

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

# SOMERVILLE PREVENTION NEWSLETTER

*Prevention Works!*

Welcome to Somerville Prevention's  
Summer 2020 Newsletter!

The past few months were filled with  
many prevention activities.

Please read to find out more!



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**SOMERVILLE CARES  
ABOUT PREVENTION**

Together we can make a difference



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



## AWARENESS

### International Overdose Awareness Day

August 31st is International Overdose Awareness Day every year.

The City of Somerville participated by planting 18 purple flags in front of City Hall to honor those 18 Somerville residents who lost their lives to overdose in 2019. One larger flag was displayed to honor the Somerville residents who have lost their lives to an opioid-related overdose in years previously.

Somerville also installed purple lights to turn City Hall purple for the first week of September to recognize the kick-off of Recovery Month.



#### CITY OF SOMERVILLE INTERNATIONAL OVERDOSE AWARENESS DAY

City Hall will be lit up in purple from August 31st until September 7th.

Purple flags will also be planted in front of City Hall to honor those Somerville residents lost to overdose in 2019 and before.

We hope you will join us in continuing to spread awareness.

#### STAY AWARE AND ENGAGED!

- Keep reading and educating yourself.
- Help those in need connect to resources.
- Contact your elected officials at all levels to encourage change.
- Get Narcan training year round through City of Somerville's Health and Human Services team - contact Matthew Mitchell via 311.
- Connect with a grassroots organization: Families Anonymous, Learn to Cope, Somerville Overcoming Addiction, and COHR.



# AWARENESS

## Recovery Month

Following International Overdose Awareness Day, the beginning of September marked the start of Recovery Month.

Somerville Prevention created a month-long series of social media posts on four themes including 1.) Overdose Prevention Facts 2.) Signs & Symptoms 3.) Harm Reduction Techniques, and 4.) Treatment Resources to educate the community on data, risks, and treatment resources related to opioid overdose prevention.

Check out some of the social media content below!



If you want to check out all our posts, please go to [Facebook.com/SomervilleCares](https://www.facebook.com/SomervilleCares) and be sure to like and follow our page as well as share our posts!



# EDUCATION

## Substance Use Prevention Educational Videos

**OUR VIDEOS ARE ONLINE!**

Check out our Summer 2020 virtual presentation series on our new YouTube Channel:  
<http://bit.ly/SomervillePrevention>

**WHAT IS PROBLEM GAMBLING?**

COMMUNITY PREVENTION TRAINING

MATTHEW MITCHELL LSW, PREVENTION SERVICES MANAGER  
 KIRA VAUGHAN LMHC, SUBSTANCE USE PREVENTION COORDINATOR  
 LOVELEE BOTTARI-HELLER CPS, SCAP PROGRAM DIRECTOR  
 BONNY CARROLL, DIRECTOR OF TOBACCO CONTROL

In addition to our Recovery Month social media posts on Facebook and Instagram, Somerville Prevention also created substance use prevention educational videos for our brand new YouTube Channel—City of Somerville Prevention Services.

These videos were recorded live on Zoom and hosted each week in September by Substance Use Prevention Coordinator, Kira Vaughan.

**SOMERVILLE PREVENTION SERVICES**

**Somerville Prevention will be hosting a FREE virtual training series this summer!**

**JOIN US EACH WEEK AT 6PM:**

- July 23rd: Alcohol
- July 30th: Tobacco/Nicotine
- Aug 6th: Marijuana
- Aug 13th: Problem Gambling
- Aug 20th: Anger Management in Recovery

Questions?  
 Reach out to Kira Vaughan at [kvaughan@somervillema.gov](mailto:kvaughan@somervillema.gov)  
 (617) 782-6460 x231

You can watch these videos & future content at <http://bit.ly/SomervillePrevention>



## EDUCATION

# Overdose Prevention

Somerville Prevention continues to focus on reducing overdoses through education and increasing access to Narcan to all community members.

 A graphic with the text "Overdose Data to Action" in white, overlaid on a background image of hands holding a document.
 

Overdose  
Data to  
Action



## Overdose Data to Action (OD2A)

Somerville Prevention received funding from MDPH's BSAS division to supplement the current community opioid overdose prevention trainings, working in partnership with the Cambridge Public Health Department, Fenway Health, and the Somerville Homeless Coalition to reach individuals experiencing homelessness or housing instability.

Since our last update, we have been able to successfully pilot our educational materials this summer through partner trainings. We are now working with the Institute for Community Health (ICH) to finalize these tools and are working on building up our list of providers to reach out to for overdose prevention trainings.

If you know of an agency in Cambridge or Somerville that serves individuals experiencing homelessness or housing instability, please e-mail Matthew Mitchell at [mmitchell@somervillema.gov](mailto:mmitchell@somervillema.gov).



# EDUCATION

## Overdose Prevention Community Trainings



Cambridge  
Public Health  
Department



### VIRTUAL OVERDOSE PREVENTION TRAININGS

YOU CAN SAVE A LIFE  
WITH A SPRAY

Learn how to  
**prevent, recognize & respond**  
to an opioid overdose.



UPCOMING TRAINING  
DATES/TIMES:

- August 18th, 6:00PM
- September 14th, 3:00PM
- October 13th, 6:00PM
- November 9th, 3:00PM
- December 15th, 6:00PM

THIS IS A FREE TRAINING!  
TO RSVP, GO TO:

<https://bit.ly/virtualoverdoseprevention>

Questions? Contact Tali Schiller at  
**[naschiller@challiance.org](mailto:naschiller@challiance.org)**

Somerville Prevention partnered with the Cambridge Public Health Department to also continue offering **FREE** overdose prevention trainings that have now moved to a virtual platform—and there’s still time to register in 2020!

**Please go to <https://bit.ly/virtualoverdoseprevention> to sign up today!**



# PREVENTION HAPPENINGS



“From My Heart to Yours” was named Best Documentary in the Access Center Professional category of the Alliance of Community Media Hometown Media Awards!

Missed our 2020 Screening Series? No problem!

You can now watch it for free at: <https://bit.ly/FROMMYHEARTTOYOURS>

The City of Somerville & Somerville Media Center are pleased to announce the **FREE** **2020 Screening Series of**

## FROM MY HEART TO YOURS

*An intimate look at how the availability and use of opioids impacts the lives of many and their journey towards recovery.*

**Jan. 16th • MOAR — 6:30 p.m.**  
9 New Washington Street

**Feb. 6th • Council on Aging — 5:00 p.m.**  
167 Holland Street

**Mar. 6th • Connexion — 6:30 p.m.**  
149 Broadway

**Apr. 15th • Somerville Library—6:00 p.m.**  
79 Highland Avenue

*For more information or to RSVP, please e-mail [mmitchell@somervillema.gov](mailto:mmitchell@somervillema.gov)*







# AWARENESS

## Small Alcohol Bottle (a.k.a. Nips) #NipIt Awareness

**RETHINK YOUR DISPOSAL**



**YOU can help, THROW NIPS AWAY!**

Children are frequently exposed to small alcohol bottles in:

- Parks •Playgrounds
- Schools •Sidewalks •Streets

**#NIPIT**




Follow us on Instagram: @PreventionACES

Following up on the work Somerville Prevention has done in regards to littered small alcohol bottles, a.k.a. nips, the SAPC collaborative, comprised of Arlington, Cambridge, Everett, and Somerville and funded by DPH's BSAS division, completed virtual focus groups to understand the issue from youth perspectives.

Virtual youth focus groups were completed on 6/18 and 6/24 asking youth to talk about underage drinking, small alcohol bottles, and how to effectively reach youth with substance use prevention messaging.



The SAPC group will be working this year to craft messaging from these focus groups with the culmination of our work over the last two years covered in a small alcohol bottle stakeholder forum in Spring 2020.



## PREVENTION HAPPENINGS

### Problem Gambling Photo Voice Project



Beginning in July 2020, Somerville Prevention started work on the Problem Gambling Photovoice Project. This project engages youth in an in-depth look at the issues related to youth and problem gambling while exploring these issues using photography.

This project is funded through a grant from the Bureau of Substance Addiction Services' (BSAS) Office of Problem Gambling Services and Somerville Prevention has partnered with CHA Everett and the Malden YMCA to form a regional effort to highlight profound impacts of problem gambling on communities.

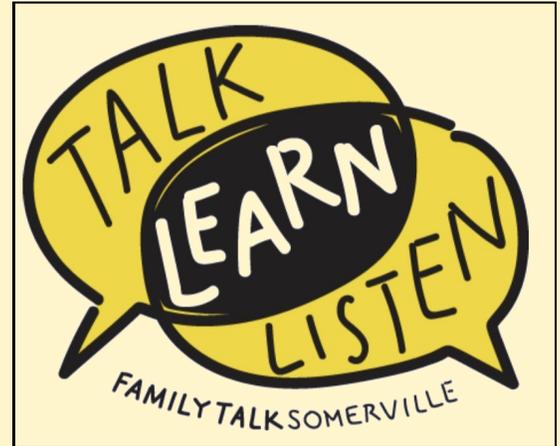
Each week, 12 Somerville teens meet via Zoom to gain the knowledge and skills needed to complete this 16 week program. Some of the recent lessons included: Building Community; What Is Photovoice; Youth Voices Matter; and Analyzing Health Disparities. In the coming month, youth will learn Public Speaking Skills and Photography Skills while developing a call to action.

In early December 2020, they will share their work with caregivers in an education event and create a virtual exhibit to share their work with community leaders to help spark positive change need to prevent problem gambling.



## PREVENTION HAPPENINGS

### Prevention Ambassadors Program



The Prevention Ambassadors Program is a collaboration between the City of Somerville and the School-Based Family and Community Liaisons with the Somerville Public Schools to educate caregivers on how to effectively talk with youth about substance use.

Although COVID-19 impacted our in-person planning, we are looking to make the trainings virtual this upcoming school year. More to come soon!

### Marijuana PSAs



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



The City of Somerville and Somerville Media Center (SMC) are collaborating to create public services announcements (PSAs) about youth use prevention and responsible use of marijuana for adults.

PSAs are currently in the final development stages, and we are hoping to release them in Spring 2021.



**WE'RE ALL IN THIS TOGETHER!**

## City of Somerville's Emergency Response to COVID-19



Members of the Somerville Prevention team continue to assist with the City's COVID-19 emergency response work.

Prevention staff are assisting with the COVID test scheduling phone line, helping Somerville residents register for free testing at mobile testing site locations at the East Somerville School, Connexion, and Assembly Square.

Prevention staff have also assisted with greeting residents at the testing sites and facilitating the check-in process.

We are very grateful for our partners in helping make this possible.

- Cambridge Health Alliance
- Cataldo Ambulance
- Pastor Jordan Harris of Connexion
- East Somerville Community School
- All essential healthcare, frontline workers, and support staff

For more information regarding COVID-19, please go to <https://www.somervillema.gov/covid19>.



# SOMERVILLE POSITIVE FORCES UPDATES



## *We are Somerville Positive Forces (SPF)!*

Somerville Positive Forces are groups of high school (SPF100) and middle school (SPFJR.) students that work to reduce substance use and related issues among their peers. Their mission is to reduce underage alcohol and drug use for youth in Somerville by creating a healthier community which supports youth health and wellness and sees youth as valuable agents of community change.

**The *Good* kind of Quitting**

**QUIT**  
smoking/  
vaping  
**START HEALING**

**QUIT SERVICES**  
*for youth*

Text "**VapeFreeMass**" to **88709** to join a **free** and **confidential** texting program for young people who vape

For more information and help, visit [www.the84.org](http://www.the84.org) and/or [www.thetruth.com](http://www.thetruth.com)

#AGoodKindOfQuit  
#VapeFreeMass  
#TakeDownTobacco

*do it for you*

To learn more about Somerville Positive Forces, please contact Lovelee Heller-Bottari at [lheller@somervillema.gov](mailto:lheller@somervillema.gov)



## SOMERVILLE POSITIVE FORCES UPDATES



In June 2020, SPF youth partnered with a statewide organization, the84.org, to help spread the word about the new ban on menthol tobacco products in Massachusetts. As of June 1, 2020 flavored tobacco products, including menthol cigarettes (like Kool, Newport, and menthol Pall Mall) and flavored little cigars are no longer sold in Massachusetts stores. This means no flavored tobacco products are sold at retailers like corner stores, gas stations, and smoke shops. The ban was one of their many great prevention successes based on years of work in the community and at the statehouse, educating lawmakers the84.org and other youth chapters across the state.

To spread the word, youth met each week via Zoom to learn about the social justice issues connected to menthol tobacco use. They discovered that tobacco and vaping industries have a long history of targeting specific groups of people to use their products including the black community, the LGBTQ community, the Latinx community, and youth, among others.

Afterwards, youth went to work creating social media posts to promote the new tobacco laws, raise awareness around the social justice issues connected to the law, and share important quit supports. Their posts were featured on our Somerville Prevention and Somerville Positive Forces Instagram and Facebook pages throughout the summer and reached thousands.

This new law and SPF efforts aimed to improve health in the communities that have been unjustly targeted by the tobacco and vaping industries. You can help too by visiting [NoMentholKnowWhy.org](https://www.nomentholknowwhy.org) to learn more about this important work and help spread the word by sharing SPF youth posts on your social media pages.

For quit supports, click this link: <https://www.nomentholknowwhy.org/quitting>.



## SOMERVILLE POSITIVE FORCES UPDATES



### PLEASE WELCOME OUR NEW INTERN ELOISE WHITE



My name is Eloise White, and I am a senior studying Community Health, Food Systems, and Nutrition at Tufts University. I am originally from Washington, D.C., but I have loved living in Boston for the past few years.

This past summer, I began interning with Lovelee Heller-Bottari at Somerville Cares About Prevention to assist with the problem gambling prevention photo-voice project. This aims to educate and empower young people in regards to problem gambling prevention. The main roles that I have played in the development of this project are assisting with the recruitment of Somerville youth and co-facilitation of the project lessons in virtual meetings with the youth over Zoom. The majority of my summer was spent planning recruitment strategies and then actively working with Lovelee to promote the program, recruit Somerville youth and interview applicants to take part in the project. This work involved creating content for flyers and recruitment emails as well as working to connect with the youth who said they were interested in the project.

Currently, Lovelee and I are meeting with the youth participants weekly to review the project lessons in virtual meetings over Zoom. This has been a great experience so far and I am so looking forward to continuing my work on this project!



# Six City Tobacco Updates

- Juul continues to face multiple lawsuits for deliberately marketing their products to youth.
- The CDC and FDA report that youth vaping is down, though menthol and disposable use remains on the rise.
- However, there has been an increase in the sales of Puff Bars: a flavor add on device that provides flavoring for vapes that are otherwise banned on the market due to new laws. These products are illegal for now, but some youth have found ways to access them. Parents, please continue to be on the lookout for them!
- September 9th was the deadline set by the FDA for vape manufacturers to submit applications to the FDA for products they want to sell in the U.S. At this time, all other products remain off the shelves.
- The 84 Movement just received an award from the national organization Tobacco Free Kids! They received it for their work in advocating for Massachusetts' first in the nation comprehensive flavor ban. As a partner of the 84, we offer our congratulations for this amazing recognition!

*Feel free to connect with Bonny Carroll at [bcarroll@somervillema.gov](mailto:bcarroll@somervillema.gov)*



## VIRTUAL RESOURCES



- Sunshine Behavioral Health Telehealth Resources:  
<https://www.sunshinebehavioralhealth.com/resources/telehealth-addiction-treatment-during-quarantine/>
- Stanford Medicine Cannabis Prevention Toolkit:  
<https://med.stanford.edu/cannabispreventiontoolkit.html>
- Updated NIDA for Teens website: <https://mailchi.mp/nida/updated-website-same-trusted-resource?e=18d34bd71a>
- ASHES, Vol. 16(9) - Examining the link between adolescent marijuana use and cigarette smoking in adulthood: <https://www.basisonline.org/2020/08/adolescent-marijuana-use-cigarette-smoking-adulthood.html>

## CONTACT US



**SOMERVILLE CARES  
ABOUT PREVENTION**

Together we can make a difference

# Six City Tobacco

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### Lovelee Heller-Bottari, CPS

*SCAP Program Director*

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### Bonny Carroll

*Six-City Tobacco Control Director*

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[bcarroll@somervillema.gov](mailto:bcarroll@somervillema.gov)

### 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.

### Please visit us at:

- [Somervillema.gov/PreventionServices](http://Somervillema.gov/PreventionServices)
- [Facebook.com/SomervilleCares](https://www.facebook.com/SomervilleCares)
- Instagram  
[@somervilleprevention](https://www.instagram.com/somervilleprevention)
- YouTube— City of Somerville Prevention Services

## GET INVOLVED!



### 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.