



Welcome to

# COMMUNITY CONVERSATIONS

ABOUT MENTAL HEALTH & SUBSTANCE USE  
AMONG MEDFIELD STUDENTS

May 8, 2023

Feel free to grab a refreshment,  
peruse the room & find a seat.

We will begin at 6:30pm.

# Take a Moment

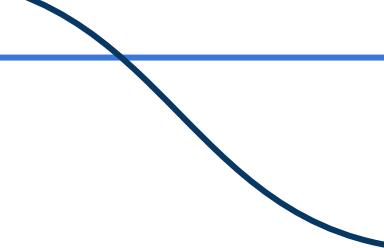
Consider the following questions...

1. Why are you here?
2. What are your current concerns, if any, regarding mental health and substance use among Medfield youth?

# Agenda

- Welcome
- Efforts Toward Supporting our Students
- Medfield Data - Mental Health & Substance Use
  - Table Discussion
- Medfield Data - Trends Over Time
- Medfield & the Metrowest
  - Table Discussion
- So, What Now?
  - Protective Factors, Your Impact & Take Away

# Partnership and Collaboration





medfield **outreach**

Community Assistance

Prevention Work

Clinical Services

Community Coalitions

School-Based Programming



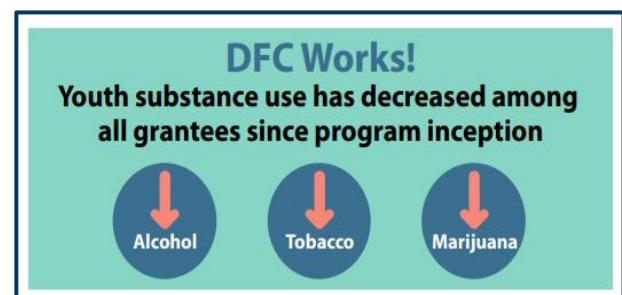
# Medfield Outreach Prevention Programming



In efforts to expand our services to reach more Medfield residents and promote mental wellness, we have expanded our prevention programming.

One key reason we've been able to do this has been the awarding of a Drug-Free Communities Grant in the fall of 2019, which allowed us to hire both a full-time and a part-time substance prevention coordinator.

It's important to draw the attention of the Medfield community about where we are in this funding cycle. We are about to currently in year 4 of the 5 year grant cycle (2022-2023).



# Current and Past Efforts Toward Supporting our Students



# Examples of past initiatives



# Examples of past initiatives



Kathleen McCullough @Kathmcc3 · Oct 18

Great first day visiting @MedfieldOutruch ! 8th graders toured, learned about services and played a trivia game! #bmsed #medfieldps #substanceuseprevention @MedfieldCares @BlakeWellness



## When to Get Help?

If you are worried about yourself or a friend - **SEEK HELP!**

Here are some ways to seek help:

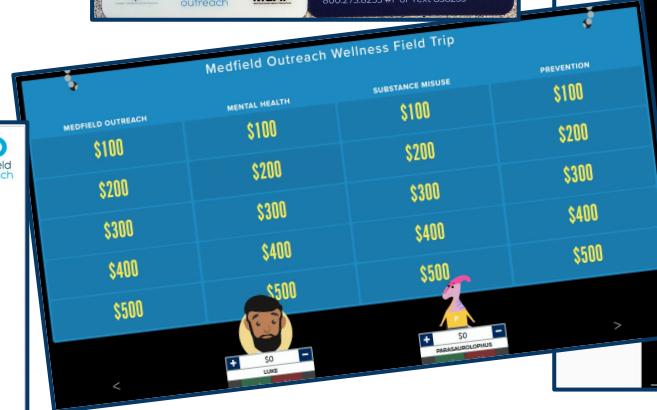
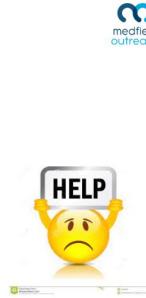
- Talk to a trusted adult
- School Staff
- Guidance Office
- Teachers, coaches, club advisors, administrators

Helplines for Crisis Support

- Samaritan Helpline: 1-877-870-HOPE (4673) or Text: 24/7
- National Suicide Prevention Helpline: 1-800-273-TALK (8255)
- Call2Talk: 508-532-2255 or Text: C2T to 741741

Local Mental Health Support

- Medfield Outreach: 508-359-7121



Blake Wellness @BlakeWellness · Oct 20

Replying to @MedfieldOutruch  
Thanks again for hosting! 😊 @MedfieldOutruch @MedfieldCares #bmsed #medfieldps



# Examples of current and past initiatives



MEDFIELD CARES ABOUT PREVENTION (MCAP)  
AND MEDFIELD OUTREACH PRESENT:



## The Self-Care Bear Initiative Activity Guide

For Parents/Caregivers



### MEDFIELD PARENTS & GUARDIANS WANTED FOR FOCUS GROUP RESEARCH



We want to know what YOU think about  
youth substance use in Medfield

Adults! Gather a group of your friends and participate in an  
hour-long focus group facilitated by Medfield Outreach's  
Prevention Coordinator and other Medfield Outreach staff.

MCAP medfield outreach



Drop off your  
unused  
prescription  
medications!

Saturday, April 30th  
10:00 am - 1:30 pm  
Medfield Public Safety Building  
(112 North Street, Medfield)

Brought to you by:  
Medfield Police Department  
MCAP  
MEDFIELD CARES ABOUT PREVENTION



Medfield Coalition for Suicide Prevention

# MCAP

MEDFIELD CARES ABOUT PREVENTION



## MEDFIELD CONNECTS 2022

28 April | Flex Period

### A STUDENT-ORGANIZED RESOURCE FAIR FOR MHS STUDENTS

Physical Health | Mental Health | Volunteer Opportunities  
Resources Inside & Outside of School

come to connect with local resources that are available to you  
& for your chance to win a prize!  
(student attendees can choose to enter into a drawing to win a Chipotle, Dunkin', or Starbucks gift card)

Questions? Contact Abby Bligh, [aabbligh2024@email.medfield.net](mailto:aabbligh2024@email.medfield.net)



NOTICE  
NO ALCOHOL OR  
OTHER DRUGS  
M permitted on  
school property

This includes the  
parking lot & athletic field

\*Police Take Notice\*



You are not alone.  
Help is available.  
Call the National  
Helpline

Confidential Phone  
800-237-2322  
Text 800-847-7777  
HELPLINE-ONLINE.COM

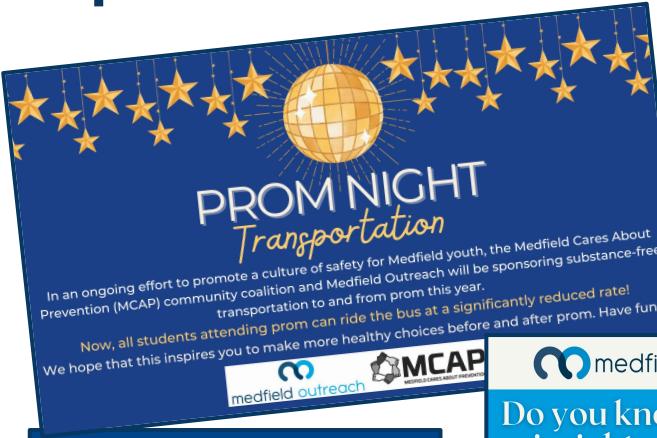
MCAP is a community coalition working together to promote mental health  
and well-being in Medfield. We are here to support you and your loved ones.  
To get involved or learn more, visit [www.medfieldcares.org](http://www.medfieldcares.org)

\*Funding for this sign was made possible in part by the Centers for Disease Control and Prevention.  
The project was funded by a Drug-Free Communities Grant awarded to the Town of Medfield in 2019.



medfield  
outreach

# More current and past initiatives



medfield outreach

Do you know that help is right around the corner?

Medfield Outreach is here for you.

Services include:

- free, confidential counseling
- financial assistance
- free youth programming

Not sure how to get started? Scan this QR code to let us know what you need for you!

Contact us!  
call 508 559 7121  
email medfieldoutreach@medfield.org  
follow us on social media

[medfieldoutreach.medfield.org](http://medfieldoutreach.medfield.org) [medfieldcares.org](http://medfieldcares.org)

YOGA ON THE TURF FOR STUDENTS

medfield outreach

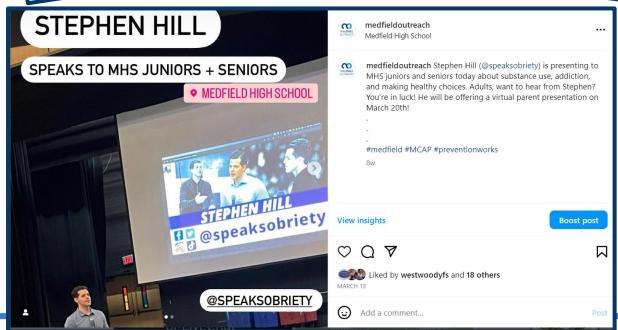
medfield yoga move your body, still your mind

medfieldcares.org

SUNDAY, MAY 15TH, 1PM AT THE MEDFIELD HIGH SCHOOL TURF

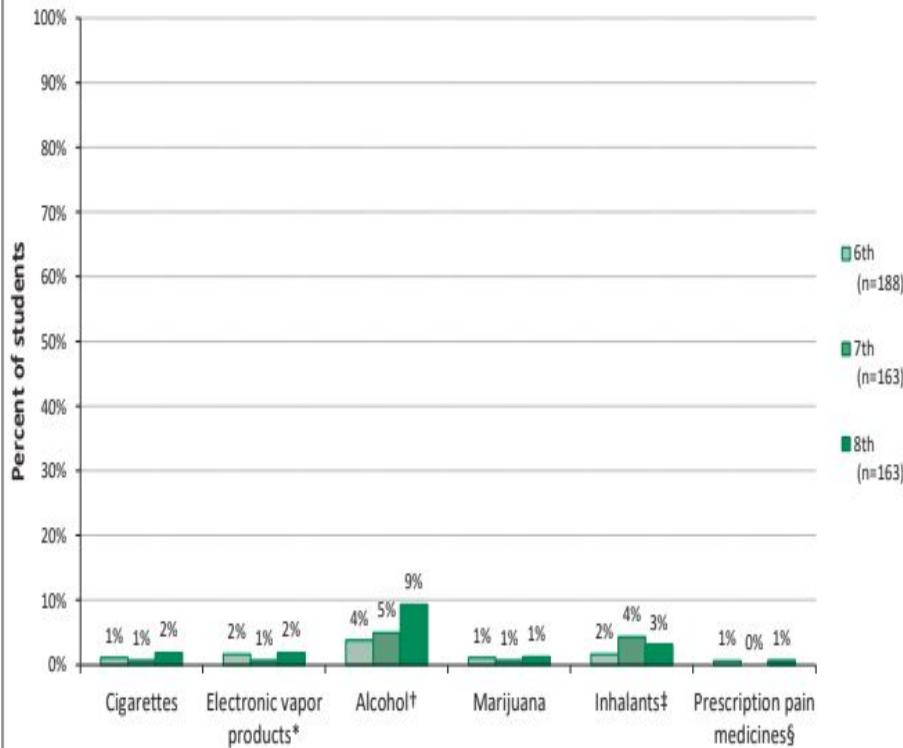
this event is FREE and no registration is required, just bring a mat or towel!

# More current and past initiatives



# Medfield Data

Figure 2-1B. Lifetime Substance Use by Grade, 2021  
 Blake Middle School, Medfield (Grades 6-8)  
 MetroWest Adolescent Health Survey



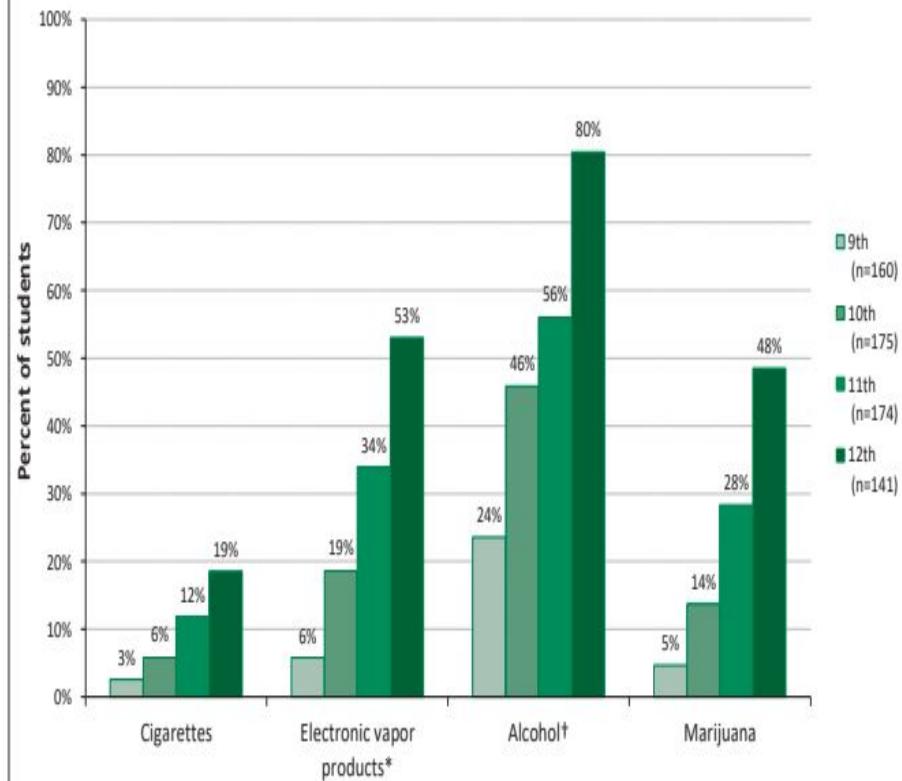
\* Includes electronic cigarettes (e-cigarettes) like JUUL, SMOK, Suorin, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigarettes, e-hookahs, hookah pens, and mods; also includes disposable products that you can only use once such as Puff Bars, Stig, or Viigo

† Does not include drinking a few sips of wine for religious purposes

‡ Includes sniffing, glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

§ Includes using opioids like codeine, Vicodin, OxyContin, Hydrocodone, and Percocet without a doctor's prescription

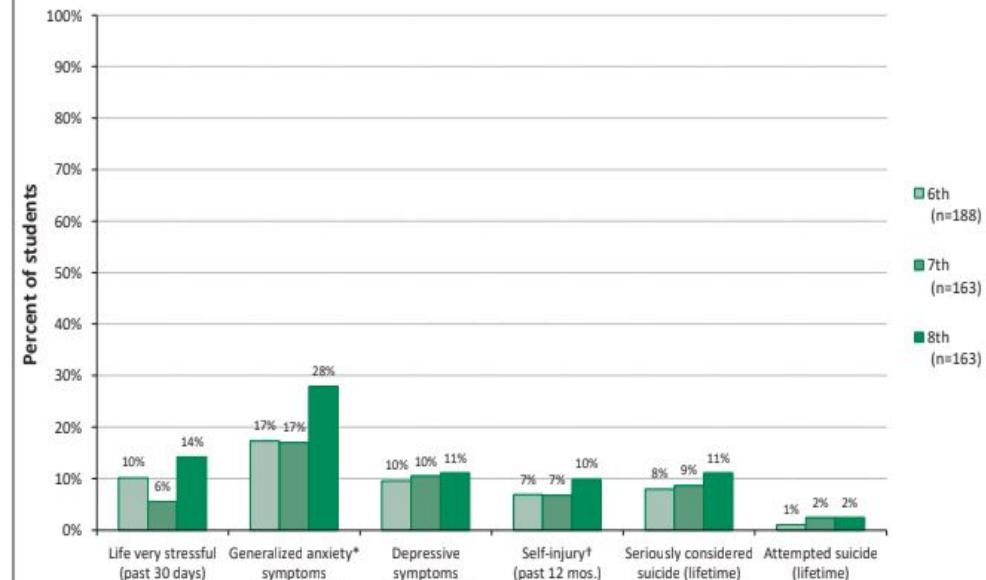
Figure 2-1B. Lifetime Substance Use by Grade, 2021  
 Medfield High School (Grades 9-12)  
 MetroWest Adolescent Health Survey



\* Includes electronic cigarettes (e-cigarettes) like JUUL, SMOK, Suorin, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigarettes, e-hookahs, hookah pens, and mods; also includes disposable products that you can only use once such as Puff Bars, Stig, or Viigo

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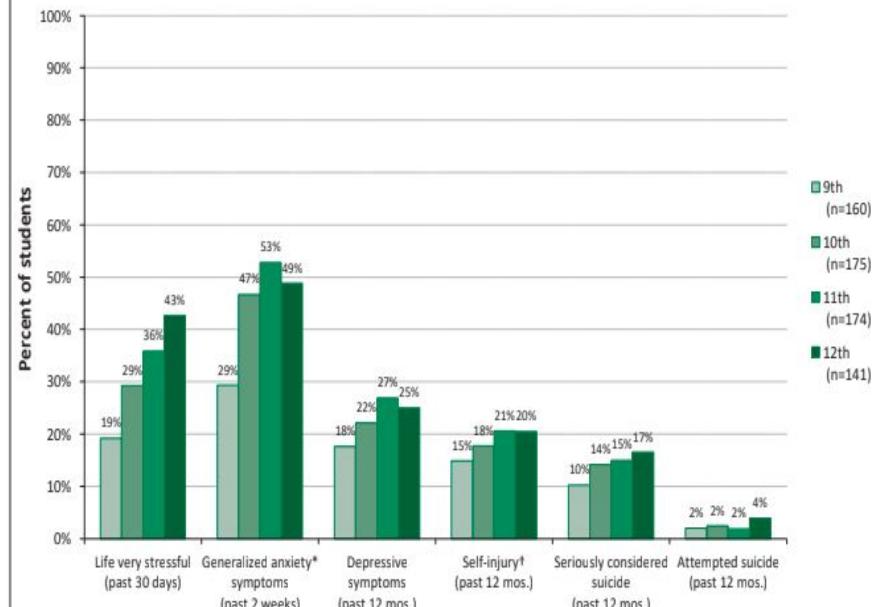
**Figure 5-1B. Mental Health and Suicidality by Grade, 2021**  
**Blake Middle School, Medfield (Grades 6-8)**  
*MetroWest Adolescent Health Survey*



\* Based on the Generalized Anxiety Disorder brief scale (GAD-2), adapted from: Spitzer, R. L., Kroenke, K., Williams, J. B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: the GAD-7. *Archives of internal medicine*, 166(10), 1092-1097. <https://doi.org/10.1001/archinte.166.10.1092>

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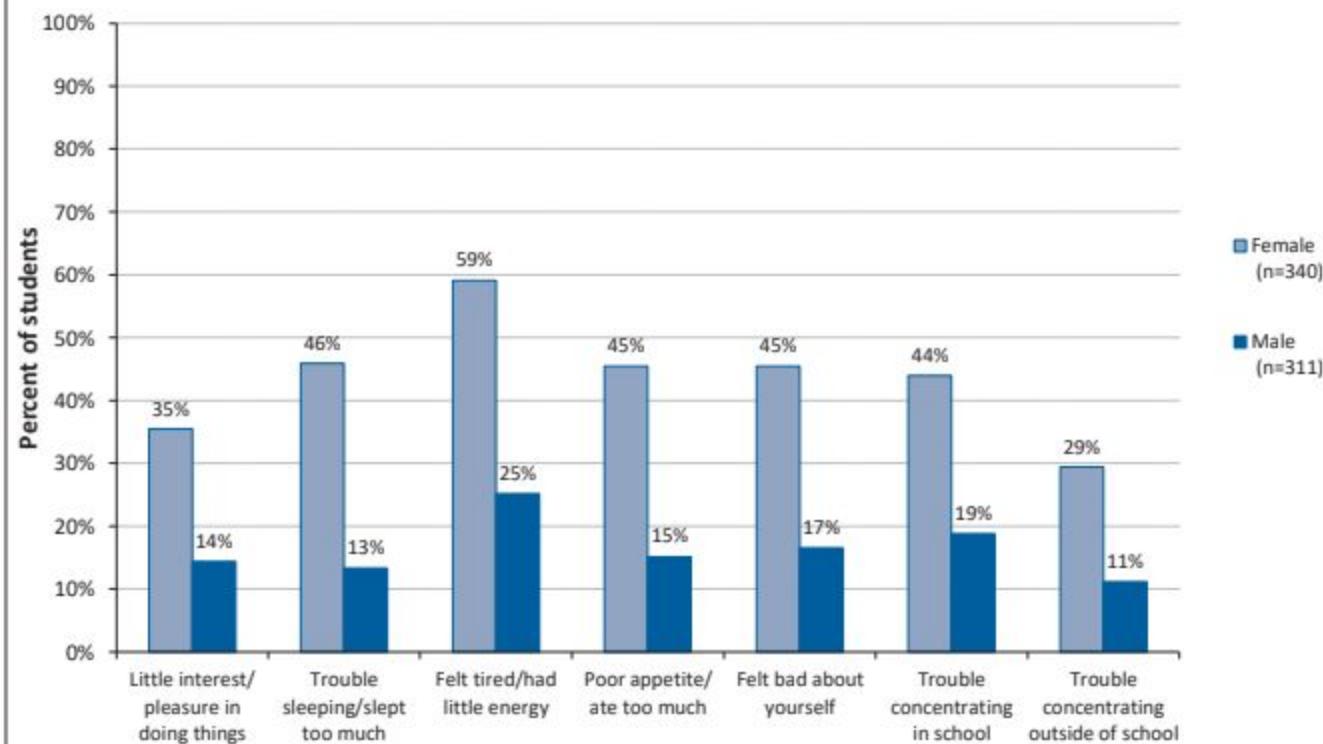
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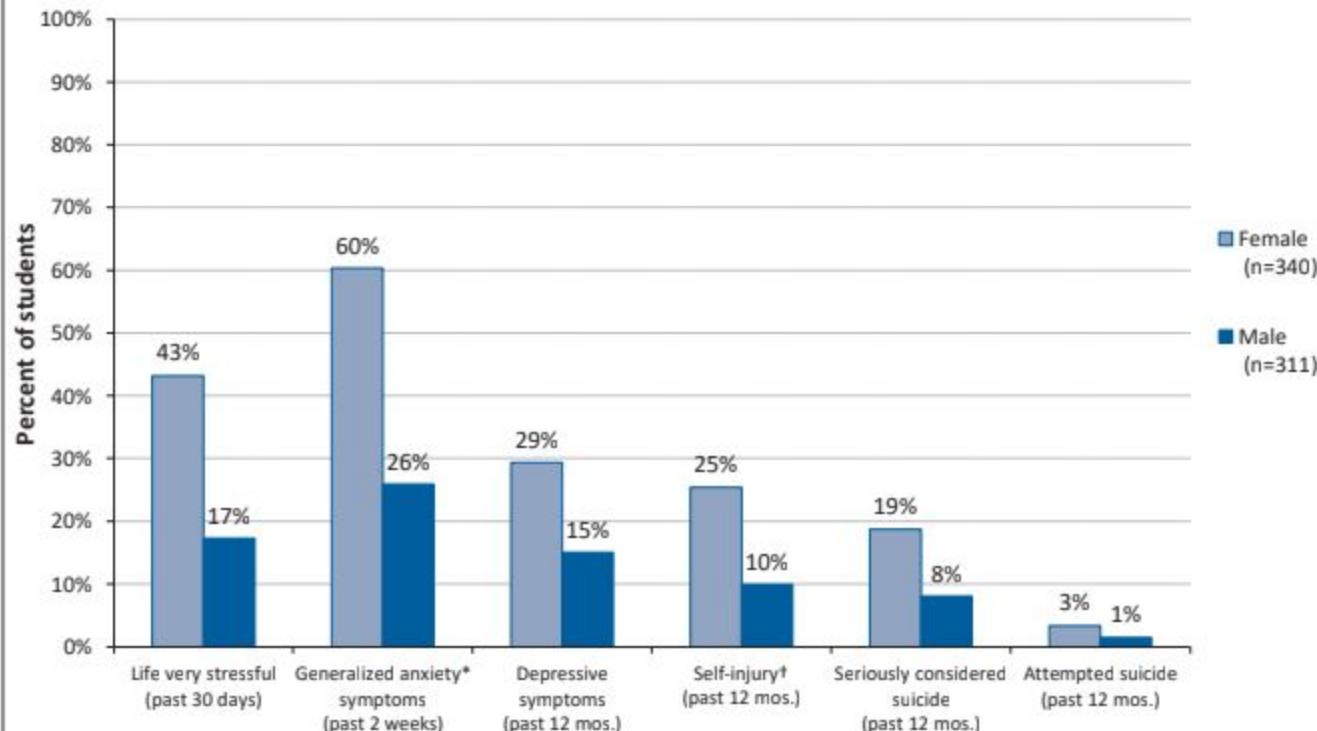
† For example, by cutting, burning, or bruising yourself on purpose

**Figure 5-3A. Symptoms of Being Stressed, Anxious, or Worried\* by Sex, 2021**  
**Medfield High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*



\* Student responded "often" or "very often"; past 2 weeks

**Figure 5-1A. Mental Health and Suicidality by Sex, 2021**  
**Medfield High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*

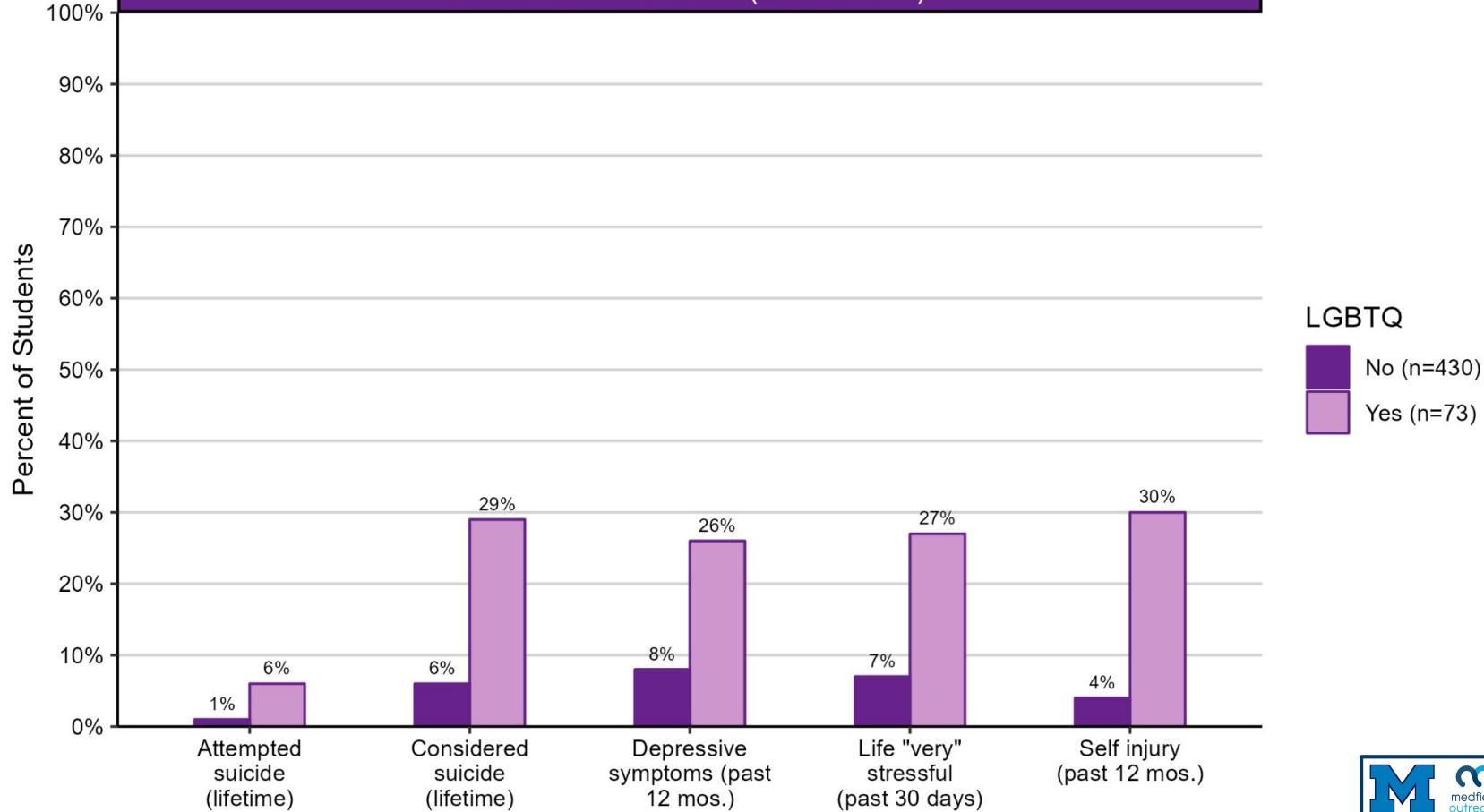


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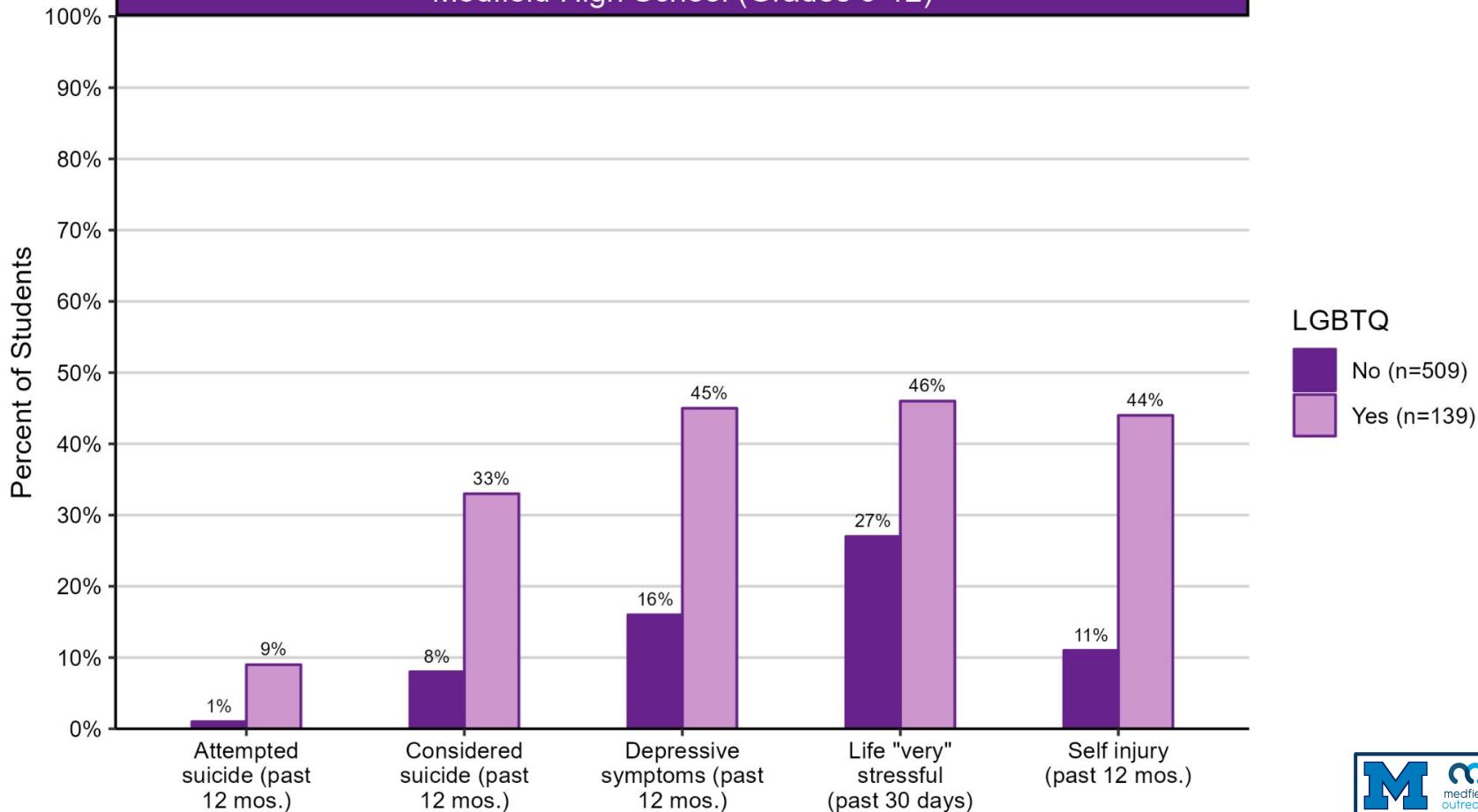
# Mental Health and Suicidality by LGBTQ Status, 2021

## Blake Middle School (Grades 6-8)



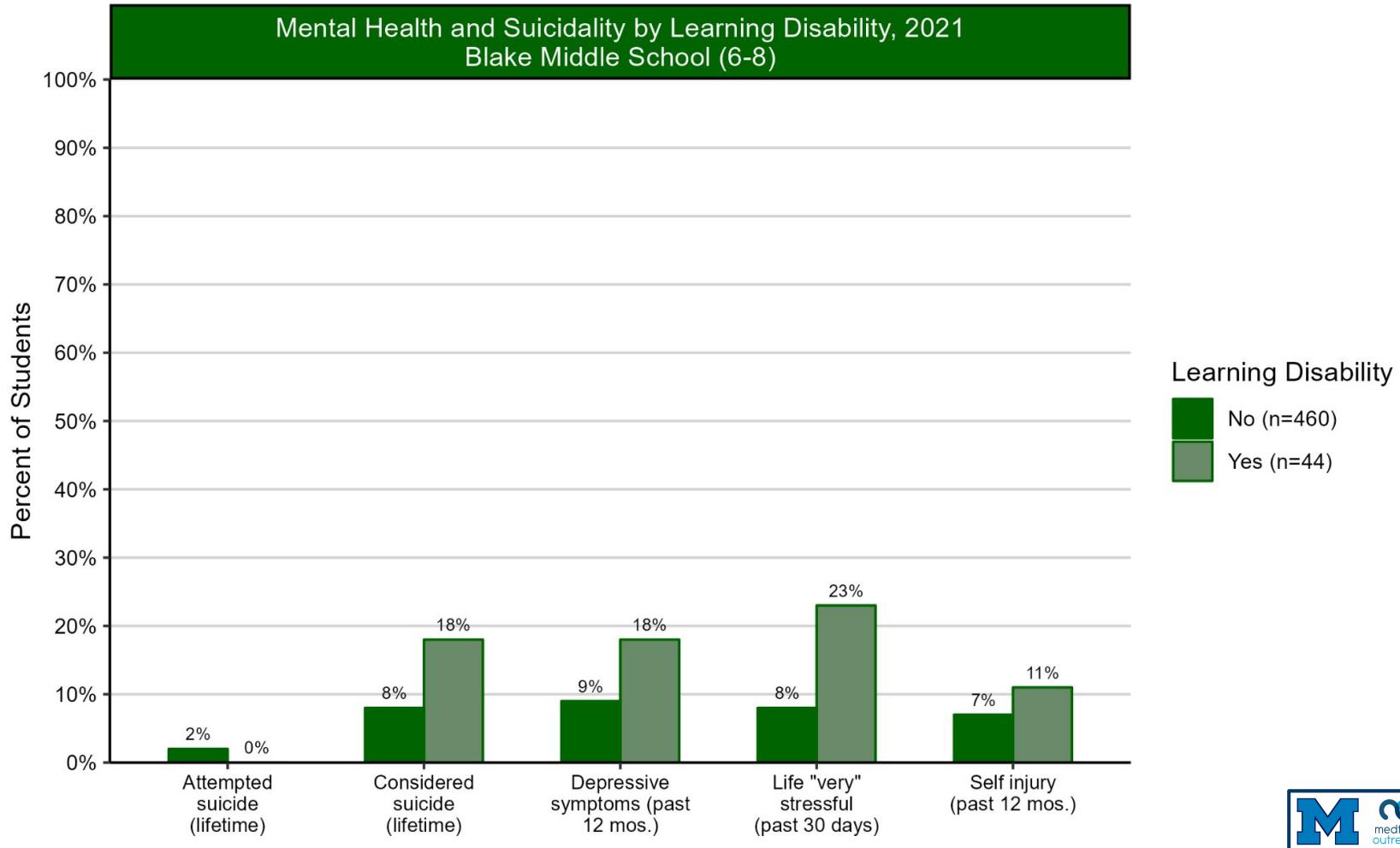
# Mental Health and Suicidality by LGBTQ Status, 2021

## Medfield High School (Grades 9-12)

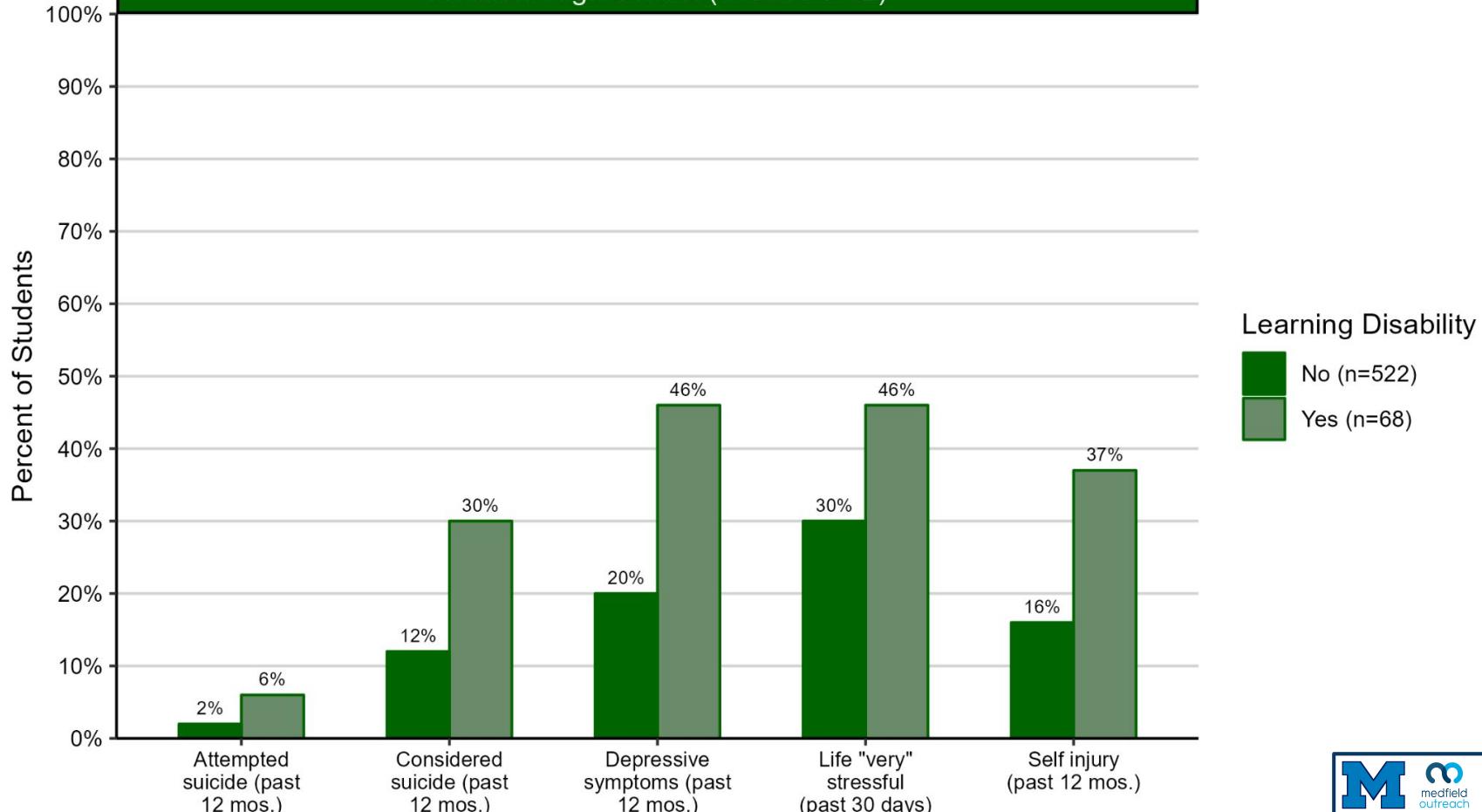


# Mental Health and Suicidality by Learning Disability, 2021

## Blake Middle School (6-8)

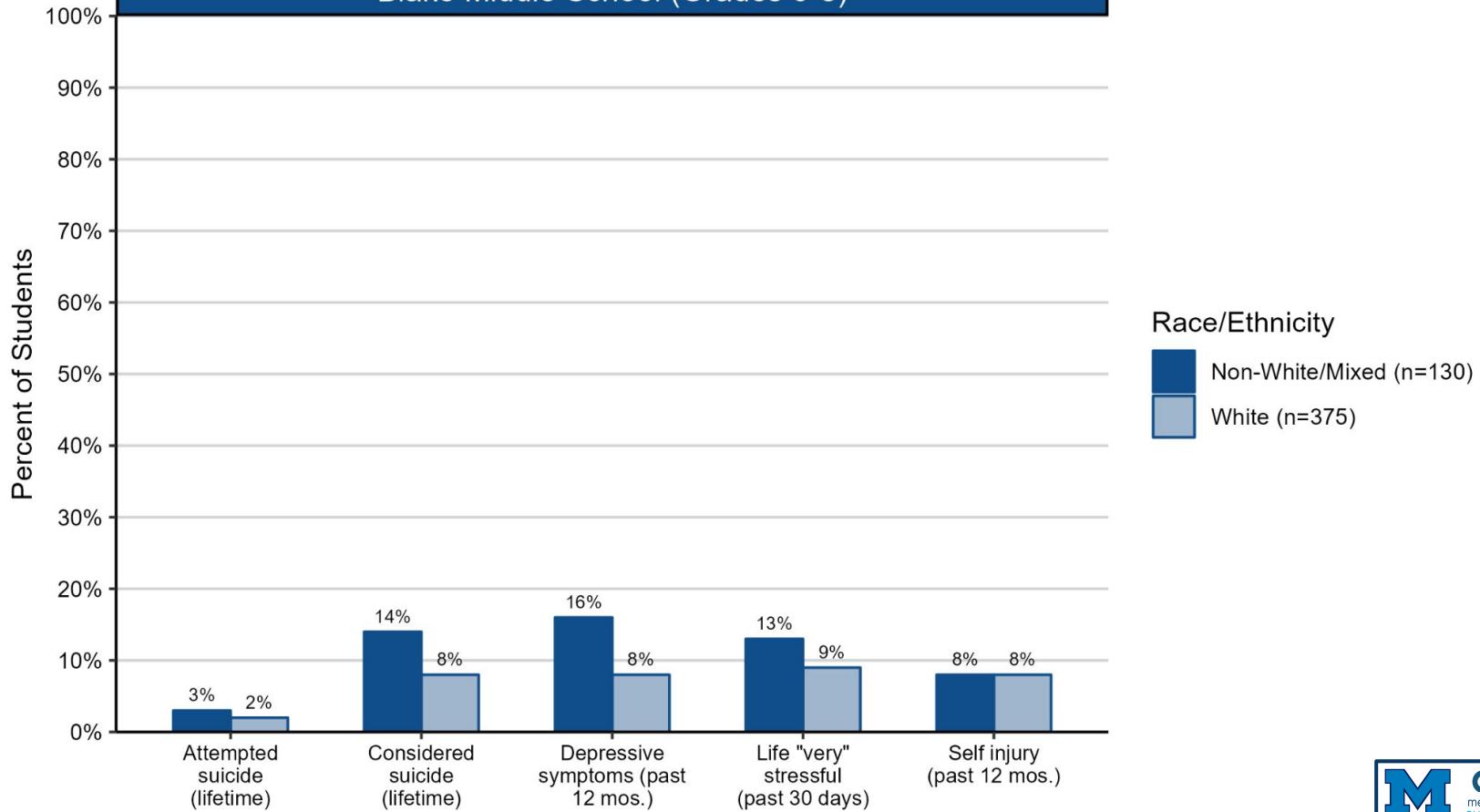


## Mental Health and Suicidality by Learning Disability, 2021 Medfield High School (Grades 9-12)



# Mental Health and Suicidality by Race/Ethnicity, 2021

## Blake Middle School (Grades 6-8)



# Mental Health and Suicidality by Race/Ethnicity, 2021

## Medfield High School School (Grades 9-12)

Percent of Students

100%  
90%  
80%  
70%  
60%  
50%  
40%  
30%  
20%  
10%  
0%

Race/Ethnicity

Non-White/Mixed (n=136)

White (n=512)

Attempted  
suicide  
(lifetime)

Considered  
suicide  
(lifetime)

Depressive  
symptoms (past  
12 mos.)

Life "very"  
stressful  
(past 30 days)

Self injury  
(past 12 mos.)

3%

13%

23%

33%

15%

2%

14%

23%

31%

19%

# Take a moment to find your table

Please choose an age-range for discussion.

- Elementary School  
(pre-K – grade 5)
- Middle School  
(grades 6 – 8)
- High School  
(grades 9 – 12)

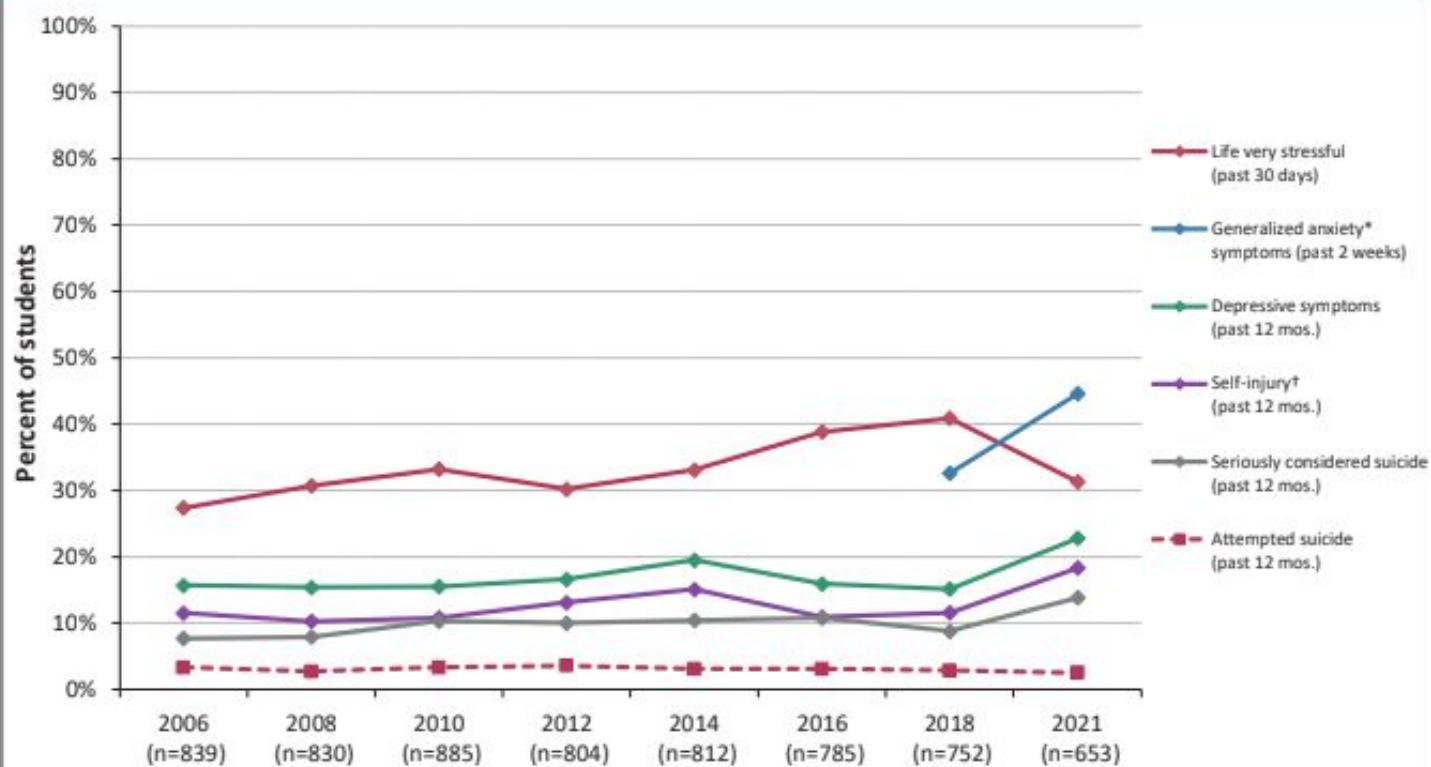
# Community Conversation

*5 - 7 minutes @ tables*

1. What ideas/thoughts do you have about the data shift (increase) between middle and high school?
  - What is happening?
  - What's the story behind the data?
  - Is this expected?
2. Do you have conversations with your child(ren) about these topics (mental health, substance use)?
  - If yes, what do they look like?
  - What, if anything, keeps you from having them?

# Mental Health and Substance Use Trends Over Time

**Figure 5-1C. Mental Health and Suicidality, 2006-2021**  
**Medfield High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*



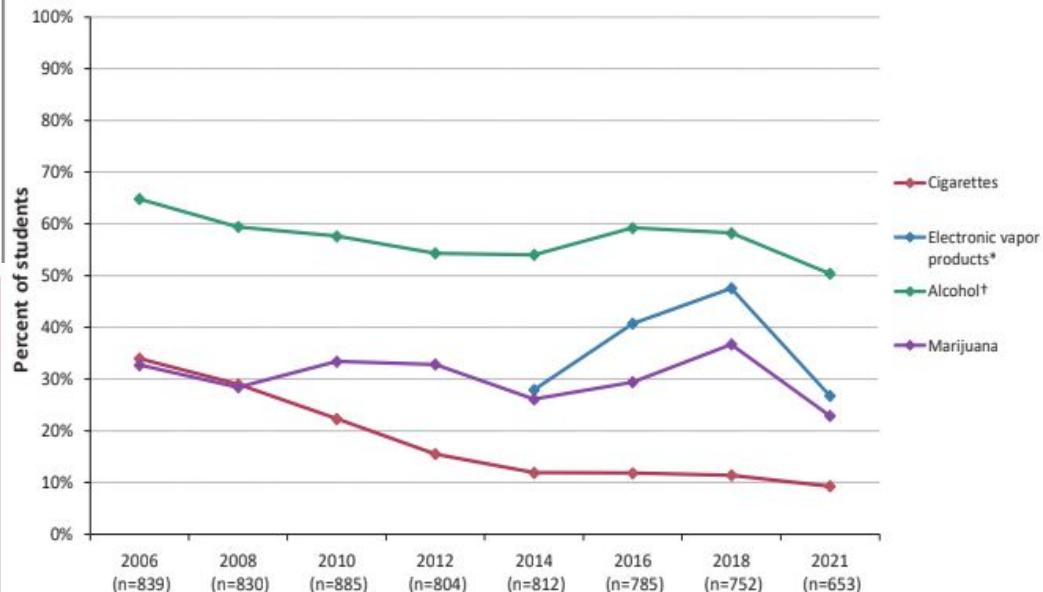
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Figure 2-1C. Lifetime Substance Use, 2006-2021

## Medfield High School (Grades 9-12)

MetroWest Adolescent Health Survey



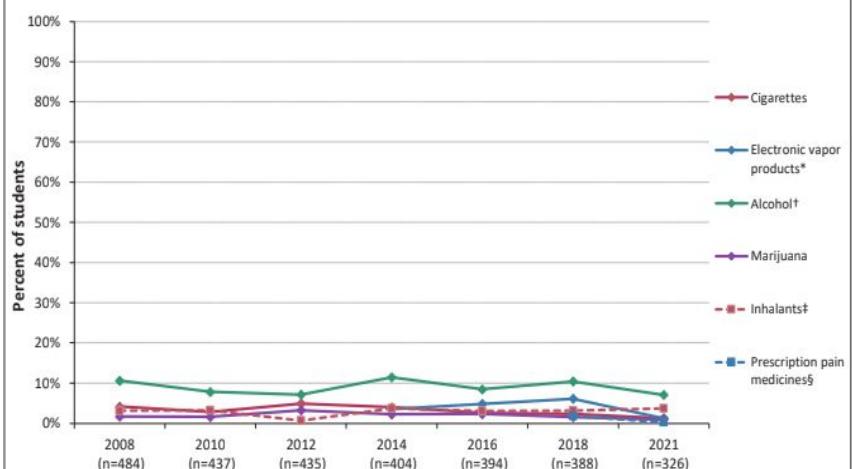
\* Includes electronic cigarettes (e-cigarettes) like JUUL, SMOK, Suorin, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigarettes, e-hookahs, hookah pens, and mods; also includes disposable products that you can only use once such as Puff Bars, Stig, or Viigo

† Does not include drinking a few sips of wine for religious purposes

Figure 2-1C. Lifetime Substance Use, 2008-2021

## Blake Middle School, Medfield (Grades 7-8)

MetroWest Adolescent Health Survey



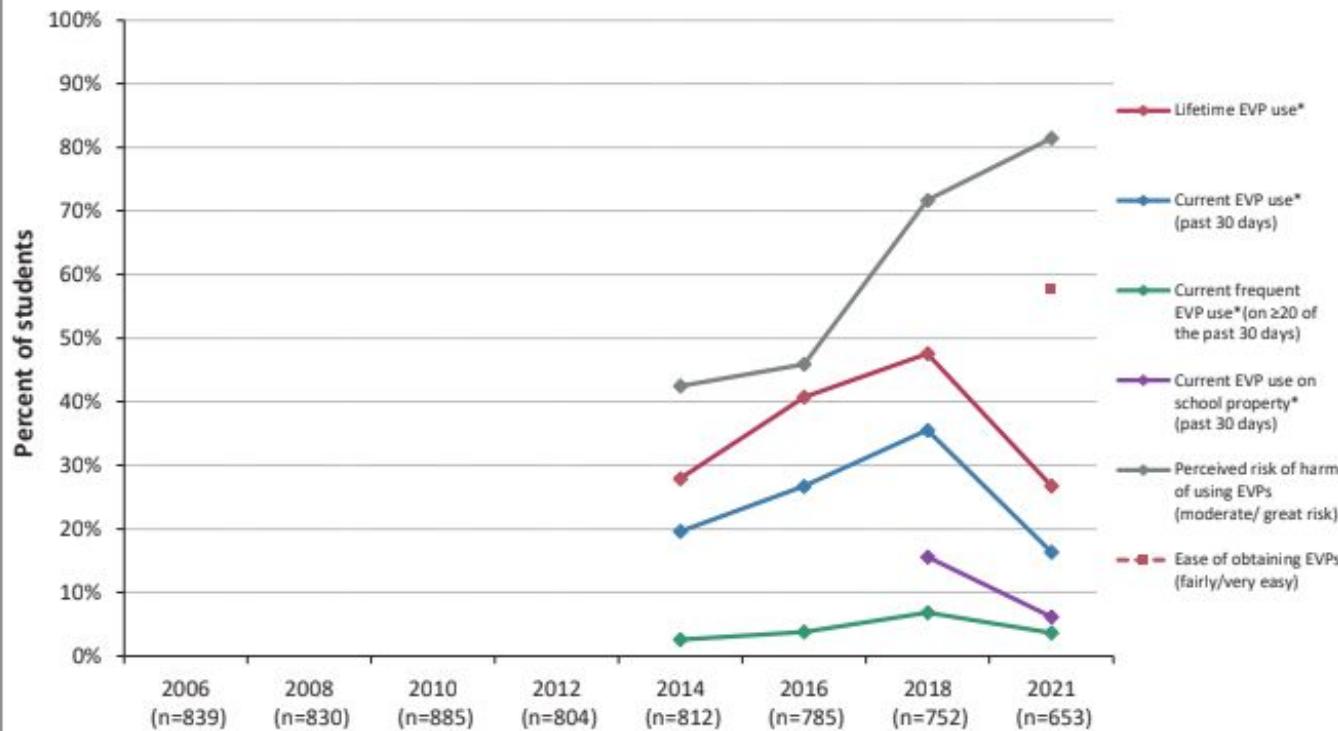
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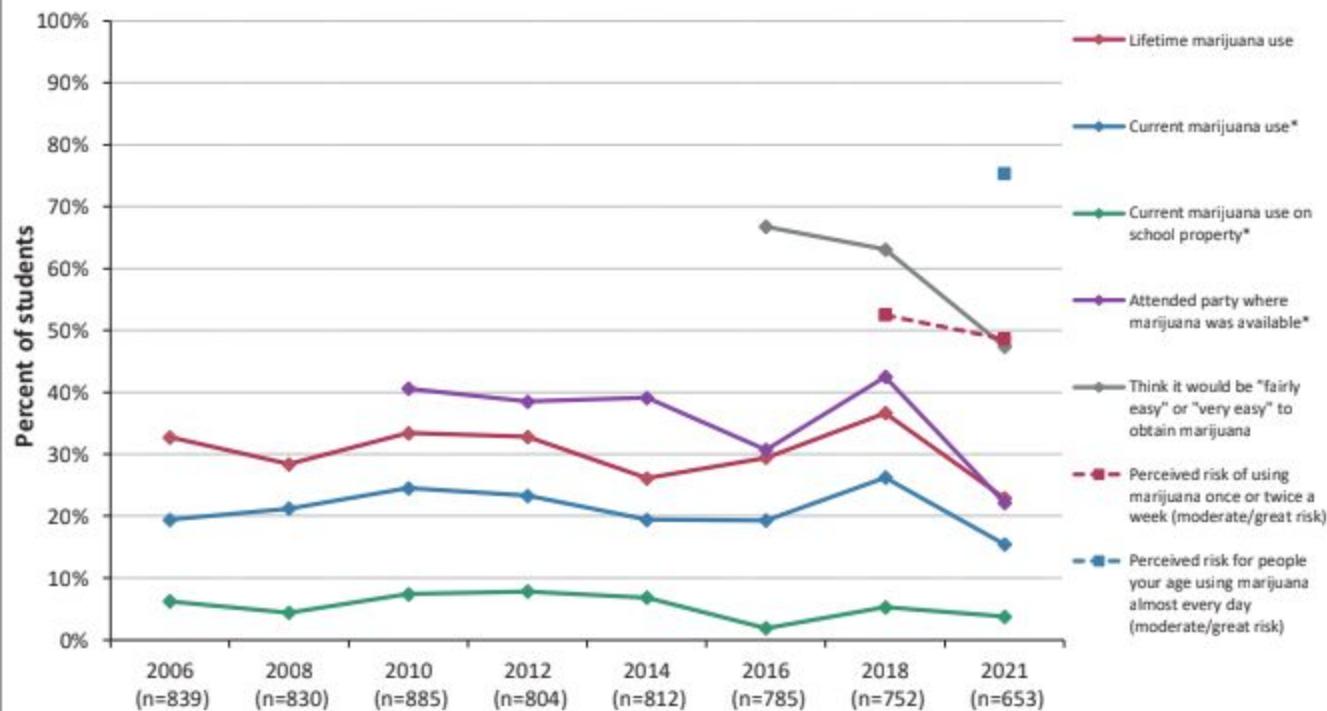
§ Includes using opioids like codeine, Vicodin, OxyContin, Hydrocodone, and Percocet without a doctor's prescription

**Figure 2-4C. Electronic Vapor Product (EVP) Use, 2006-2021**  
**Medfield High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*



\* Includes electronic cigarettes (e-cigarettes) like JUUL, SMOK, Suorin, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigarettes, e-hookahs, hookah pens, and mods; also includes disposable products that you can only use once such as Puff Bars, Stig, or Viigo

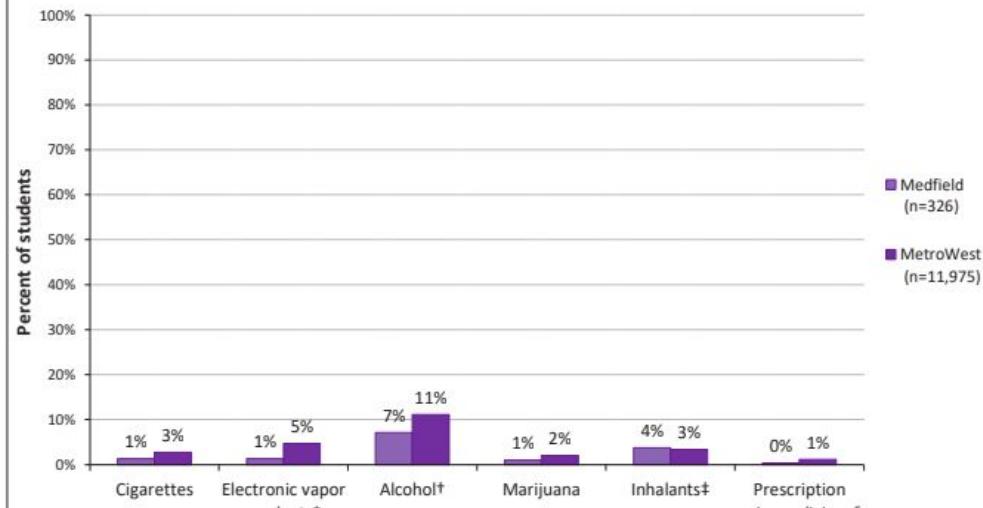
**Figure 2-9C. Marijuana Use, 2006-2021**  
**Medfield High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*



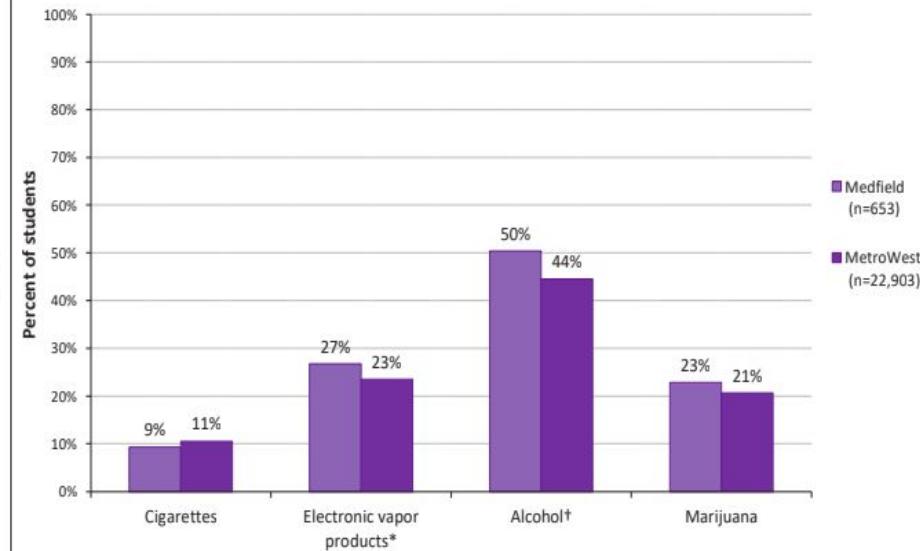
\* In the past 30 days

# Medfield & the Metrowest

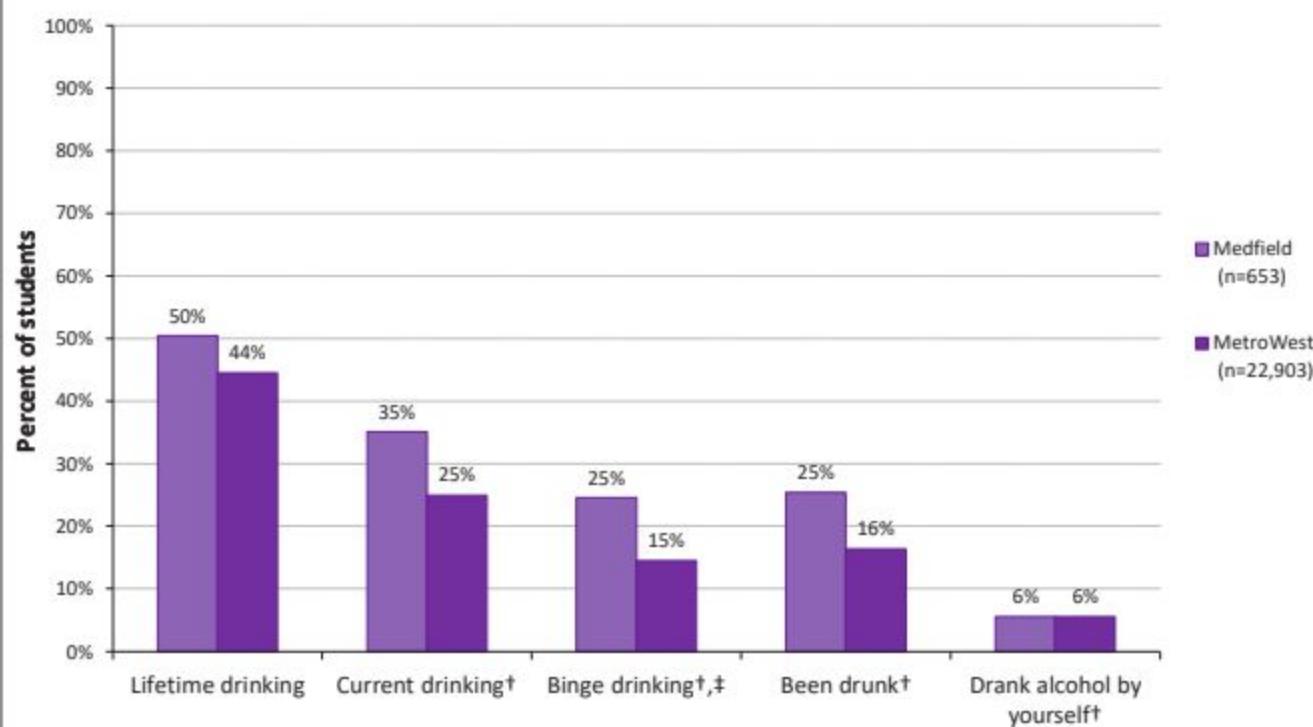
**Figure 2-1D. Lifetime Substance Use at the District and Regional Levels, 2021**  
**Blake Middle School, Medfield (Grades 7-8)**  
*MetroWest Adolescent Health Survey*



**Figure 2-1D. Lifetime Substance Use at the District and Regional Levels, 2021**  
**Medfield High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*



**Figure 2-7D. Alcohol Use\* at the District and Regional Levels, 2021**  
**Medfield High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*

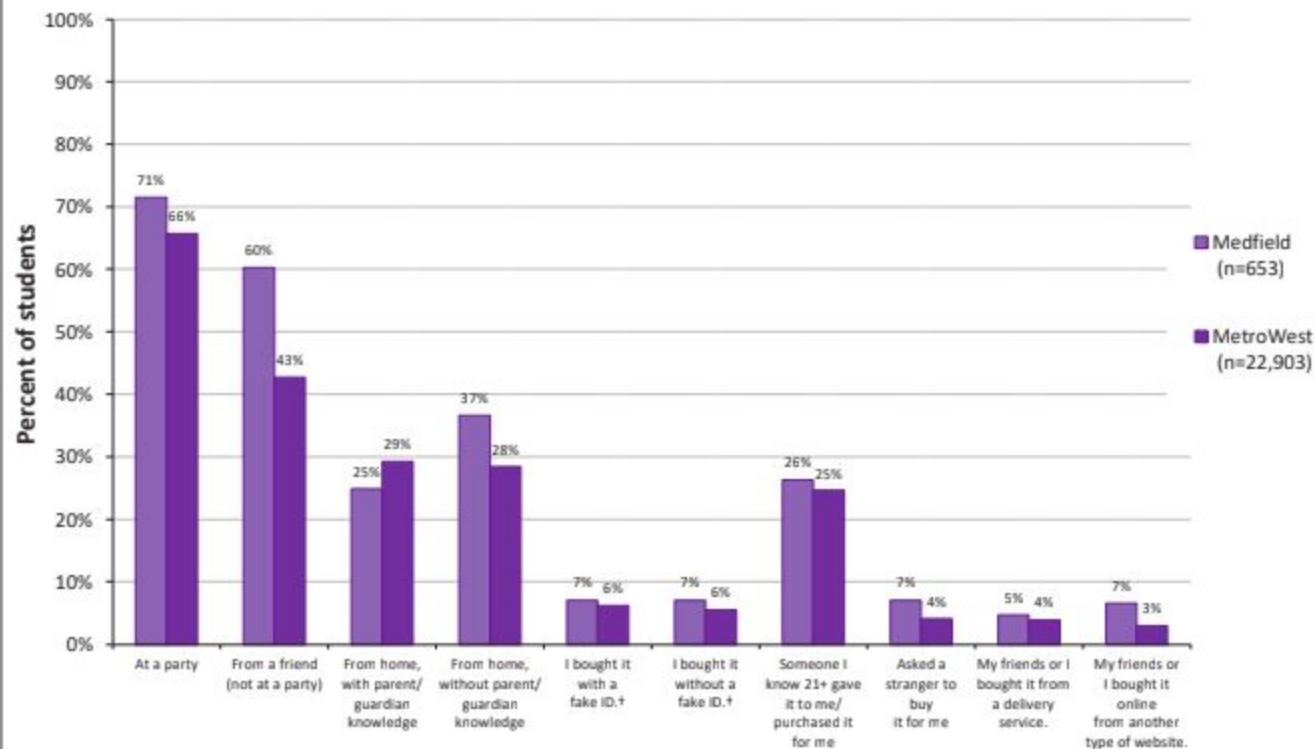


\* Does not include drinking a few sips of wine for religious purposes

† In the past 30 days

‡ Consumed 4+ drinks in a row for females, or 5+ drinks in a row for males

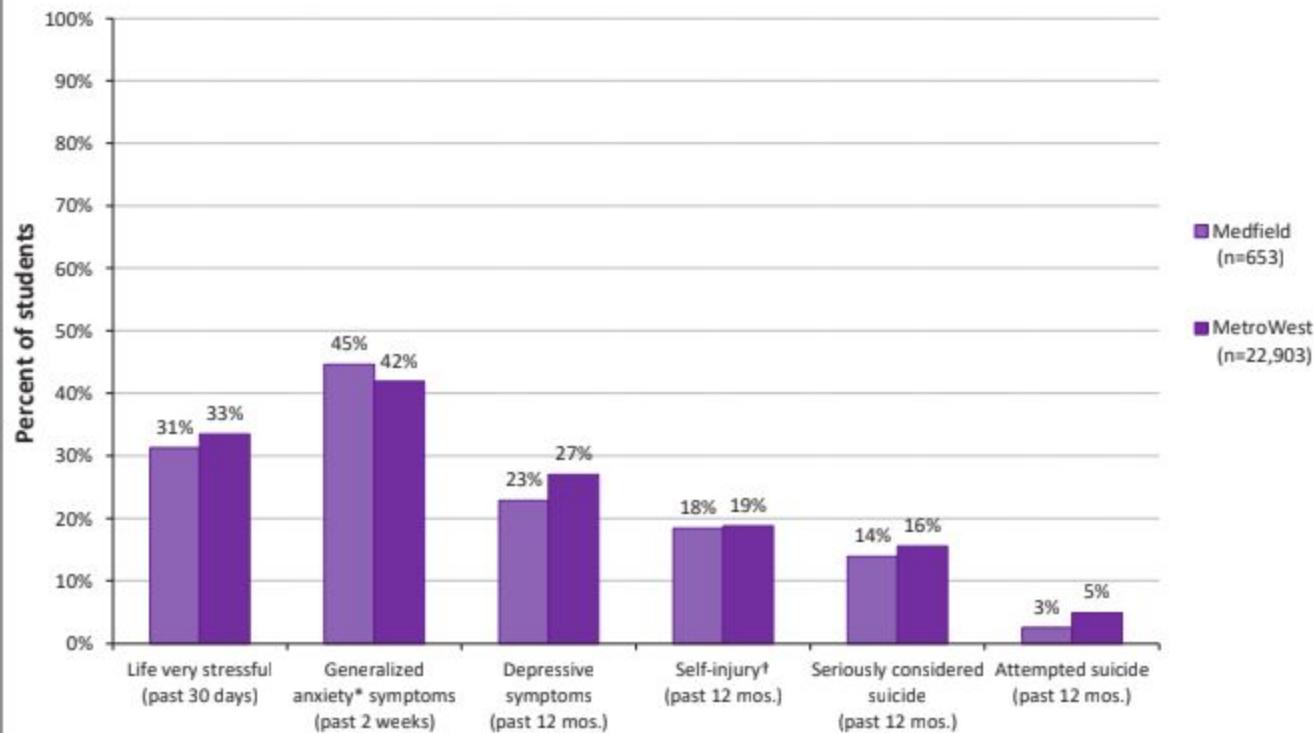
**Figure 2-8D. Access to Alcohol Among Current Drinkers\* at the District and Regional Levels, 2021**  
**Medfield High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*



\* Among students who drank in the past 30 days

† At a store, tavern, bar, or public event (like a concert or sporting event)

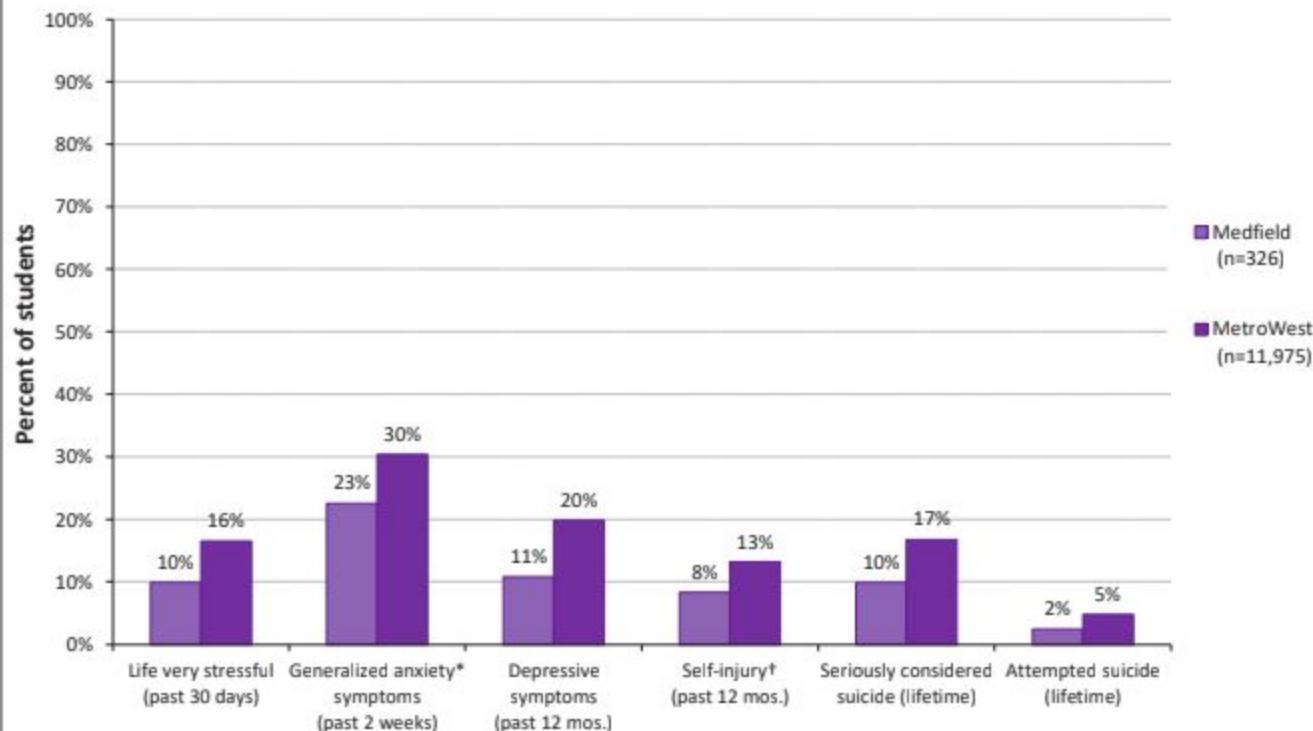
**Figure 5-1D. Mental Health and Suicidality at the District and Regional Levels, 2021**  
**Medfield High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*



\* Based on the Generalized Anxiety Disorder brief scale (GAD-2), adapted from: Spitzer, R. L., Kroenke, K., Williams, J. B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: the GAD-7. *Archives of internal medicine*, 166(10), 1092-1097. <https://doi.org/10.1001/archinte.166.10.1092>

† For example, by cutting, burning, or bruising yourself on purpose

**Figure 5-1D. Mental Health and Suicidality at the District and Regional Levels, 2021**  
**Blake Middle School, Medfield (Grades 7-8)**  
*MetroWest Adolescent Health Survey*



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# Community Conversation

*5 - 7 minutes @ tables*

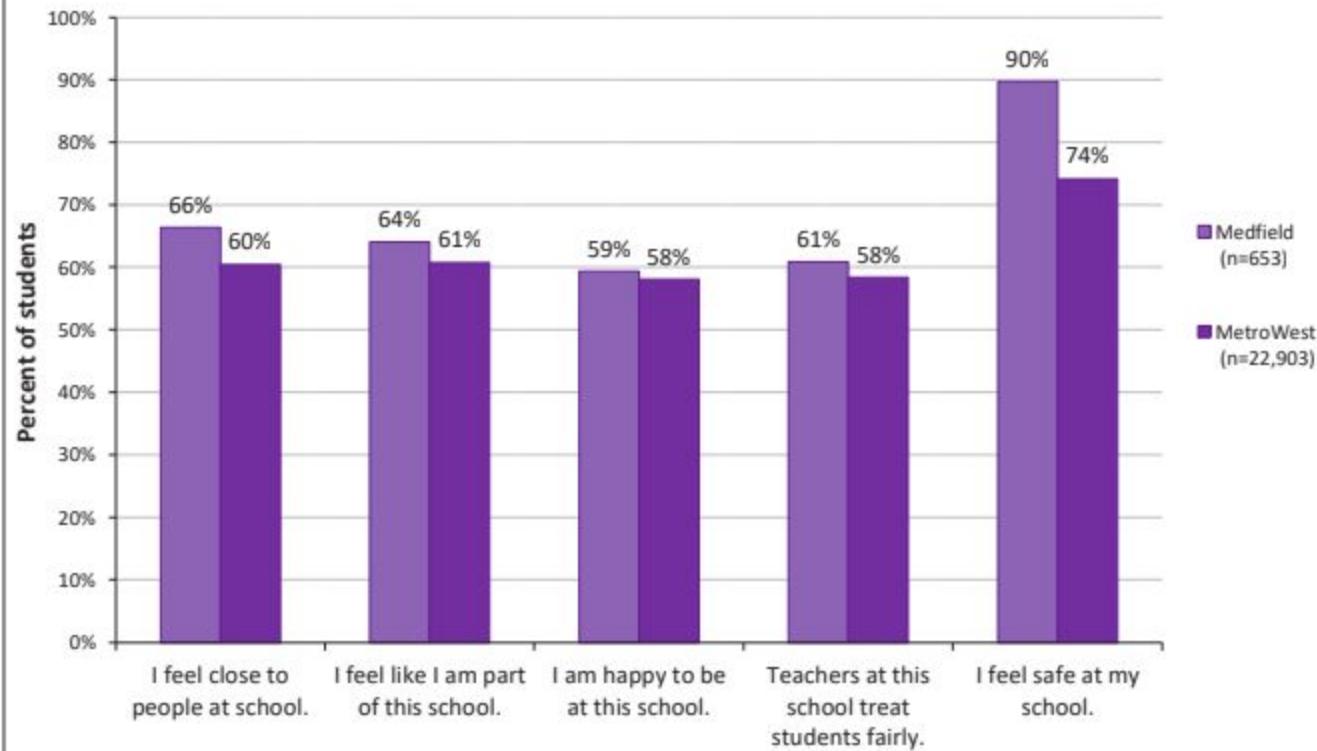
1. Why do you think Medfield has elevated rates of EVP, alcohol and marijuana use in comparison to surrounding towns?
2. What do you believe your role is in addressing this data?

# So, What Now?



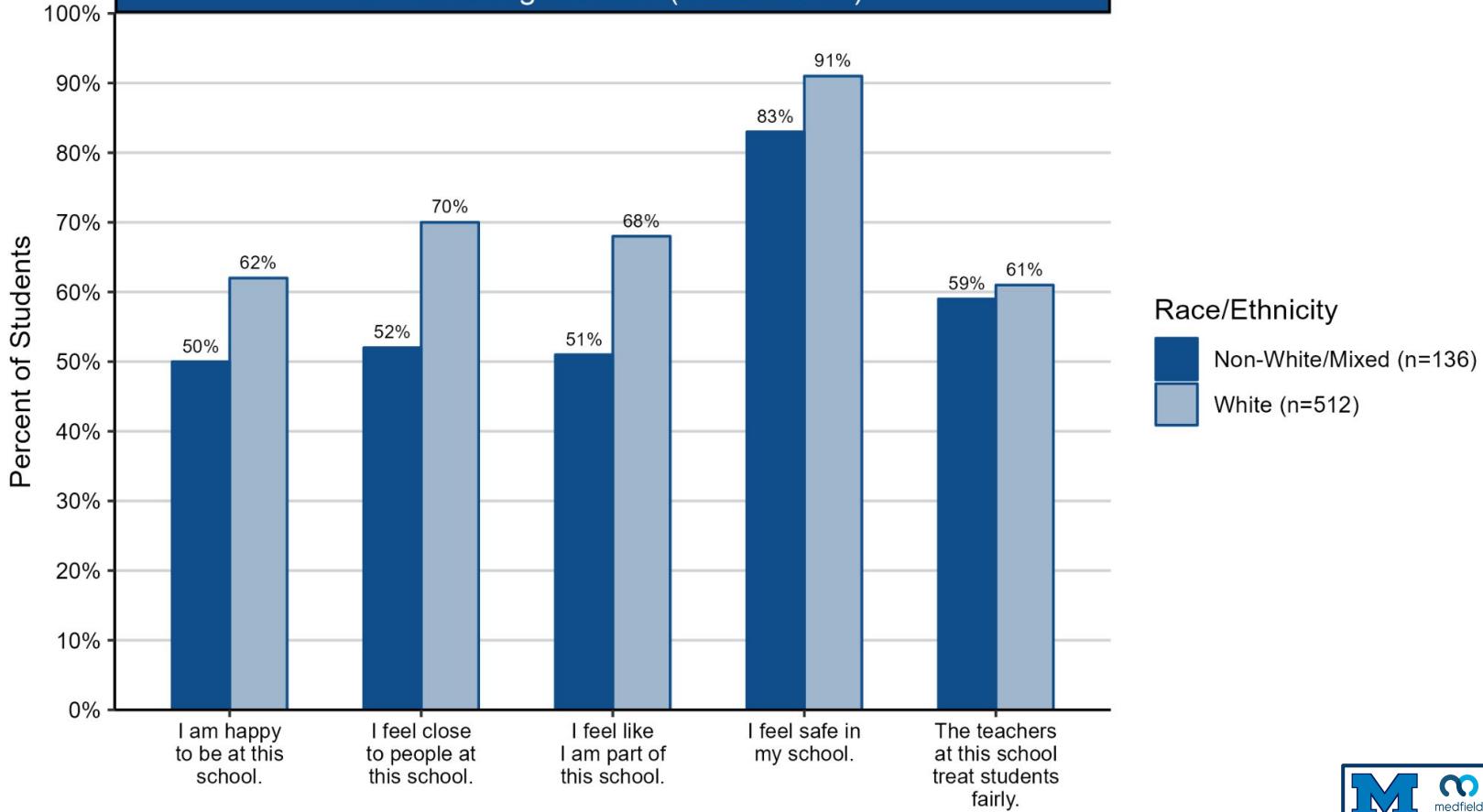
# Protective Factors

**Figure 8-1D. School Connectedness\* at the District and Regional Levels, 2021**  
**Medfield High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*

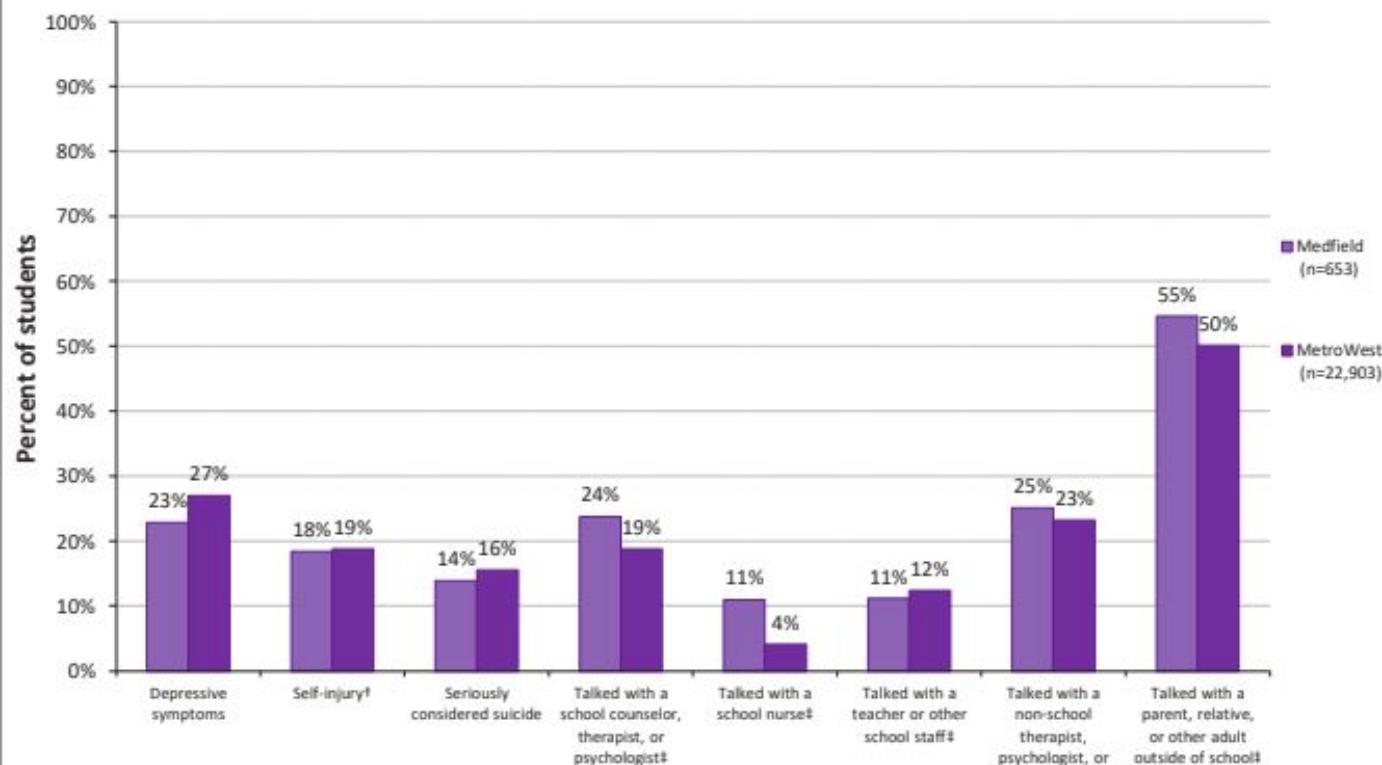


\* Students responded "agree" or "strongly agree"

## School Connectedness\* by Race/Ethnicity, 2021 Medfield High School (Grades 9-12)



**Figure 8-9D. Mental Health and Adult Support\* at the District and Regional Levels, 2021**  
**Medfield High School (Grades 9-12)**  
*MetroWest Adolescent Health Survey*



\* In the past 12 months

† For example, by cutting, burning, or bruising yourself on purpose

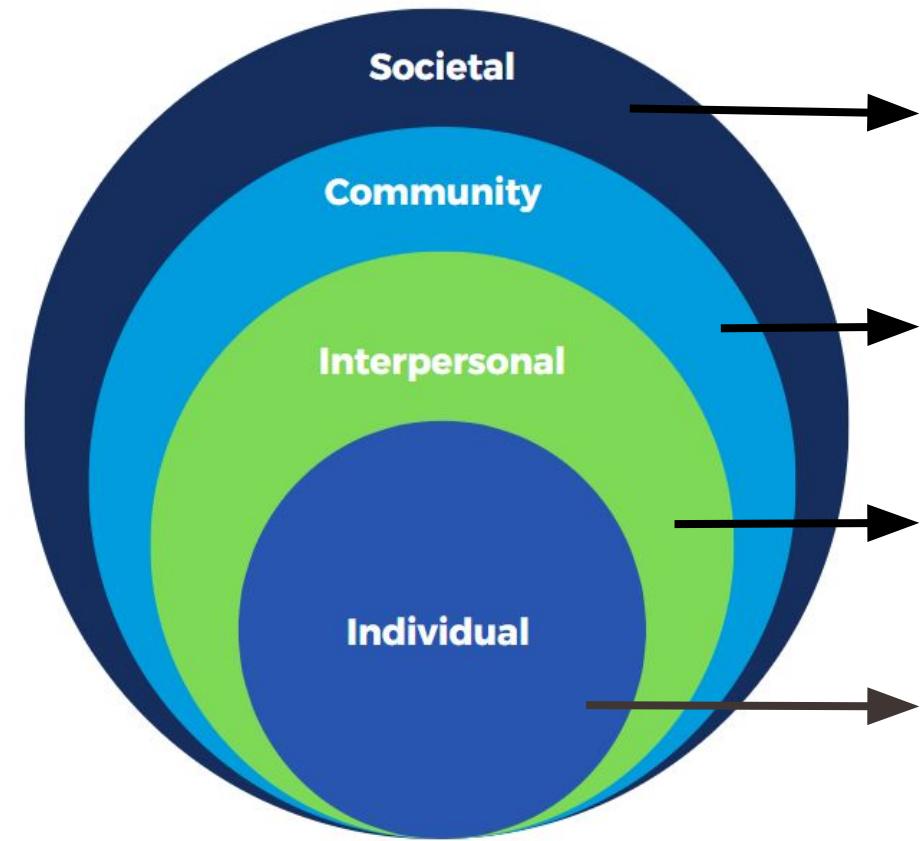
‡ About emotional challenges or problems; student responded having talked with individual/group one or more times in the past 12 months

# Everyone has a role.

## What's yours?



# The Social Ecological Model: Factors Affecting Health



<b><i>Risk Factors</i></b>	<b><i>Protective Factors</i></b>
<ul style="list-style-type: none"><li>• Lack of access to basic services</li></ul>	<ul style="list-style-type: none"><li>• Access to basic services</li><li>• Policies that disincentivize substance use</li></ul>
<ul style="list-style-type: none"><li>• High availability of substances</li><li>• Low availability of substance use/mental health treatment</li></ul>	<ul style="list-style-type: none"><li>• Low availability of substances</li><li>• High availability of substance use/mental health treatment</li></ul>
<ul style="list-style-type: none"><li>• Normalized substance use</li><li>• Stigma towards mental health/substance use treatment</li></ul>	<ul style="list-style-type: none"><li>• Disapproval of substance use</li><li>• Supportive relationships</li></ul>
<ul style="list-style-type: none"><li>• High stress</li><li>• Lack of awareness of risks of substance use</li></ul>	<ul style="list-style-type: none"><li>• Strong coping skills</li><li>• Awareness of risks of substance use</li></ul>

# Family Involvement & Support MATTERS

Adults can significantly reduce the likelihood that youth will use substances by setting clear expectations and having early, frequent, and open conversations about the risks of alcohol and other drugs.

In fact...

**In 2018, over 70% of Medfield High School students reported that when deciding whether or not to drink alcohol, it was "very important" or "somewhat important" if their parents did not approve of them drinking (MWAHS, 2018).**

# Percentage of U.S. Adults Dependent on Alcohol & the Age of First Use



- 45% began drinking at age 14
- 38% began drinking at age 15
- 32% began drinking at age 16
- 28% began drinking at age 17
- 15% began drinking at age 18

"This suggests interventions that **delaying drinking** may help **reduce alcohol dependence** among adolescents and adults." - Dr. Hingson, National Institute of Health (NIH)

# Tonight's Take Home

## ADULT GUIDE: Youth Substance Use Prevention

### Tips for talking with youth of all ages

Involvement and support of parents/guardians, caregivers, and other adults are critical in preventing youth substance use. Adults can significantly reduce the likelihood that youth will use substances by setting clear expectations and having early, frequent, and open conversations about the risks of alcohol and other drugs.

In 2018, over 70% of Medfield High School students reported that when deciding whether or not to drink alcohol, it was "very important" or "somewhat important" if their parents did not approve of them drinking (MWAHS, 2018).

Tips for how to start the conversation and respond to children at every age are provided in this publication to help guide your discussion.

**7X** Research shows that adolescents in the United States who initiate substance use before age 15 are nearly **seven times** more likely to develop a substance use disorder than those who delay first use to age 21 or older. (Feinstein et al., 2012)



**9 OUT OF 10**  
PEOPLE WITH SUBSTANCE USE DISORDERS STARTED USING ALCOHOL OR OTHER DRUGS BEFORE AGE 18.

(Partnership to End Addiction, 2011)



Brain development is not complete until about age 25

Early to late adolescence is a **critical risk period** for youth to begin using alcohol and other drugs (SAMHSA, 2019). Essential parts of a teenager's brain are forming, affecting the ability to make logical decisions. Teens are more likely to take risks, and impulsive behaviors may involve alcohol and other drug use. Developing brains are more prone to damage. As a result, teens become addicted more quickly and with greater consequences. Side effects may include irreversible brain changes, increased risk of accidents, homicides, suicides, and serious physical and mental health conditions (CDC, 2022). Talk to teens about how substance use impacts their brain health and overall wellness.



### Why Do Certain Youth Use Alcohol and other Drugs?

Youth may be more or less likely to try substances due to certain circumstances. Below are a few of the **risk factors** that may increase vulnerability to use substances and **protective factors** that reduce those risks. (CDC, 2022)

Risk Factors	Protective Factors
Availability of alcohol and/or other drugs	Lack of access to alcohol and/or other drugs
Belief that most teens use alcohol and/or other drugs	Accurate perceptions of youth substance use
Belief that alcohol and/or other drugs are not harmful	Awareness of risks associated with alcohol and other drugs
Undiagnosed mental health challenges	Treatment for mental health and coping strategies for stress
Peer rejection	Community acceptance and high self-esteem

**Keep in mind:** Many youth with risk factors do not use substances, and a risk factor for one person may not be for another.

## COMMUNICATION : What do I talk about?

### Conversation starters

It's never too early to start the conversation. Parents and other caring adults often try to protect their children, but research shows that most kids are exposed to substances at an early age through social media, the Internet, TV or friends. **As youth grow, your conversations may change, but they always will be centered on keeping them happy, healthy and safe.**

The following discussion topics may help youth open up and talk about their knowledge and exposure to substance use.

### Perceptions and Understanding

- Do you know what vaping/binge drinking/overdosing is? What do you know about it?
- What do you know about the effects of substance use on your brain development and how it can increase your risk of future addiction?
- When you hear or see messages about substances, how do you decide which are myths and which are facts?

### Friends and Peers

- What would you do if you saw friends taking prescription pills that aren't theirs? What if you saw them drunk or high?
- If you were with kids who were vaping, drinking or using other drugs, how would you feel? How would you handle it?
- Besides family members, who do you feel most comfortable talking to about substances? Why?
- Do you have a plan if someone under the influence of alcohol or other drugs offers you a ride?



■ Check out SAMHSA's online "Talk. They Hear You." campaign for resources, conversation starters, and tips for speaking with youth about alcohol and other drug use.

■ Visit [kidhealth.org](https://www.kidhealth.org) for tips for talking about alcohol to youth aged preschool-17 years old.

### Words to avoid when talking about substances (or any issue)

AVOID	INSTEAD, USE
<b>BUT</b> You did well on your report card, <b>but</b> I know you can work even harder.	<b>AND</b> You did well on your report card, <b>and</b> I know you can work even harder.
<b>SHOULD</b> You <b>should</b> stop drinking alcohol.	<b>WANT</b> I <b>want</b> you to stop drinking alcohol, and I'm here to help you.
<b>BAD</b> Smoking pot is <b>bad</b> for you.	<b>HARMFUL</b> Smoking pot is <b>harmful</b> for your health and brain.
<b>STUPID</b> Vaping is a <b>stupid</b> choice.	<b>UNHEALTHY</b> Vaping is <b>unhealthy</b> for you, and that's why I'm concerned.
<b>DISAPPROVE</b> I <b>disapprove</b> of you hanging out with that group of friends.	<b>CONCERNED</b> I am <b>concerned</b> about your group of friends and worry they may not be the best influence.
<b>DISAPPOINTED</b> I am <b>disappointed</b> in you for breaking curfew.	<b>WORRIED</b> I am <b>worried</b> about your decision to come home past curfew.
<b>CAN'T</b> You <b>can't</b> come home at 11 p.m. on weeknights.	<b>DON'T WANT</b> I <b>don't want</b> you to come home this late at night anymore.



# Sign-Up Sheet to...

- Learn more information about what you can do to support your student's mental health and prevent substance use
- Get notified of upcoming Medfield Outreach & coalition events
- Learn more about our coalitions (MCAP & MCSP)

## Event Survey

- 5 minutes or less
- Required by grant
- Help us improve our events

**THANK YOU!**

# Contact Information



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