the future!

*Did you know?*

If you are interested in contributing to our social media, please e-mail Lily Dolyak, at [ldolyak@somervillema.gov](mailto:ldolyak@somervillema.gov).

# LET'S TALK

**NOV. 10  
6:00 P.M.**

## LET'S TALK

A CAREGIVER WORKSHOP ON HOW TO HAVE PROACTIVE CONVERSATIONS WITH YOUTH ABOUT SUBSTANCE MISUSE PREVENTION.

- ✓ REVIEW SUBSTANCES
- ✓ ROLE PLAY SCENARIOS
- ✓ RESOURCES

Virtual link: <https://bit.ly/prevent2022>

FOR MORE INFORMATION, CONTACT  
**LDOLYAK@SOMERVILLEMA.GOV**

**\$20**  
TARGET GIFT CARD

Somerville  
Prevention Services



Substance Misuse Prevention Coordinator, Lily Dolyak, LCSW, facilitated the first Let's Talk workshop for 400+ (!) adult caregivers. Let's Talk aims to educate caregivers on how to facilitate productive, open, and non-judgmental conversations with youth about substances.

Spanish & Portuguese sessions are in the works!

*Did you know?*

Somerville Prevention will be hosting several Let's Talk workshops in February 2023 at the Somerville Public Libraries. E-mail [ldolyak@somervillema.gov](mailto:ldolyak@somervillema.gov) for more details.

# STUDENT HEALTH SURVEY

**2022**

## **Somerville Public Schools** **Student Health Survey** Presentation

2022



**SOMERVILLE**  
**PUBLIC SCHOOLS**

The results are in! Our evaluation partners, John Snow Inc. (JSI), have facilitated community presentations to share findings.

In addition, we are in the process of planning for the Middle School administration this school year. Somerville Prevention partnered with the Somerville Children's Cabinet to enhance stakeholder participation in this survey planning process including question review and recommendations.

*Did you know?*

You can find all Student Health Surveys dating back to 2002 at <https://bit.ly/somprevents>.



# DRINK SPIKING

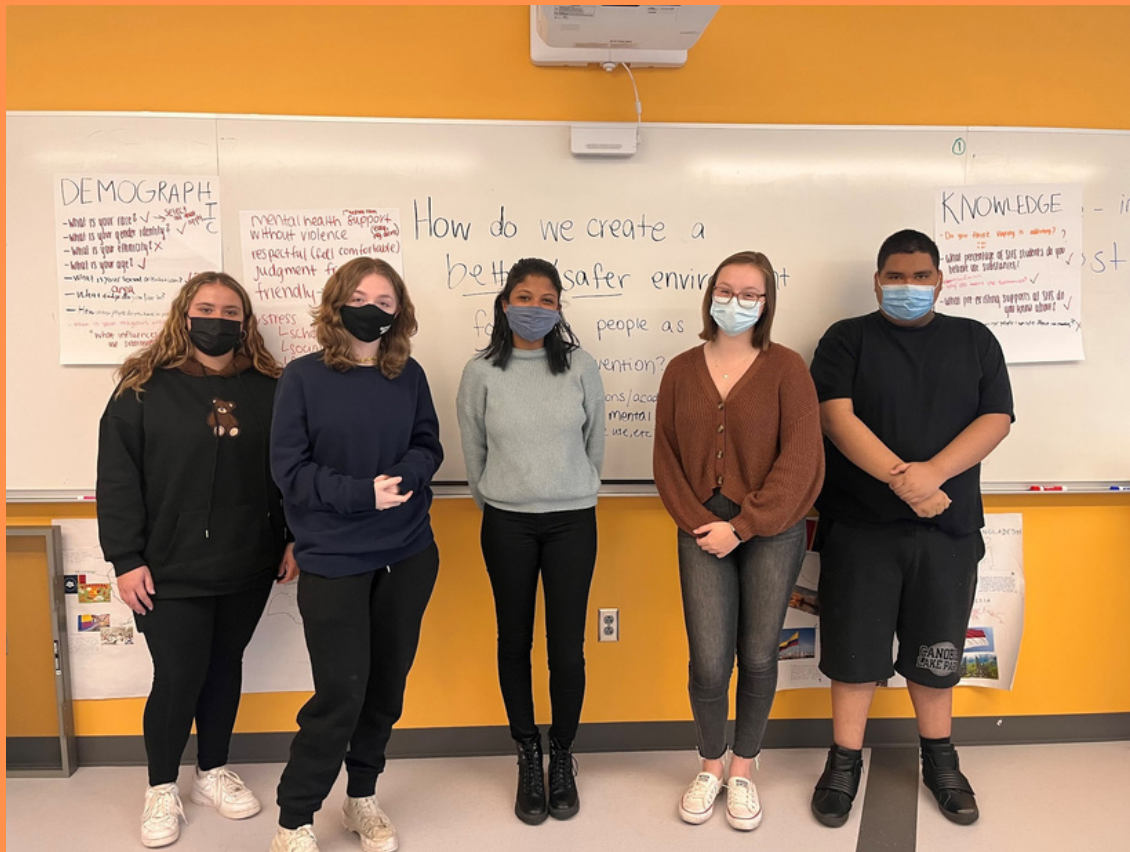


With reports of drinking spiking in the greater Boston area, it is important to stay vigilant when socially drinking while also understanding the signs & symptoms, how you can protect yourself, how you can help a friend, and resources available. Check out our Instagram from 8/22-8/26 to learn more.

*Did you know?*

Check out our LinkTree for more details  
<https://linktr.ee/somervilleprevention>.

# SOMERVILLE POSITIVE FORCES



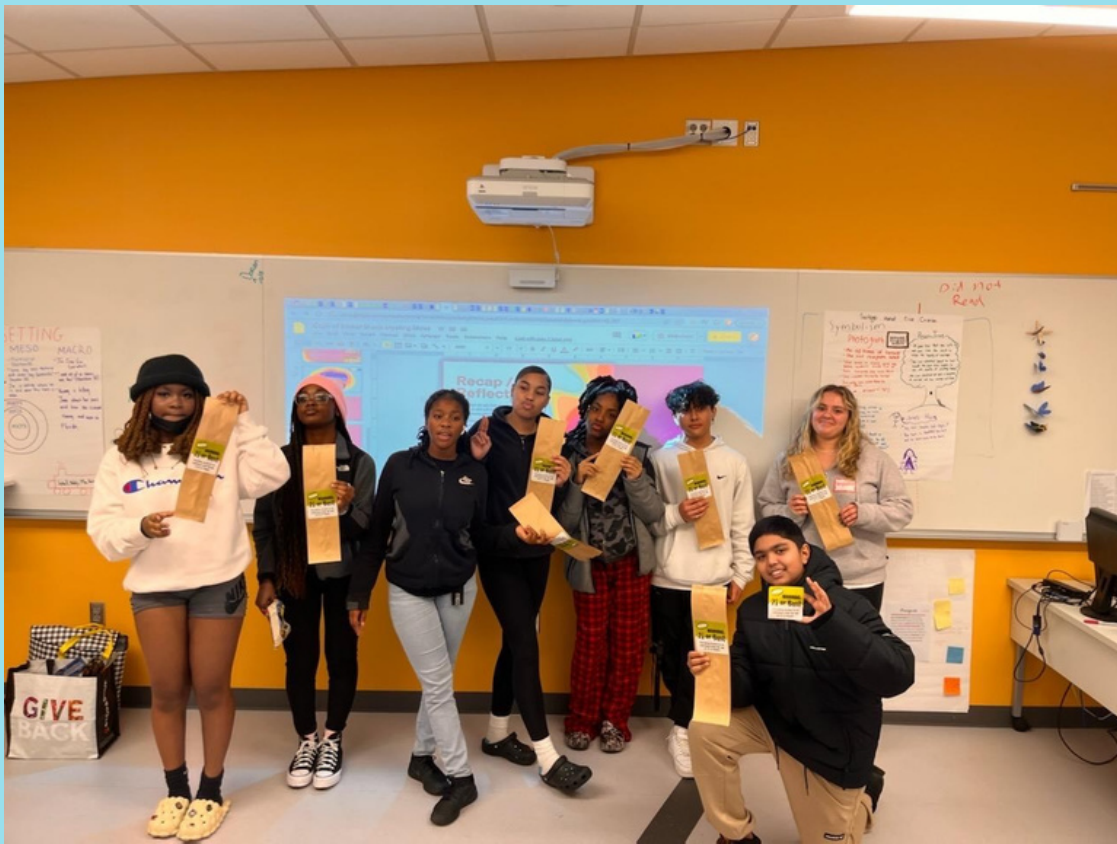
This summer and fall, SPF youth leaders worked with C4 Innovations partners to wrap-up their youth-led research project by analyzing data they collect to learn how to create a better, safer environment for youth to prevent substance misuse. Thank you to Caty Wilkey and Adrienne Kasmally from C4 for helping SPF100 leaders conduct this important research this past year.

Stay tuned for their results publications.

*Did you know?*

SPF Alumni Leaders work to recruit & hire new peer leaders for our programs through youth-led information sessions and interactive group interviews. To apply, SPF100 (high school youth) - <https://bit.ly/SPF100hiring> & SPFJR. (middle school youth) - <https://bit.ly/SPFJR>.

# SPF 100



SPFJR & SPF100 placed 3,000 stickers on liquor store bags to remind adults not to give people under 21 alcohol. This initiative engages liquor stores to proactively work with youth to make a commitment to not provide youth alcohol. Big thanks to Sav-Mor for partnering on this important initiative!

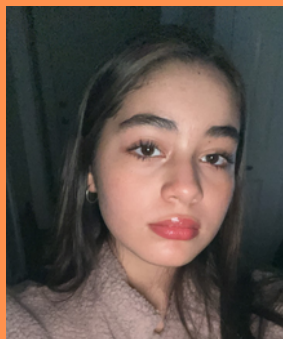
*Did you know?*

Check out the press release here - <https://bit.ly/stickershock22>.

# SPF YOUTH



Hi, my name is Autumn. One fun fact about me is I am a Girl Scout with a Bronze Award. Another fun fact about me is I love biology. I joined SPFJR. because I am sick of seeing kids being dismissed because "they don't know any better." SPFJR. helps to address that.



Hi, my name is Nicole. One fun fact about me is that I laugh at everything even if it's not funny. My favorite food is hamburgers with fries. I joined SPFJR. because it would be fun to know more people and learn about the most common issues that young people have in our community.



Hello, my name is Ishana. Two things people don't know about me are that I play soccer and I don't play an instrument. I joined SPF because I want to help support my community and help others realize they have a voice of their own.



Hello, my name is Jayden. One fun fact about me is that I like learning new things and techniques. I also like helping people who need it. I joined SPF100 because I have seen many problems in Somerville and Massachusetts and I want to help those in need.

*Did you know?*

SCAP engages between 20-30 Somerville middle and high school students each school year!

# SCAP INTERN



Mary Grace came to us from the Tufts Community Health Program. She is a senior at Tufts majoring in English and Community Health, she is primarily interested in substance use resolution, health policy and legislation initiatives, and tackling systemic equity issues. Mary Grace worked closely with the Somerville Positive Forces youth leaders this fall semester assisting with a variety of prevention-related initiatives including creating elevator speeches, developing positive self-identity, preparing for Sticker Shock, along with publishing numerous prevention-focused articles in our local news. SCAP and SPF want to thank Mary Grace for all her awesome work with us.

Thank You, Mary Grace!

# TOBACCO CONTROL

CAMBRIDGE  
CHELSEA  
EVERETT  
REVERE  
SOMERVILLE  
WINTHROP

The Power Summit will be held at the end of January with students from all over MA. The summit aims to empower youth to become advocates against smoking & vaping. They'll learn leadership skills, facts about vapes and smoking, have fun, and connect with other youth in preparation to attend Kick Butts Day, an annual event when youth rally and visit the statehouse to talk to their legislators about what they've learned about smoking and vaping.

*Did you know?*

We are always looking for more youth to be involved in tobacco & nicotine compliance checks. E-mail [bcarroll@somervillema.gov](mailto:bcarroll@somervillema.gov) to learn more!

# CONTACT US



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