

GOT PREVENTION

August 2017

Learn to Cope

Learn to Cope Support Group

Mondays, 7-830pm

Spaulding Rehabilitation Hospital, 1575 Cambridge St, Cullinane Center. Free parking - please use Lot E past the visitor lot on Hovey Ave. This support group is free and offers a unique format that has experienced facilitators who have been there, resources, informational material, guest speakers (in long term recovery or professionals in the field), overdose education, and most of all, HOPE! Appropriate for the parents, family members, spouses, and caregivers of people who have addictions to opiates, alcohol, or other drugs. For more Information call 508-738-5148 or visit www.learn2cope.org

Inside this issue:

Shoulder Tap Surveys	2
Marijuana Course	3
Overdoes Prevention	4
End of Summer Activities	5
Volunteer Opportunities	6



Is the way or amount I drink harming my health? Should I cut down on my drinking?

www.alcoholscreening.org

ONE CALL to CITY HALL

3 1 1
SOMERVILLE



Shoulder Tap Surveys Completed

Somerville Cares About Prevention (SCAP) Program Director Lovelee Heller-Bottari today announced the results of a “Shoulder Tap Survey” designed to discourage adults from purchasing alcohol for people under 21. During the project, Somerville and Everett youth worked with local merchants to measure the willingness of a complete stranger to purchase alcohol for a minor.

The Shoulder Tap Survey is part of a cooperative effort between Somerville Cares About Prevention, Everett Community Health Partnership, Somerville Police Department and local retail liquor stores. Students involved in the Shoulder Tap Survey hope to raise awareness among adults who may be inclined to provide alcohol to their underage peers.

Youth, with the support of Somerville Police, approach adult strangers near the entrance of the liquor store and ask if they would buy them alcohol. If the adult agrees to purchase alcohol for the minor, they are given a card stating “Next time, say NO!” and list the law and penalties which include: Arrest, a fine up to \$2000 and/or imprisonment up to 1 year. And if they refuse to buy, they are given a card thanking them for helping save a life.

On June 29th and July 20th youth visited 2 local liquor stores in Union Square and Clarendon Hill areas to conduct Shoulder Taps. While at a site in Union Square, the youth approached a female in her early twenties, who was willing to purchase alcohol for them. Youth readily provided the female with a “yes card” detailing the laws and penalties of providing alcohol for those under 21 years of age.

“Youth are working to promote a healthy community for young people with this initiative to raise awareness around the Social Host Liability Law. Certainly, this person is highly unlikely to say YES in the future,” says Somerville Cares About Prevention Program Director, Lovelee Heller-Bottari. Licensing Commission Investigator, Sargent Warren Chaille noted that, “It was reassuring to find that of the 84 adults approached, 82 adults refused to purchase alcohol for the youth.”

Melissa, a SCAP youth leader involved with the Survey said, “I decided to participate in this activity because I felt a need to help address underage drinking in my community.” And Nephtalie, a SCAP youth leader shared that, “A person we asked said to us, ‘It’s great youth are doing this because my own father died because of alcohol use.’” Ishivita, a SCAP youth leader commented, “It was a fun experience that I think will make a pretty big difference in preventing youth access to alcohol.” Everett youth leaders all said, “They wanted to help because the project is for a very good cause and it sounded interesting.”

“We’re excited to join with our Everett BSAS Substance Abuse Prevention Cluster Grant partner, the Somerville Police Department, and local retail liquor stores to implement the Shoulder Tap Survey,” said Lovelee Heller-Bottari, Somerville Cares About Prevention Program Director. “Through projects like this, SCAP is able to communicate the importance and effectiveness of limiting youth access to alcohol to help reduce underage drinking. Coalition prevention efforts reflect the power of community collaboration to help promote a safer environment for youth.”

Somerville Cares About Prevention is a community based coalition under the Somerville Office of Prevention supported by the City of Somerville’s Health and Human Services Department whose mission is to reduce substance abuse among the residents of Somerville, as well as the harms associated with such use. SCAP works to engage and mobilize both youth and adults to implement community-based projects aimed at reducing access of alcohol to underage youth. Young people are very much an integral part of the SCAP mission and a powerful force in the prevention of underage drinking.

Somerville youth leaders are part of SCAP’s Somerville Positive Forces youth development programming working to lead positive change in the community. The mission of SPF is to support social change that would empower youth to make healthier decisions regarding the use of alcohol, tobacco and other drugs.

In order to educate as many adults as possible on the Social Host Liability Law, SCAP youth leaders translated Shoulder Tap cards into Spanish, Portuguese, and Haitian Creole.

For more information on the Shoulder Tap Survey or Somerville Cares About Prevention, please contact: Lovelee Heller-Bottari, SCAP Program Director, at 617-625-6600 x4322 or LHeller@somervillema.gov. Visit our social media networks on Facebook at www.facebook.com/SomervilleCares.

For more information about MA Social Host Liability visit: <http://www.mass.gov/essexda/prevention-and-intervention/juvenile-prevention/social-host-liability.html>



Course trains Mass. Doctors in marijuana

By Zane Razzaq
The Patriot Ledger

With recreational marijuana use now legal in the state, the Massachusetts Medical Society has produced a program training doctors on how to talk about marijuana use with patients. The online program covers topics like the history of cannabis, the effect of cannabis on mental health, and guidance on when to recommend medical marijuana. The course also assesses the therapeutic value of cannabis for disorders and diseases like cancer, epilepsy and Parkinson's.

The program was developed by TheAnswerPage.com, a medical education website founded by Stephen B. Corn, MD, with Meredith Fisher-Corn, MD, serving as editor-in-chief. "We realized there isn't any quality, unbiased information about marijuana for doctors," said Corn.

Corn said that it is crucial that doctors receive training on how to recommend marijuana for medical reasons. There are certain disorders that marijuana may be counterproductive to treat, like schizophrenia, said Corn. "This isn't just for doctors who plan on recommending marijuana," said Corn. "It's important all doctors know about marijuana because their patients may be using it."

The program was reviewed by the Massachusetts Medical Society's Committee on Sponsored Programs and by Dr. Alan Ehrlich, an assistant clinical professor in family medicine at the University of Massachusetts Medical School in Worcester. Ehrlich said the need for such a course was apparent. "As we become a state where marijuana can be used recreationally like alcohol, doctors still don't have a lot of knowledge," said Ehrlich. "This is an area where public policy is moving more rapidly than the science."

Ehrlich said one danger of doctors being uneducated about marijuana is that they may dismiss patients interested in the drug's therapeutic value, believing it is just an excuse to use recreationally. "Then the patient stops talking to the doctor about it, they just do it on the side," said Ehrlich. Since the legalization of marijuana, several dispensaries have opened on the South Shore, including ones in Quincy, Plymouth and Bridgewater.

Zane Razzaq may be reached at zrazzaq@ledger.com



Overdose Prevention

The MA Department of Public Health launched a campaign with **Overdose Prevention** messaging to encourage people to carry naloxone if they know someone who could overdose from pain meds or heroin. The media campaign includes billboards and posters in high overdose incidence communities as well as paid digital and social media statewide. Aspects of the campaign have been running throughout the summer.

The campaign materials seen below were developed to encourage people who use opioids, friends, and family to ask pharmacists about getting naloxone.



Carry Naloxone Call 911 Poster (11”x17”) – Two-sided campaign poster with English on the front and Spanish on the back. (1st item above)

Pharmacy Card (4.25”x2.75”) – Reminds individuals to ask a pharmacist for more information on getting a prescription for Naloxone. Cards can be handed to the pharmacist or pharmacy technician when asking for a prescription for naloxone. (2nd items above) The back of the card shows the four choices that are seen on the phone image. There is also an online version that people can show on their phone (3rd item above), which is available on this [Campaign Webpage](#). You can click on the image on the webpage to show the pharmacy staff.

If you are interested in ordering these items to make them available in your programs, they are available (at no cost) to order on the [Massachusetts Health Promotion Clearinghouse](#).



End of Summer Kid Friendly Activity Ideas

Summer is slowly, but surely winding down and pretty soon all the kids will be in back in school. Before you get too caught up in parent teacher conferences, soccer games, school plays and piano lessons, enjoy these last few unstructured days. Here are five things you should do with your kids before that first school bell rings.

Water Park

A water park is a great way to cool off and have quality family time. Nothing says love like hanging on to your child for dear life as you both sit in a hollowed out log plunging down a 20-foot waterfall. Today's water parks have something for everyone—from toddlers to teens to grown ups. That crisp fall air is right around the corner. Soak up the sun and water while you can!

Anything Day

Put down that to-do list and that crazy schedule. Spend a whole day doing...anything. No plans. No pressure. Maybe you and the kids will go to a museum. Maybe you'll pile up on the couch and watch goofy cartoons all day. Whatever happens, happens. Once school starts and the weekdays are filled with school and weekends are filled with them hanging out with their friends, you'll have precious little time for an Anything Day.

Movie Marathon

Movie theaters are the perfect way to take a break from those hot, sticky August days. Plan a whole day of movies! Help your kids learn the art of democracy by voting on which movies to see and in which order. Take a lunch break and sit and chat about the movies you've watched so far before you dive back in. You might be surprised at the budding Roger Eberts you have on your hands.

Family Cooking

Preparing a meal with care is an act of love. Share the joy with everyone by making it a family activity. Plan out a meal that is fun, but relatively easy to make. Give every person an age appropriate task and let the fun begin. Whenever possible, let their creativity seep in. Maybe that salad needed a few chocolate chips. Use the cooking time to catch up on what everyone has been doing and be sure to heap praises on their concoctions. The result will be a dinner table full of love, laughter and family time.

Summer Reading Book Club

Yes, summer and reading in the same phrase. If presented properly, this could be an awesome way to further bond with your child and encourage a love of reading. Pick "fun" books with a good pace that you know your child would like. Both of you read the book by a certain date and then you share your thoughts at a regularly planned lunch, just the two of you. This also helps to make the start of school a bit easier because the summer wasn't a book desert for your child.

For more information please go to:

<http://madamenoire.com/65651/end-of-summer-five-kid-friendly-activities/>



Cory Mashburn, M.S., Director
Somerville Office Of Prevention
617-625-6600 x 2570
cmashburn@somervillema.gov

Lovelee Heller-Bottari, CPS, Program Director
Somerville Cares About Prevention
617.625.6600 x 4322
lheller@somervillema.gov

Bonny Carroll, Director
Six City Tobacco Initiative
617-625-6600 x 4318
bc Carroll@somervillema.gov

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.



Please go the **Somerville Cares About Prevention** website if you would like to find out about other volunteer opportunities.

www.somervillema.gov/SCAP

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.