

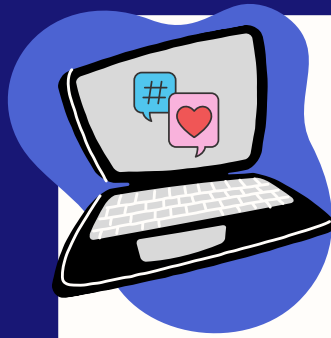
Fall 2021



Somerville Prevention

IN THIS ISSUE

- P2. Mayor Ballantyne
- P3. Mayor Curtatone
- P4. HHS Staff Departure
- P5. New Staff
- P6/P7. Student Surveys
- P8. Social Media
- P9. Social Media Interns
- P10. MassCALL3
- P11. OD2A
- P12. Tufts Partnership
- P13. Six City Tobacco
- P14. SPF
- P15. Trivia Night Event
- P16. TRIVIA contest!
- P17. Contact Us



Somerville Prevention had SO much going on over the last few months, we decided to do an end of the year newsletter to catch you all up since the summer! 😊

Take a look inside to see all things Somerville Prevention & how we are connecting with individuals to provide substance misuse prevention efforts in a variety of ways!



Reminder

Somerville Positive Forces (SPF) middle & high school youth will be hosting their annual Student Health Survey Trivia & Discussion Event on January 27th from 6:00 p.m. - 7:30 p.m. via Zoom. Check out page 15 for more details!

WELCOME

Mayor Ballantyne

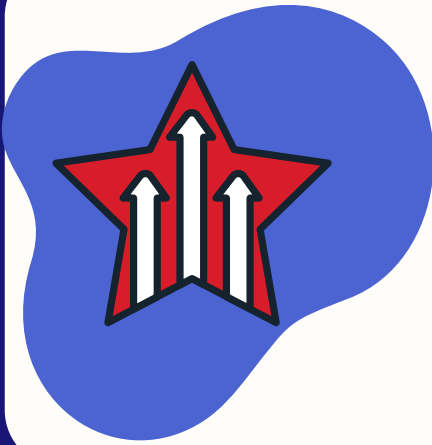
**Katjana
Ballantyne**

**Mayor of
Somerville**



Somerville Prevention welcomes
the new *Mayor* of Somerville,
Katjana Ballantyne!

We are very much looking forward
to working with you and continuing
to move forward our substance
misuse prevention work for
the Somerville community.



Mayor Curtatone



**Joseph A.
Curtatone**

**18 year
Mayor**

**THANK
YOU**

Somerville Prevention wishes former Mayor Joe Curtatone the best as he pursues his next venture.

We thank you for your progressive leadership and vision, particularly when it came to substance misuse prevention efforts for the City of Somerville.



Thank you!

Staff Departure

**Doug
Kress**

**Health &
Human
Services
Director**



*Best
Wishes*



**SOMERVILLE
Public Health**
Prevent. Promote. Protect.

Somerville Prevention wishes departing HHS Director Doug Kress the best of luck as he transitions to new professional opportunities.

We thank you for your guidance, especially in supporting our work over the last 7 years!





New Staff!



Lily Dolyak is a Connecticut native who moved to Boston in 2018 to pursue her Masters in Social Work from Simmons University. Lily graduated in May 2020 with her MSW and a certificate in Trauma Practice. Lily brings with her a history of working in Substance Use treatment in residential and acute care settings, working with both adolescents and adults. Prior to transitioning, Lily worked as a Clinical Supervisor at Bay Cove Human Services in their Adult Community Clinical Services program (ACCS).
Welcome Lily! :)

Substance Misuse Prevention Coordinator

- Assessments
- MassCALL3
- Social Media
- Education & Trainings

Available at the
CHA Teen Health
Center at SHS
Tuesdays,
8a-12p too!

Fall 2021

RESULTS

Student Health Survey



SOMERVILLE
Public Health
Prevent. Promote. Protect.

2021
Results
are in!

Middle &
High School
Students



SOMERVILLE
PUBLIC SCHOOLS

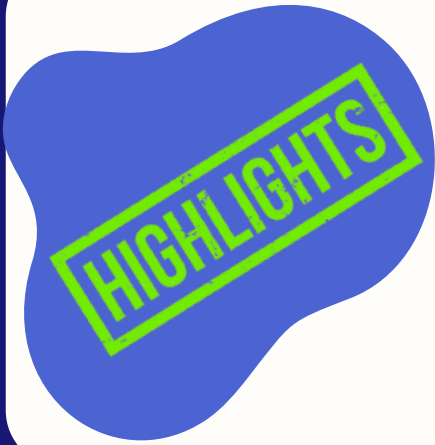


JOHN SNOW, INC.

Somerville HHS commissioned its annual Student Health Survey in May 2021 to get a sense of how middle & high school students were doing on a range of topics including mental health, substance use, etc., particularly related to COVID-19.

HHS worked with John Snow, Inc (JSI) & the Somerville Public Schools to craft & administer a virtual survey to hear from youth & inform programming needs.

Check out a few key data points on the next page!



Student Health Survey

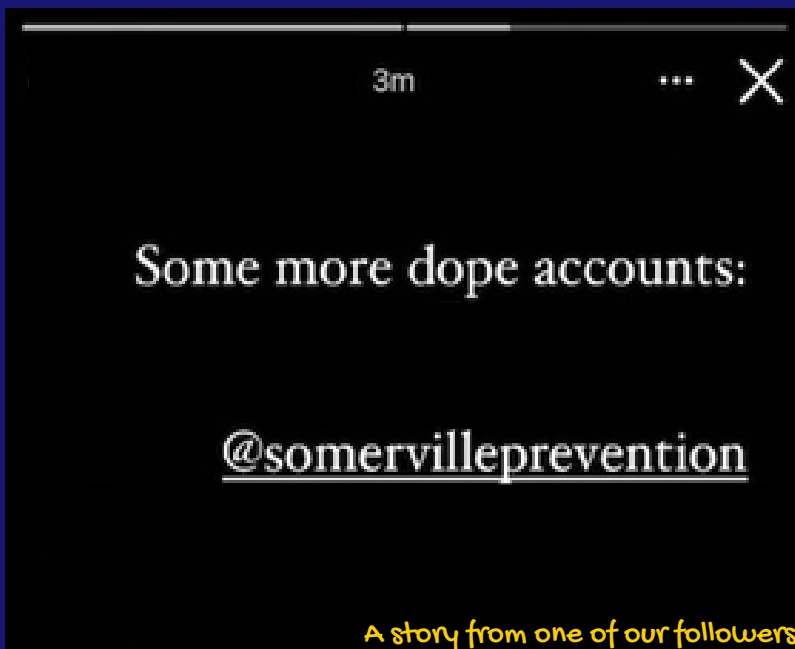


SOMERVILLE
Public Health
Prevent. Promote. Protect.

- Over half of SHS students & almost one-fourth of SMS students reported that they struggled with their mental health most of the time or always during the coronavirus pandemic.
- While the majority of students did not experience any adverse financial or health-related affects of COVID-19, 20% of SHS students & 21% of SMS students had a family member or close friend who died.
- Current use of substances has decreased across years.
- Electronic bullying for SMS students increased significantly in 2021 while decreasing significantly for SHS students compared to prior years.
- School issues were the most common cause of overwhelming stress for SHS and SMS students. The greatest reported source of stress in school was keeping up with school work.



Social Media



2021

84,375

IMPRESSIONS

21,699

ACCOUNTS REACHED

4,029

CONTENT INTERACTIONS

801

FOLLOWERS



Somerville Prevention's social media expansion hit key milestones this past year, reaching more & more Somerville residents each month via Instagram. A huge thank you to all of our contributors in 2021 including Somerville youth, Tufts Community Health interns, & the local accounts that supported our work as we grew from 0 followers. Big things to come this new year so stay tuned!

@somervilleprevention



Social Media Interns



This past Fall 2021, Aliana Acevedo was our social media star. Ali joined us in September 2021 and hit the ground running brainstorming & creating engaging posts, content, etc.

Ali's creativity led to some of @somervilleprevention's best months, gaining more & more followers and engaging accounts in unique & fresh ways. This was particularly impressive given some of the stigma of substance misuse.

We thank Ali for all her efforts & wish her nothing but the best going forward!

This Spring 2022, Somerville Prevention welcomes one of our new interns, Krishan Guzzo. Learn more about Krishan below!

Krishan is a community health major at Tufts University and is also on the pre-medical track. He's been interested in both healthcare and marketing since middle school, but until now has not found an opportunity to marry both interests. He is beyond excited to leverage both of these interests and help the City of Somerville promote substance misuse prevention.

This Spring 2022, Somerville Prevention also welcomes another new intern, Payel Islam. Learn more about Payel below!

Payel Islam is a Junior at Tufts University studying Community Health on a pre-dental track. She cannot wait to work with Somerville Prevention to utilize her love for pop culture and social media to engage with the Somerville community.

GO TEAM!



MassCALL3

MassCALL3

Substance Misuse Prevention Grant

- **Racial equity-based**
- **Needs assessment planning**
- **Community interviews & focus groups**



The MassCALL3 SEAL cluster, comprised of the cities/towns of Somerville, Everett, Arlington, & Lexington, are actively working on the first part of our strategic planning: the needs assessment.

The SEAL cluster is working with the Institute for Community Health (ICH) to finalize interview tools to interview diverse community members about substance misuse prevention needs, particularly disparities in education, policy, access to treatment, etc. as it relates to the initiation of first substance misuse. Want to get involved? E-mail us!



Overdose Data to Action



Cambridge
Public Health
Department



INSTITUTE FOR
COMMUNITY
HEALTH

OD2A

Opioid Overdose Prevention Grant

Since Oct. 2021:

- **40+ overdose prevention trainings**
- **50+ doses of Narcan distributed**
- **100 fentanyl test strips distributed**

Somerville Prevention & the Cambridge Public Health Department continued successful opioid overdose prevention efforts with individuals experiencing homelessness and/or housing instability through the OD2A grant.

Through partnerships with Fenway Health/ACCESS & the Somerville Homeless Coalition, we have increased our ability to reach individuals with trainings as well as now expand to distribute fentanyl test strips, a harm reduction technique to address the dominant presence of fentanyl in a wide variety of substances.



Tufts Partnership

New research project!

- Increase outreach for Drug Take Back
- Develop messaging
- To be featured on @somervilleprevention



Due to our social media efforts, our prevention work was noticed by a professor at Tufts School of Medicine who is looking to do additional research on substance use, addiction, & medication disposal.

After connecting, a grant proposal was submitted to focus on enhancing messaging of our Drug Take Back Day to increase community participation through social media, particularly @somervilleprevention.

More hopefully to come!



Six City Tobacco Control

**CAMBRIDGE
CHELSEA
EVERETT
REVERE
SOMERVILLE
WINTHROP**

Six City Tobacco Control Director, Bonny Carroll, has been hard at work, visiting tobacco licensees to provide education about tobacco/nicotine regulations.

On Nov. 18, 2021, the City of Somerville's Board of Health unanimously voted to adopt updated tobacco sales regulations, starting Feb. 1, 2021 to be even more closely aligned with the State's model regulations.

Check out some of the key highlights here!

Updated Somerville Tobacco Regulations!

- **No permit renewal if three sales to person under 21**
- **Ban flavored rolling papers/flavor enhancements**
- **No smoking bars allowed**
- **All Somerville penalties to match MA**
- **Revised "Smoke Accessories" definition**



Somerville Positive Forces

**SPF100
&
SPF Jr.**

- **Substance misuse prevention efforts**
- **Gender & racial equity focused**
- **Spotlights on Instagram**



**SOMERVILLE CARES
ABOUT PREVENTION**

Together we can make a difference



C4
Innovations

Somerville middle school & high school youth have been actively meeting since the beginning of the school year, preparing for their participatory research project related to racial & gender health disparities.

SPF youth will also be featured on our @somervilleprevention Instagram page in January for you to get to know a little more about them as well as why they wanted to get involved with SPF.

Fall 2021



Trivia & Discussion Event

STUDENT
HEALTH DATA
TRIVIA NIGHT
& DISCUSSION

HOSTED BY
SOMERVILLE YOUTH!

JANUARY 27, 2022
6:00 P.M. - 7:30 P.M.

Zoom
<https://bit.ly/3rNkeBy>

SPF middle & high school students will be hosting Somerville Prevention's Annual Student Health Survey Data Trivia Night & Discussion Event on Thursday, January 27th from 6:00 p.m. to 7:30 p.m via Zoom.

To participate, please go to the following link on the day of the event - <https://bit.ly/3rNkeBy>



Trivia Time!

Questions

- 1.) How many impressions did the @somervilleprevention Instagram page have in 2021?
 - 2.) According to the 2021 Student Health Survey, what percent of SMS students surveyed reported NOT using electronic vapor products in 2021?
 - 3.) What was the greatest reported source of stress in school for both SMS & SMS students surveyed in 2021?
-

The first individual to e-mail mmitchell@somervillema.gov the correct answers will win a \$20 Target gift card!



Contact Us



Matthew Mitchell, LSW
Prevention Services Manager
Cell: (781) 747-8505
mmitchell@somervillema.gov



Lovelee Heller-Bottari, CPS
SCAP Program Director
(617) 625-6600, ext. 4322
lheller@somervillema.gov



Lily Dolyak, LCSW
Substance Misuse Prevention Coordinator
Cell: (617) 366-6820
ldolyak@somervillema.gov



Bonny Carroll
Six-City Tobacco Control Director
(617) 625-6600, ext. 4318
bcarroll@somervillema.gov