

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

GOT PREVENTION

September 2017

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Save the Date!
MOAR
Massachusetts Organization for Addiction Recovery
and Friends

Recovery Day 2017
March and Celebration is Coming!

Wednesday September 20th 2017
Starting at 9 AM Location TBD

Special Afternoon Program
Featuring

Artists in Recovery

National Recovery Month
Prevention Works • Treatment is Effective • People Recover
SEPTEMBER 2017

Interested in Sponsorship or Participation? Contact jared@moar-recovery.org
MOAR is a SAMHSA National Recovery Month Partner

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September is
National
Recovery Month

ONE CALL to CITY HALL
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SOMERVILLE



\$\$\$ HIRING \$\$\$ YOUTH LEADERS!!! Somerville Positive Forces



Make a Difference!

We are looking for energetic high school youth and middle-school youth leaders, to serve as leaders as part of a team that addresses community issues related to underage drinking, drug use, and bullying.

What SPF Youth Leaders Do:

- Promote supports and solutions for issues that Somerville youth face;
- Create TV Public Service Announcements to educate the community about issues related to drug and alcohol abuse;
- Conduct awareness campaigns to remind adults and youth not to give alcohol to people under 21;
- Collaborate with community members and organizations to support group goals;
- Serve as a Drug/Alcohol-Free Role Model for Somerville youth and around prevention efforts.

The Benefits: Join Other Youth Leading Positive Change!
Get \$\$\$ stipend for participation in all SPF meetings & activities;
Make new friends, connect with leaders, and earn volunteer hours;
Build your resume and college applications!
It's FUN! It's Service! It Matters!

For More Info Please Contact:

Lovelee Heller at 617-625-6600 x4322 or lheller@somervillema.gov



The poster features a wooden sign with a circular inset of corn cobs and two logos of the Ryan Harrington Foundation. The text is centered on the sign and includes the event name, date, location, registration details, and a website link.

6th Annual



Ryan Harrington Corn Toss Tournament

**Saturday,
September 16, 2017**
Trum Field in Somerville, MA
Registration starts at 10a.m.
\$25 per person
Men's & Women's Division
Cash prize
to the winners!

www.ryanharringtonfoundation.org



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](#).



10 Tips to Keep Youth Off Drugs

1. **Have the Talk** - Don't assume that your children have fully gotten the message about staying away from drugs at school, in the media or elsewhere. Even if they have heard it countless times, it will have more of an impact when delivered one-on-one and with you expressing your sincere concern.
2. **Don't Let them Go to Unsupervised Parties** – Summer time often sees parties where teens take advantage of the fact that parents may be out of town, or when teens host parties outdoors in different locations away from the prying eyes of adults, and they do this for a reason. Make sure that there will be responsible adults present at any parties that your children might be going to.
3. **Maintain an Open Channel of Communication** - After talking with your teens about drugs, make sure that they feel comfortable discussing the subject with you. To do this, you need to avoid making the talk a stern lecture; keep it relaxed and invite your child to share his or her views on the subject. The more communication you and your child can have on the subject, the better will be the understanding and the more that your child will want to avoid doing anything that would disappoint you.
4. **Keep Unsupervised Time to a Minimum** - In all likelihood, there will be long hours during the work week when you will not be able to be there with your children to supervise their activities, but this doesn't mean that you should just leave them to their own devices. Try to arrange things so that they're with an adult as much as possible, whether at a friend's house, coming with you to work, visiting with family, etc.
5. **Always Know Who They're with and What They're Doing** - Your teen could easily spend most of the summer doing things you don't have any idea about and spending time with friends you have never met, and you would have no idea what happened. Take the time to ask questions and keep tabs on their schedules and social scene.
6. **Point Out the Media Influence** - Movies, TV, music, video games and more are filled with references to drug use, and in many cases the media not only normalizes drugs but makes them seem glamorous. Discuss this with your children to make sure that they're aware of the message that's being pushed, rather than passively accepting it as part of the show.
7. **Acknowledge and Reward Them** - While you can focus on the things that your kids should *not* be doing, you should also pay attention to the good things that they do. By doing so, you can help to build up your child's self-esteem and confidence, leading to a better outlook and overall level of happiness. If your child feels really loved and has a stable home life, there will be fewer reasons or excuses to use drugs.
8. **Help them Get Involved in Summer Activities** - Summer break doesn't have to mean idle days and aimless hours. In most areas of the country, there are plenty of activities going on, from organized sports, to summer camps, to volunteer activities. By choosing fun and engaging activities that keep your teen occupied and interested, you can reduce the opportunity to get involved with drugs.
9. **Help them Find a Job** - If you can help your teen get a summer job, you can not only rest assured knowing that he or she will be busy and most likely supervised for much of the week, but also take stock in the fact that working and earning a paycheck can make an enormous difference in helping your teen to grow up. The responsibility of holding down a job can be a great deterrent to drug use.
10. **Set a Good Example** - This is one of the most important things that you can do to help your teens avoid drug use. Don't underestimate the effect that the things that you say and do have on shaping your children's opinions and attitudes towards life. Be upbeat and driven, be compassionate and caring, and stay sober.



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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.



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.