

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

GOT PREVENTION

March 2017

VOLUNTEERS NEEDED

In April 2017 the Student Health Survey will be administered to all the Middle School students in Somerville from grades 6-8. We need at least 20 volunteers to administer the survey. Volunteering will be a great opportunity to meet new people and see the great schools of Somerville.

Everyone is welcome to volunteer. The more the merrier. It will take about 2 hours out of the morning to administer since we are doing all the grammar schools.

If you would like to assist the City of Somerville in administration of the Student Health Survey in April 2017 please contact Cory Mashburn at 617-625-6600 x 2570 or cmashburn@somervillema.gov.

Inside this issue:

Somerville Positive Forces	2
Smoking Prevention	3
Evening of Art	4
Non Opioid Directive	5
Volunteer Opportunities	6



For more information on e-cigarette use go to:

<https://e-cigarettes.surgeongeneral.gov/>





Somerville Positive Forces Update

This month **Somerville Positive Forces Youth Programs** – SPF100 (high school) and SPFJr. (Middle School) worked on preparing their positive social norms campaigns, Most Don't and Kick Butts.

SPF100 youth worked on planning and organizing their Most Don't Campaign by creating posters, game board, raffle slips, school announcements and news articles. The goal of this project is to reduce alcohol and marijuana use among Somerville youth by changing the misperception that "everyone does it." The *2016 SHS Student Health Survey* data supports the fact that MOST SHS make healthy choices and choose NOT to use alcohol or drugs!

Why This REALLY Matters: When teens think "everyone does it"- they think they should too. It's called indirect peer pressure or social norms. This project matters because **570,000 people** die annually in the U.S. due to drug and alcohol use.

84% of SHS Students DON'T Use Marijuana
81% of SHS Students DON'T Use Alcohol

Also this month, SPF100 Leaders continued to explore their personal identities through awareness building activities like the "iceberg." Individually they began drafting a short story that is related to their identity. They shared their stories with their peers in preparation for filming their stories at SCATV next month.

SPF Junior worked to with Jamie and Cory this month to prepare their Kick Butts Campaign. This project works to raise community awareness around the harms of tobacco, while promoting supports to quit tobacco use. Youth also want their peers to know that Most SHS Don't use tobacco.

In preparing for their campaign, SPFJr. leaders matched alarming stats connected to tobacco harms. Here are just a couple... every day, more than 3,000 kids under 18 try smoking for the first time and 700 kids become new regular, daily smokers. Tobacco use is still the leading cause of preventable death in the U.S., killing more than 480,000 people every year

SPFJr. Youth will take to the streets on March 8th and chalk messages on the sidewalks in front of Somerville High School, City Hall and the Main Public Library that say... Most SHS Don't Smoke, 1-800-Quit-Now, #IKICKBUTTS, and more! Then they will give out information cards, buttons and pens to students as they leave school at the end of the day. Additionally, they hope to talk with press about their project to reach more through media outlets.

Be sure to check out our KICK BUTTS Campaign on March 8th!

**** SPF program updates are provided by Lovelee Heller-Bottari and SPF Youth Leaders.*

for more information about Somerville Positive Forces and/or Somerville Cares About Prevention or to volunteer, please contact: Lovelee Heller-Bottari, SCAP Program Director, at 617-625-6600 x4322 or heller@somervillema.gov



Somerville Youth Leaders Work to Prevent Smoking

SOMERVILLE – Somerville Cares About Prevention (SCAP) Program Director, Lovelee Heller-Bottari, announced today that Somerville Positive Forces, Junior Edition, will take to the streets on March 8th to promote smoking prevention messages in a colorful way along sidewalks around Somerville High School as part of the National “Kick Butts” Campaign. SPFJr. is a group of Somerville middle school students that work to reduce youth substance abuse and related issues such as bullying. They are supported by SCAP, the Somerville Office of Prevention, and the Somerville Health and Human Services Department.

SPFJr. leaders joined the “National Kick Butts Campaign” for the eighth year in a row, to alert their peers that the tobacco industry is targeting teens as replacement smokers. Their messages aim to increase awareness among youth that they are Big Tobacco targets, but they don’t have to be their replacement smokers.

Consider these facts:

Each day, more than 1,000 kids become new regular smokers; roughly one-third of them will die prematurely from a tobacco-related disease. The tobacco industry makes its products available in places young people regularly visit: convenience stores, gas stations, pharmacies, mini-marts, and grocery stores. Every day, as many as 100,000 young people around the world become addicted to tobacco. If current trends continue, 250 million children and young people alive today will die from tobacco-related diseases.

Today’s youth are not part of the problem; they’re part of the solution. SPFJr. will conduct their awareness campaign in Somerville by chalking prevention messages on the sidewalks, including, MOST SHS DON’T SMOKE, #KICKBUTTS and 1-800-Quit NOW. SPF expects most of the approximately 1200 SHS students to see their sidewalk messages as they travel to and from school this week, not to mention thousands of community members that walk about our streets each day.

Beyond promoting the harms of smoking we aim to promote the fact that 95% of Somerville High School students do not smoke cigarettes, as reported in the 2016 SHS Student Health Survey. In fact, tobacco use has steadily declined over the last decade with numerous public health efforts in Somerville, including this one, which has cigarette use among youth at an all-time low! Somerville youth are making healthier decisions and that’s something they can be proud of! “We also want current smokers to know that there is help available through 1-800-Quit-Now,” shared Ben Buchheit, SPFJr. Youth Leader.

To expand our efforts beyond the sidewalks, we encourage youth to take a stand by join us on social media #KICKBUTTS and share the harms of tobacco on social media networks. “Many youth begin smoking because they think everyone is doing it. Simply spreading the word that ‘MOST DON’T’ can help save lives, said Heller-Bottari. Youth have a tremendous power to reach their peers and influence their decisions. SCAP engages youth to make positive change around issues that impact their lives and campaigns like Kick Butts are at the heart of our work. Year after year we do this campaign and are inspired again and again from the many positive outcomes, including a steady decline in smoking.”

“Working on this campaign was very eye opening. I saw so many students reading the messages and many asked questions, so we could really see that our work is reaching our peers,” said Jasmine Fridman, SPFJr. Youth Leader.

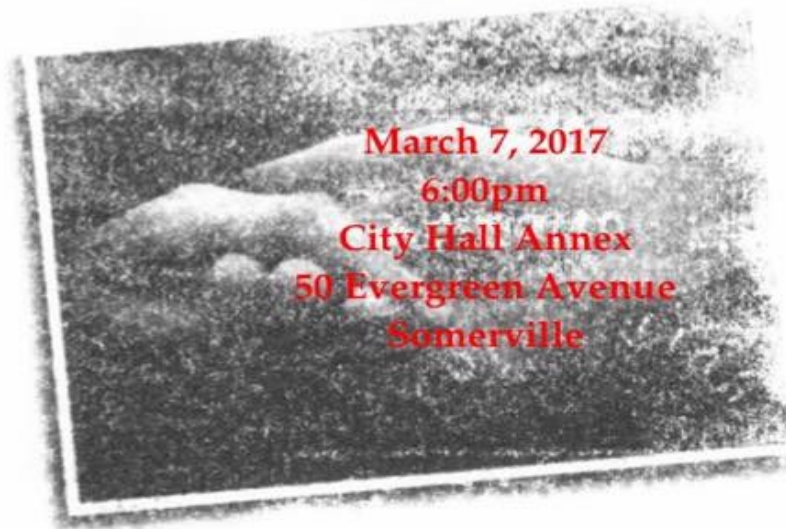
For more information about Somerville Positive Forces and Somerville Cares About Prevention or to volunteer, please contact: Lovelee Heller-Bottari, SCAP Program Director, at 617-625-6600 x4322 or LHeller@somervillema.gov.



EVENING OF ART

Lasting Images

*Join us for a special evening of art and healing
for those who have been impacted by a loved one's
addictions.*



Learn a simple and beautiful way to express yourself using a
natural phototransfer technique

Bring with you:

- xerox (es) of a photograph or image 8x10 is ok, but we can go smaller (printed copies will not work- must be xerox, color or b&w)
- a soup spoon from your kitchen!

Facilitated by Rivkah Lapidus, Community member, artist, and therapist

Questions or to RSVP, please contact Nancy Bacci at 617.625.6600 x 2500 or nbacci@somervillema.gov



Voluntary Non-Opioid Directive

Purpose

The purpose of this Circular is to provide guidance regarding Voluntary Non-Opioid Directives as established in Chapter 52 of the Acts of 2016, an act relative to substance use, treatment, education and prevention (“the STEP Act”).

Background

The STEP Act sets out a process enabling individuals to decline in advance any treatment option that includes opioids. The Bureau of Health Care Safety and Quality is actively working with the Bureau of Substance Abuse Services to ensure Massachusetts residents and the substance use disorder (“SUD”) treatment communities are aware that this new resource is available in our fight to eliminate opioid misuse.

Under the STEP Act, the Department of Public Health (“DPH” or “the Department”) is responsible for creating a Voluntary Non-Opioid Directive form (“Directive”) and publishing it on the Department’s website for public use. In addition, prior to discharge, SUD treatment providers will inform persons under their care about the option to file a Directive.

Any person who wishes to decline future treatment with opioids may fill out the form and give it to their care provider, who will record it in the patient’s electronic health record (“EHR”), or medical record if the patient does not have an EHR, or responding emergency medical services (“EMS”) personnel. The patient, or the patient’s guardian or health care proxy, may revoke the Directive, orally or in writing, for any reason, at any time.

This guidance sets out how the Department will implement the new law until such time as regulations are promulgated.

For more information on this DIRECTIVE please go to:

<http://www.mass.gov/eohhs/docs/dph/emergency-services/advisories/non-opioid-directive.pdf>



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
bcarroll@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.