



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

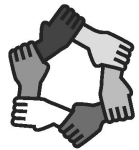
Community
Assistance

Prevention
Work

Clinical
Services

Community Coalitions

School-Based Programming



MCAP
MEDFIELD CARES ABOUT PREVENTION



Medfield Coalition for Suicide Prevention



Medfield Outreach Prevention Programming



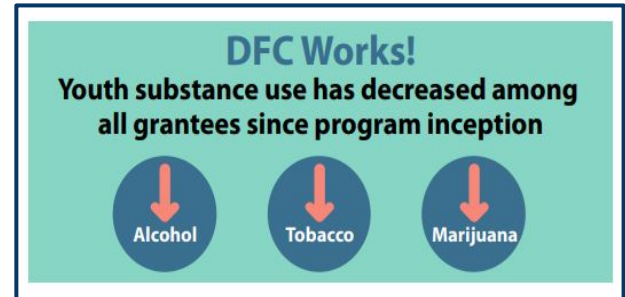
In efforts to expand our services to reach more Medfield residents and promote mental wellness, we have expanded our prevention programming.

One key reasons 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).



Medfield Coalition for Suicide Prevention



Current and Past Efforts Toward Supporting our Students



Examples of past initiatives



Medfield Moves for Mental Health

May is Mental Health Awareness Month

Join us virtually throughout the month of May by moving your body to support your mental health!

Presented by the Medfield Coalition for Suicide Prevention

Register at this link or scan the QR code
<https://forms.gle/cAb4RVgYVoRLwFas8>



HELLO I AM... SOMEONE WHO CAN HELP!

Where can you learn about Mental Health Resources in or near your community?

How can you access Mental Health Services for all ages?

Find answers at the INTERFACE Referral Service.
interface.williamjames.edu

Call the INTERFACE Helpline
 617-332-3666 x1411
 or 1-888-244-6843 x1411

Call Monday-Friday 9:00 am-5:00 pm to consult with a mental health professional about resources and/or receive community-based, matched referrals.

For additional information and resources, please visit interface.williamjames.edu/community/medfield. Funding for this valuable service is generously provided by the Medfield Public Schools and the Town of Medfield.

WILLIAM JAMES COLLEGE
INTERFACE Referral Service

Examples of past initiatives



Kathleen McCullough @Kathmcc3 · Oct 18

Great first day visiting @MedfieldOutrch ! 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



RESOURCES

Interface Referral Service
Help Finding Local Mental Health Services
617.332.3666 x1411

Medfield Outreach
Counseling/Financial Assistance/Prevention
508.359.7121

Medfield Council on Aging
Services Seniors & Residents w/ Disabilities
508.359.3665

Medfield Police (non-emergency)
Public Safety/Medication & Sharps Drop-Off
508.359.7235

Medfield Food Cupboard
Food Pantry
508.359.4958

Multi-Service Eating Disorder Assoc.
Eating Disorder Support
617.558.1881 medinae.org

Planned Parenthood
Reproductive Health Care
800.230.7476 (7236)

MEDFIELD RESOURCE CARD

Call 911 in the event of an emergency
*Starting in July 2022, dial 988 for mental health & substance use emergencies

24/7 CRISIS LINES

Riverside Emergency Services
Mental Health
800.529.5977

National Suicide Prevention Lifeline
800.273.TALK (8255)

Samaritans/Samaritans
Suicide Prevention
877.870.4673, Text "START" to 741-741

MA Substance Use/Gambling Helpline
Find Treatment
800.327.5550, helpline.org

Trevor Project
Mental Health Support for LGBTQ+ Youth
866.488.7386, Text "START" to 678-678

Wayside Trauma Services
Rape Crisis/Domestic Violence
800-511-5070

Veterans Crisis Line
800.273.8255 #1 or Text 838255

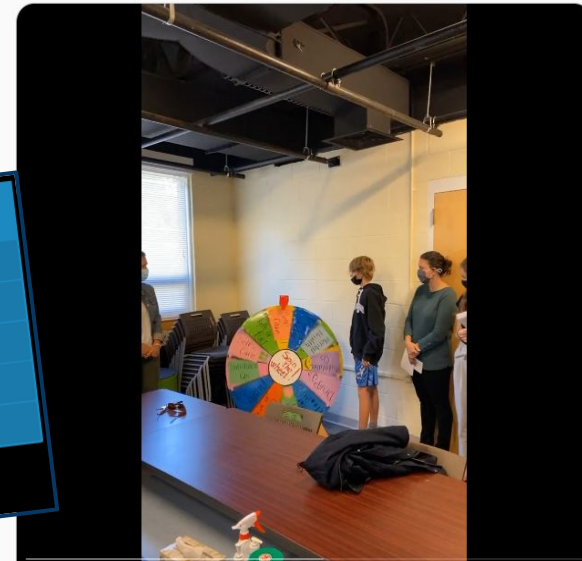
Medfield Outreach Wellness Field Trip				
MEDFIELD OUTREACH	MENTAL HEALTH	SUBSTANCE MISUSE	PREVENTION	
\$100	\$100	\$100	\$100	
\$200	\$200	\$200	\$200	
\$300	\$300	\$300	\$300	
\$400	\$400	\$400	\$400	
\$500	\$500	\$500	\$500	



Blake Wellness @BlakeWellness · Oct 20

Replying to @MedfieldOutrch

Thanks again for hosting! 🙌 @MedfieldOutrch @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 PUBLIC SCHOOLS
IS CELEBRATING 10 YEARS

OLD MEDFIELD

MARCH 25, 2022

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.



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 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, aabligh2024@email.medfield.net

NOTICE

**NO ALCOHOL OR
OTHER DRUGS**
permitted on
school property

This includes the
parking lot & athletic field
"Police Take Notice"



MCAP is a community coalition working together to promote mental health
and prevent alcohol, marijuana and other drug use amongst our youth.
To get involved or learn more, visit www.medfieldcares.org

*Funding for this program 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.



More current and past initiatives

QPR
For Suicide
Prevention

*Ask a Question,
Save a Life.*

CERTIFICATE OF APPRECIATION

THIS CERTIFICATE WAS PRESENTED TO

12 Medfield Establishments

on behalf of the Medfield Cares About Prevention (MCAP) community coalition.
In gratitude for doing their part to keep Medfield safe by not selling alcohol to
underage persons.

By preventing youth access to alcohol, these businesses have helped the Medfield
community reduce the negative consequences associated with underage drinking,
thereby creating a safer, healthier environment for all of our youth.



Meri Haas

Prevention Coordinator, Medfield Outreach,
Medfield Cares About Prevention (MCAP) Coalition

Detective Michelle Manganello

Medfield Police Department, MCAP Coalition Member

June 2022



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



Contact us!

call
508 359 7121
email

medfieldoutreach@medfield.net

follow us
on social media



@medfieldoutreach
@medfieldcares



medfie
outreach

With this Mental Health May, all students are invited
to celebrate the end of the school year with...

YOGA ON
THE TURF
FOR STUDENTS



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



STEPHEN HILL
MOTIVATIONAL SPEAKER
AUTHOR | ATTORNEY | ADVOCATE

FREE VIRTUAL PARENT PROGRAM

NO ONE SAW THIS COMING

This powerful, moving, and inspiring presentation is both a cautionary tale of substance misuse to addiction and a comeback story of resilience and recovery. Stephen will discuss how to build resilient kids to make healthy choices & overcome adversity.

7:00PM - 8:15PM

MONDAY MARCH 20, 2023

Log In Sign Up

MCAP medfie outreach

SAVE THE DATE

The Social Host Law: A Community Conversation with the Medfield Police

Members of the Medfield Police Department will be available to discuss social hosting and other topics related to youth substance use and law enforcement.

Medfield Public Library Meeting Room (basement) 468 Main Street, Medfield

Friday, April 28 10:30 - 11:30 AM

No registration required. All are welcome.

*coffee and light snacks will be provided

MCAP medfie outreach

Dear Medfield Parents/Guardians:

It's springtime, and that means prom and graduation festivities for many high school students and their families. During this exciting time, the Medfield Public Schools, the Medfield Police Department, Medfield Outreach and the Medfield Cares About Prevention (MCAP) Coalition would like to offer you these reminders to ensure that this celebratory season is a healthy and safe time for all.

Unfortunately, the majority of teenage motor vehicle accidents and deaths occur in the spring and summer months. In 2020, nearly one-third of all drivers aged 15-20 who died in traffic accidents had been drinking. For this reason, we encourage parents/guardians to communicate their expectations about underage drinking and substance use with their teenagers!

Given that prom night is an especially high-risk time for substance-involved traffic accidents, Medfield Outreach and MCAP have funded free transportation to and from this event for all attendees. Please encourage your child(ren) to utilize this option. Parents/guardians have a strong influence on their child(ren)'s decisions.

We would also like to remind parents/guardians that it is illegal to buy or provide alcohol to anyone under 21. It is important to know that if you choose to host a party where underage drinking occurs, you can be held liable for any minor who consumes alcohol on your property and subsequently harms themselves or others. To learn more about the potential costs of hosting a party with underage drinking, [click here](#). If you discover unwanted alcohol consumption at your home, please contact the Medfield Police Department to assist or to report underage drinking by calling 508-269-3333.

If you would like more information about underage drinking or other drug use, please visit the [Medfield Public Library Meeting Room](#) or contact the Medfield Outreach Prevention Coordinators at 508-269-7323 x1.

Working together, we can protect Medfield's young people and make this the safest prom and graduation season yet.

Signatures:
Jeffrey J. Marsden, Superintendent
Medfield Public Schools
Kathy McDonald, Director
Medfield Outreach

Robert Parga, Principal
Medfield High School
Meredith Hoss & Tyler Grady, Prevention Coordinators
Medfield Outreach/Medfield Cares About Prevention (MCAP)

Michelle Guentee, Chief
Medfield Police Department

May 2023

GETTING REDY FOR LEGISLATIVE VISITS!

84

@THE84 MOVEMENT

Join the Medfield Cares About Prevention (MCAP) Coalition & Medfield Outreach for a Free Legislative Visit on Tuesday, April 4th @ 7:00pm

Raising Healthy Kids in a Culture of Dependence

with New York Times Best-Selling Author
Jessica Lahey

The ADDICTION Inoculation

RAISING HEALTHY KIDS IN A CULTURE OF DEPENDENCE

Jessica Lahey

Jessica Lahey, author of the New York Times Best Selling Book "The Gift of Failure" and "The Addiction Inoculation: Raising Healthy Kids in a Culture of Dependence" will speak to the Medfield community about her most recent book.

"The Addiction Inoculation" is a comprehensive resource parents and educators can use to prevent substance misuse in children. Including evidence-based strategies and practical tools adults need to understand, support, and educate resilient, addiction-resistant children.

When: Tuesday, April 4th from 7:00-8:30PM via Zoom Webinar

Registration Required scan here to sign-up

Brought to you by: MCAP medfie outreach

Having trouble registering? Email medfieldoutreach@medfield.net

The Medfield Cares About Prevention Coalition is a 501(c)(3) non-profit organization. The Medfield Cares About Prevention Coalition is a 501(c)(3) non-profit organization. The Medfield Cares About Prevention Coalition is a 501(c)(3) non-profit organization.

STEPHEN HILL

SPEAKS TO MHS JUNIORS + SENIORS

Medfield High School

medfieoutreach Stephen Hill (@speaksobriety) is presenting to MHS juniors and seniors today about substance use, addiction, and making healthy choices. Adults want to hear from Stephen. You're in luck! He will be offering a virtual parent presentation on March 20th!

medfieoutreach #MCAP #preventionworks

View insights

Boost post

Liked by westwoodyfs and 18 others

ADD A COMMENT...

Post

medfie outreach

Coping Skill Ideas

- Keep a list in your notes app of positive sayings, affirmations, or quotes
- Close your eyes and slowly count to 10
- Identify your emotion and choose how to respond thoughtfully
- Move your body: stretch or take a walk
- Stimulate the senses: use a cold compress, ice pack or cold water bottle on a pulse point, like the neck or wrist
- Practice Mindfulness: imagine yourself in your favorite place—get as detailed as possible

MCAP medfie outreach

CAN YOU BECOME ADDICTED TO MARIJUANA?

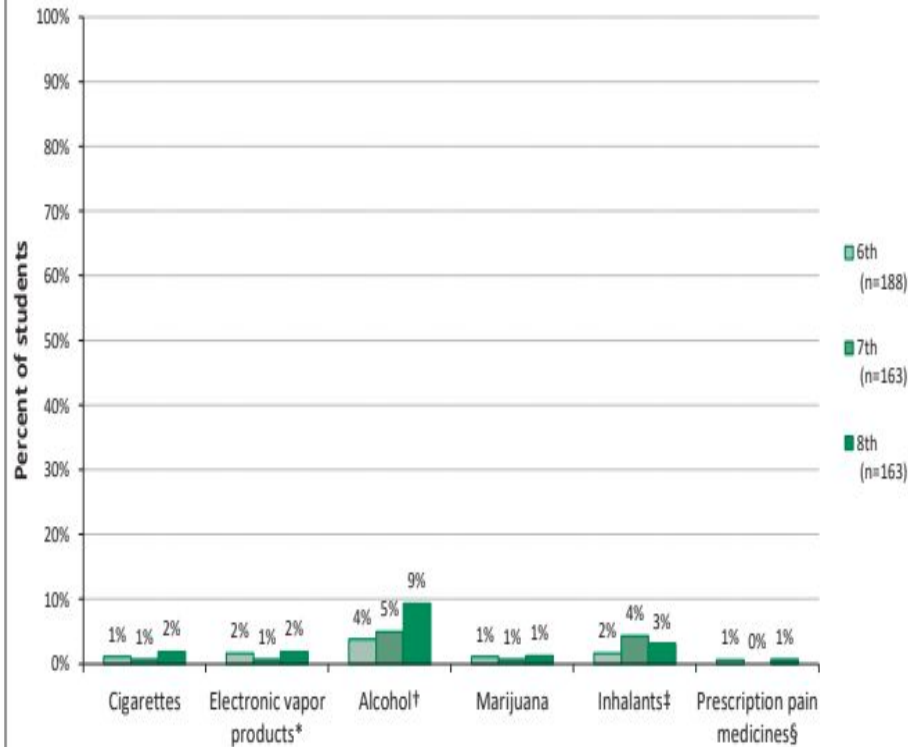
Yes, you can.

Over time, your body can get used to marijuana so you feel bad if you don't take it. You might take it all the time just to feel normal and keep taking it even if it gets in the way of school, work, or friendships. This is called addiction.



Medfield Data

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



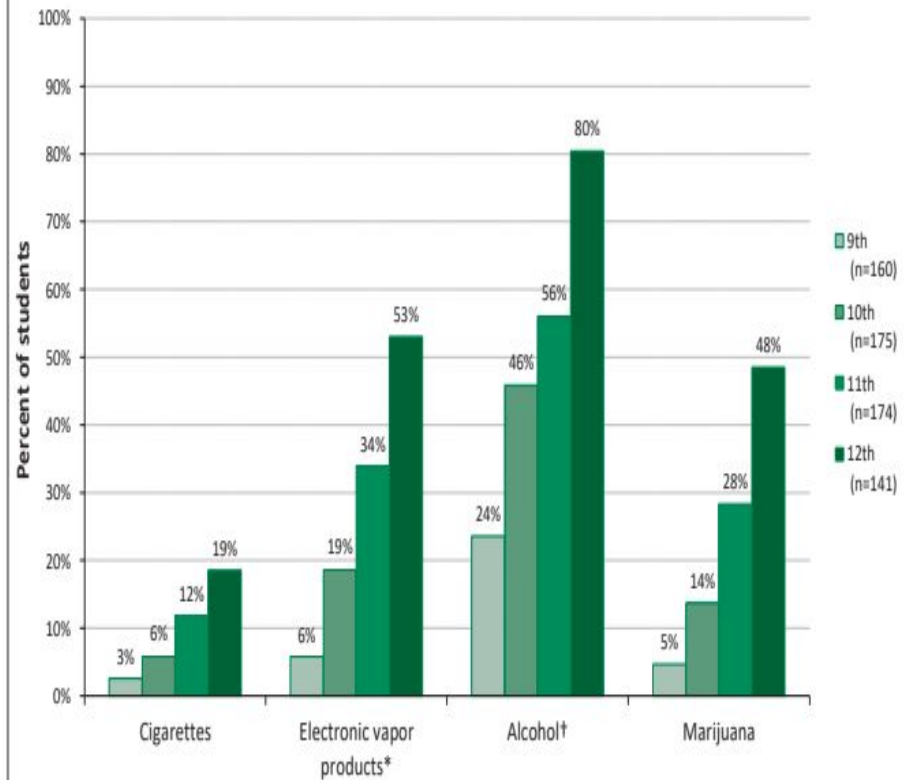
* Includes electronic cigarettes (e-cigarettes) like JUUL, SMOK, Suorin, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigs, e-hookahs, hookah pens, and mods; also includes disposable products that you can only use once such as Puff Bars, Stig, or Viigo

† 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 points 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

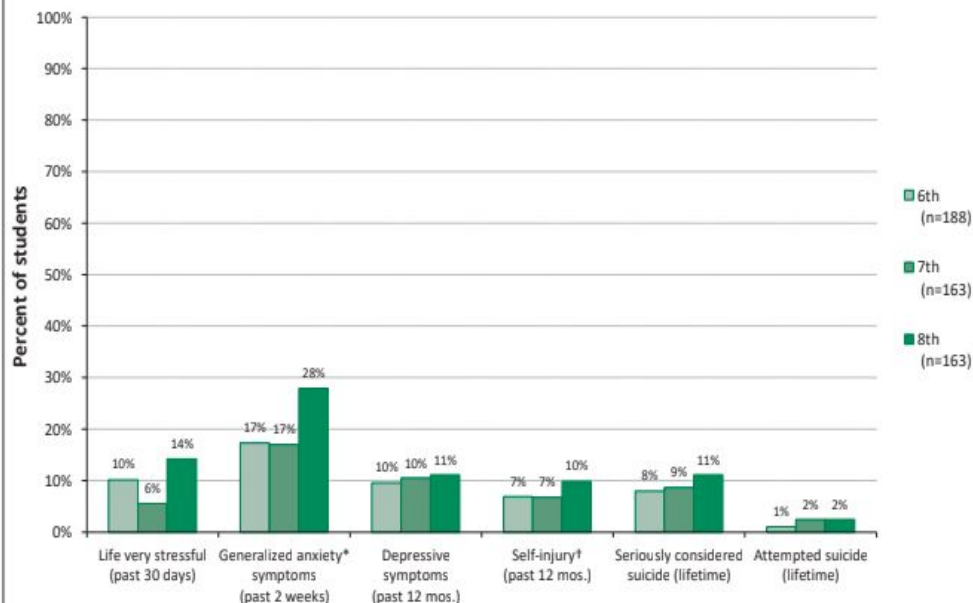


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Figure 5-1B. Mental Health and Suicidality by Grade, 2021
Blake Middle School, Medfield (Grades 6-8)

MetroWest Adolescent Health Survey

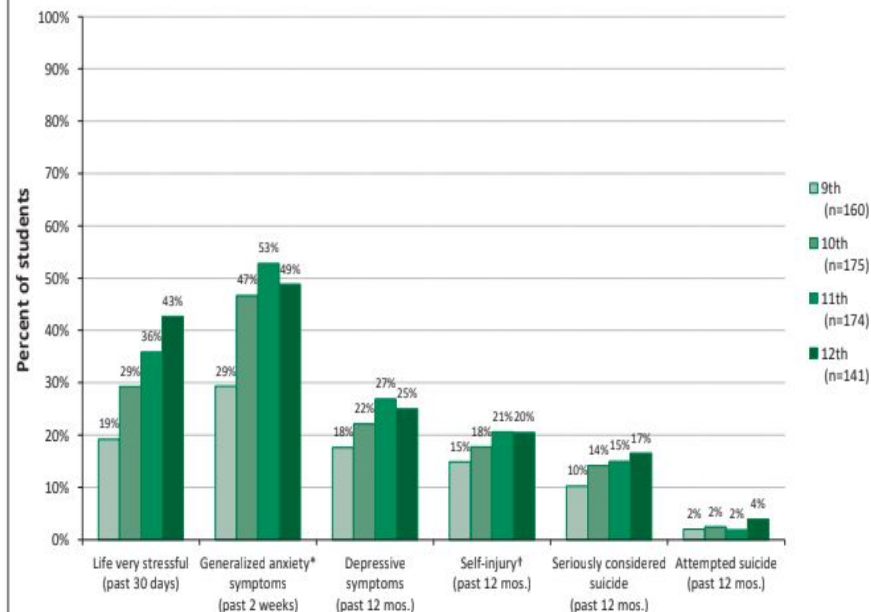


* Based on the Generalized Anxiety Disorder brief scale (GAD-2), adapted from: Spitzer, R. L., Kroenke, K., Williams, J. B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: the GAD-7. *Archives of internal medicine*, 166(10), 1092–1097. <https://doi.org/10.1001/archinte.166.10.1092>

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

Figure 5-1B. Mental Health and Suicidality by Grade, 2021
Medfield High School (Grades 9-12)

MetroWest Adolescent Health Survey

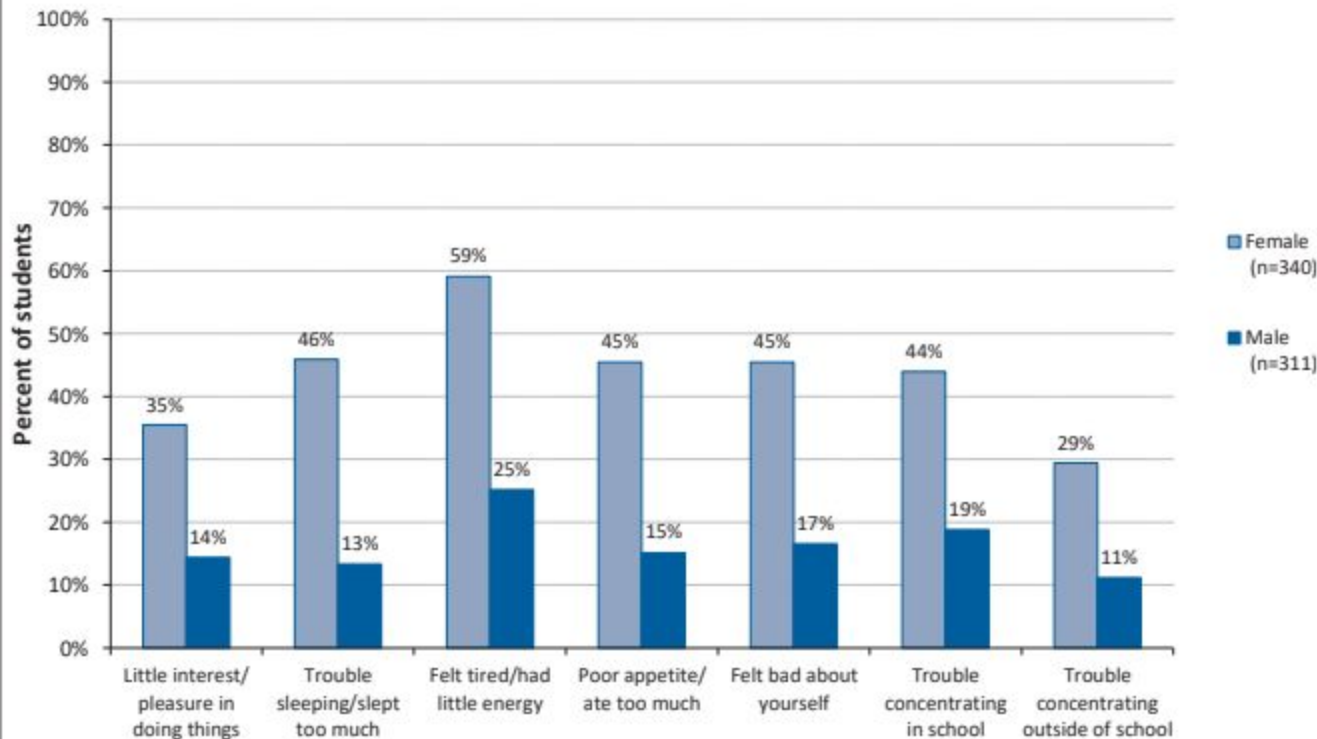


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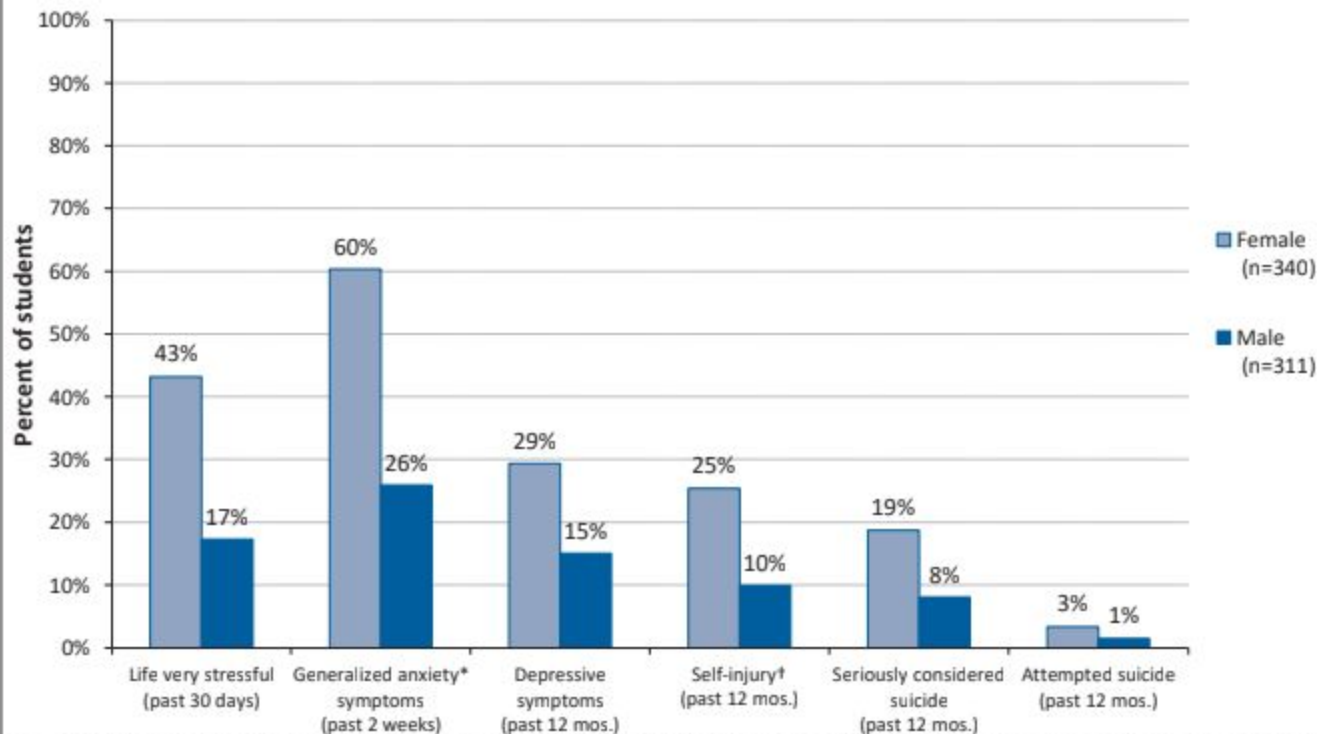
Figure 5-3A. Symptoms of Being Stressed, Anxious, or Worried* by Sex, 2021
Medfield High School (Grades 9-12)

MetroWest Adolescent Health Survey



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

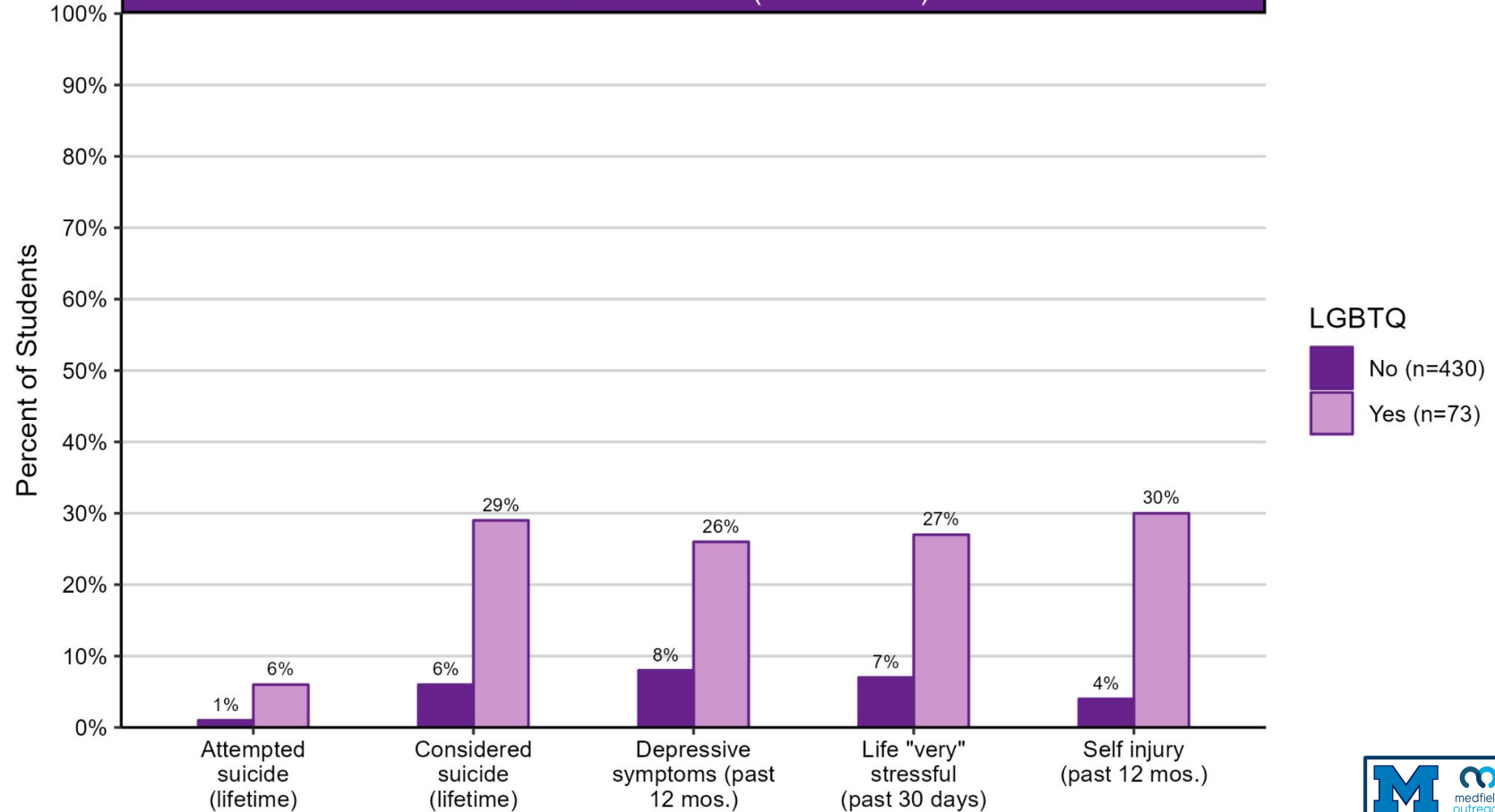
Figure 5-1A. Mental Health and Suicidality by Sex, 2021
Medfield High School (Grades 9-12)
MetroWest Adolescent Health Survey



* 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>

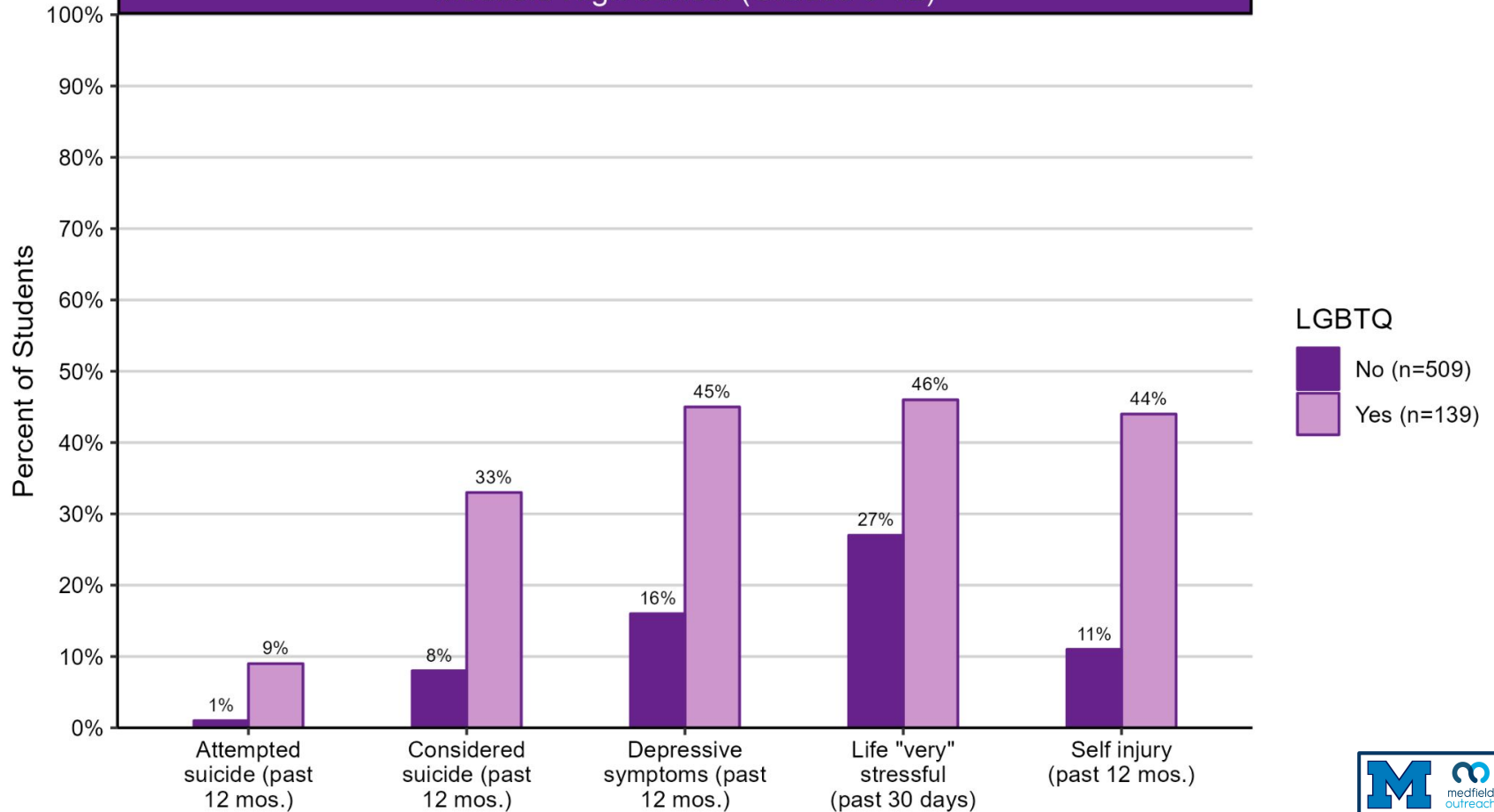
† For example, by cutting, burning, or bruising yourself on purpose

Mental Health and Suicidality by LGBTQ Status, 2021 Blake Middle School (Grades 6-8)



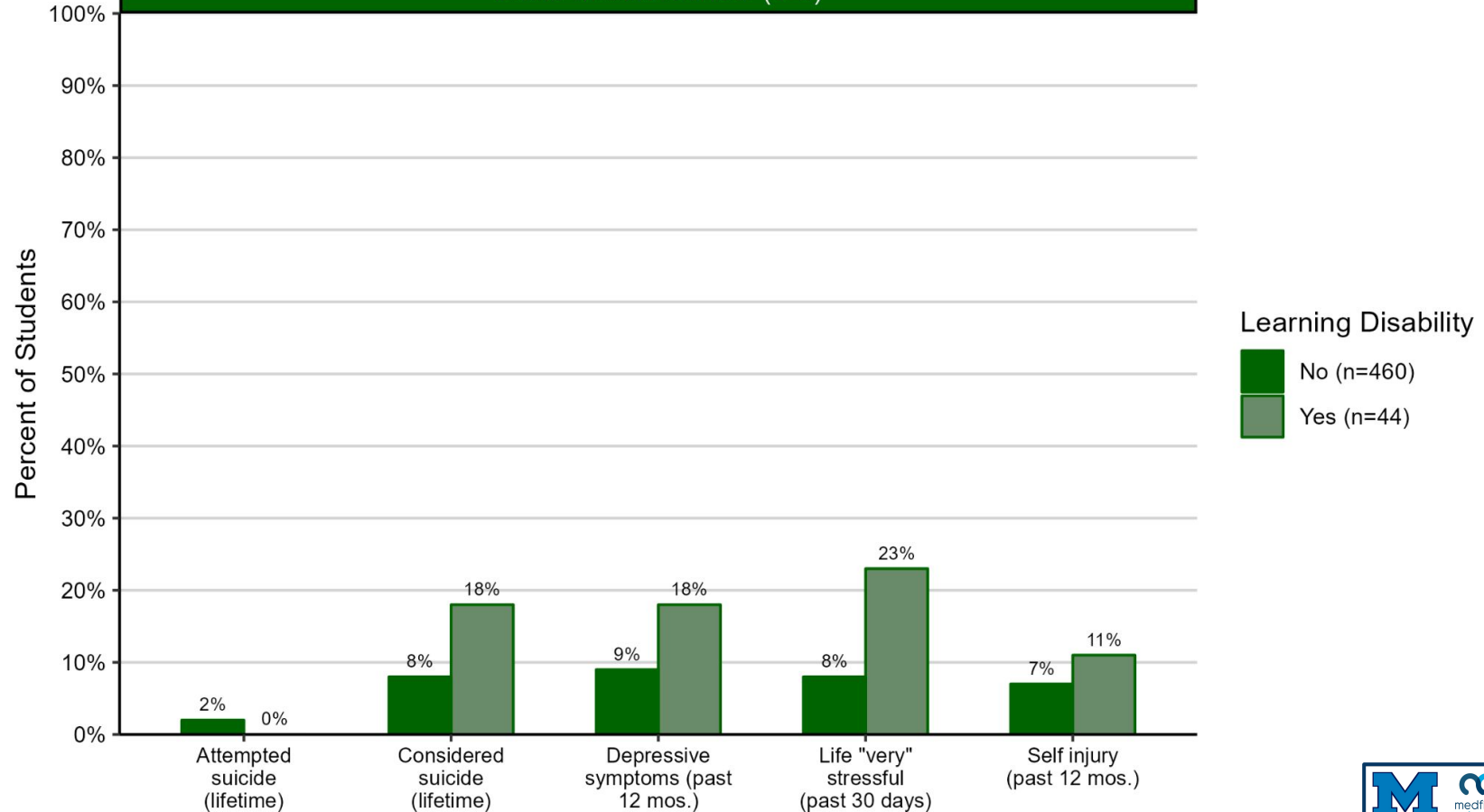
Mental Health and Suicidality by LGBTQ Status, 2021

Medfield High School (Grades 9-12)

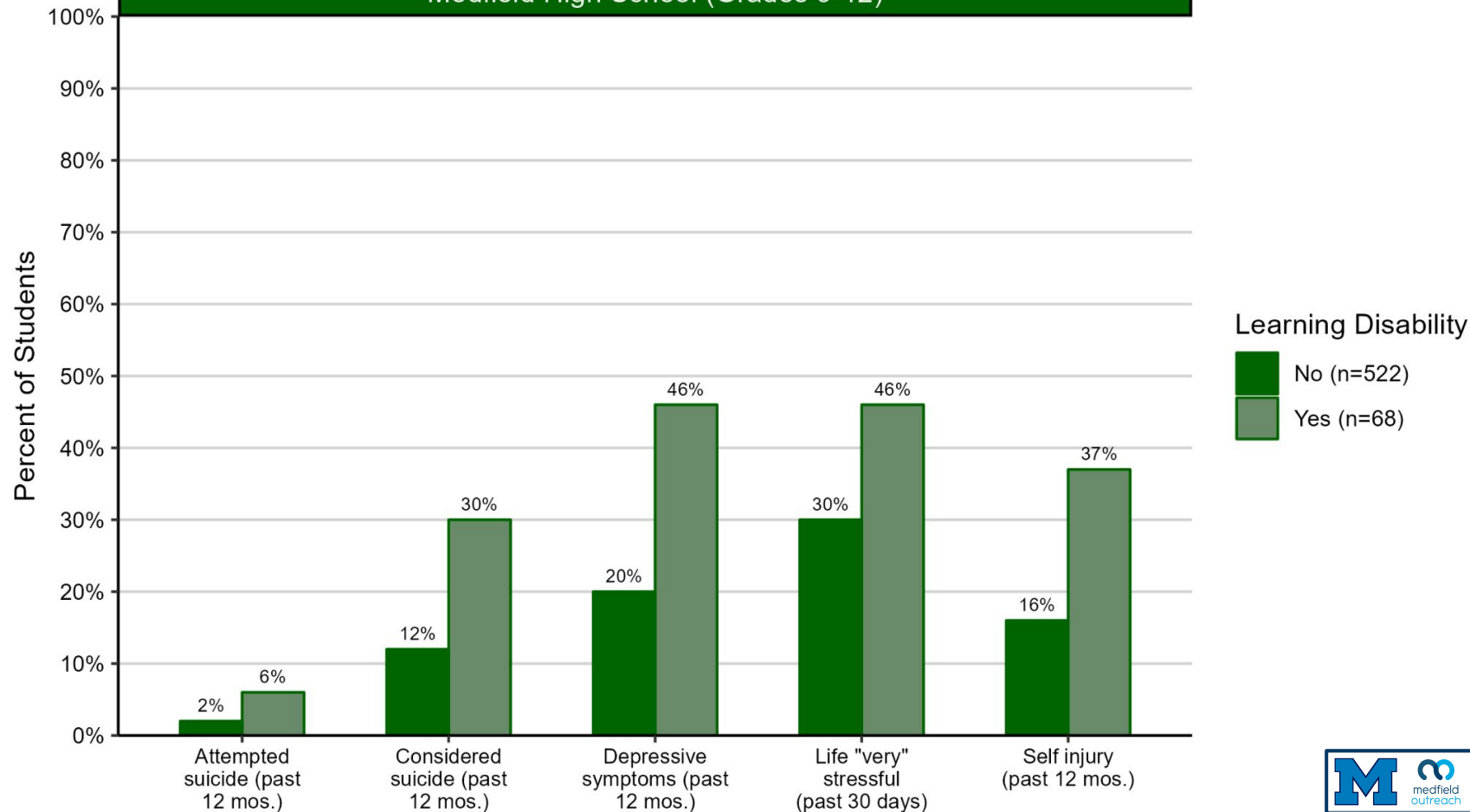


Mental Health and Suicidality by Learning Disability, 2021

Blake Middle School (6-8)

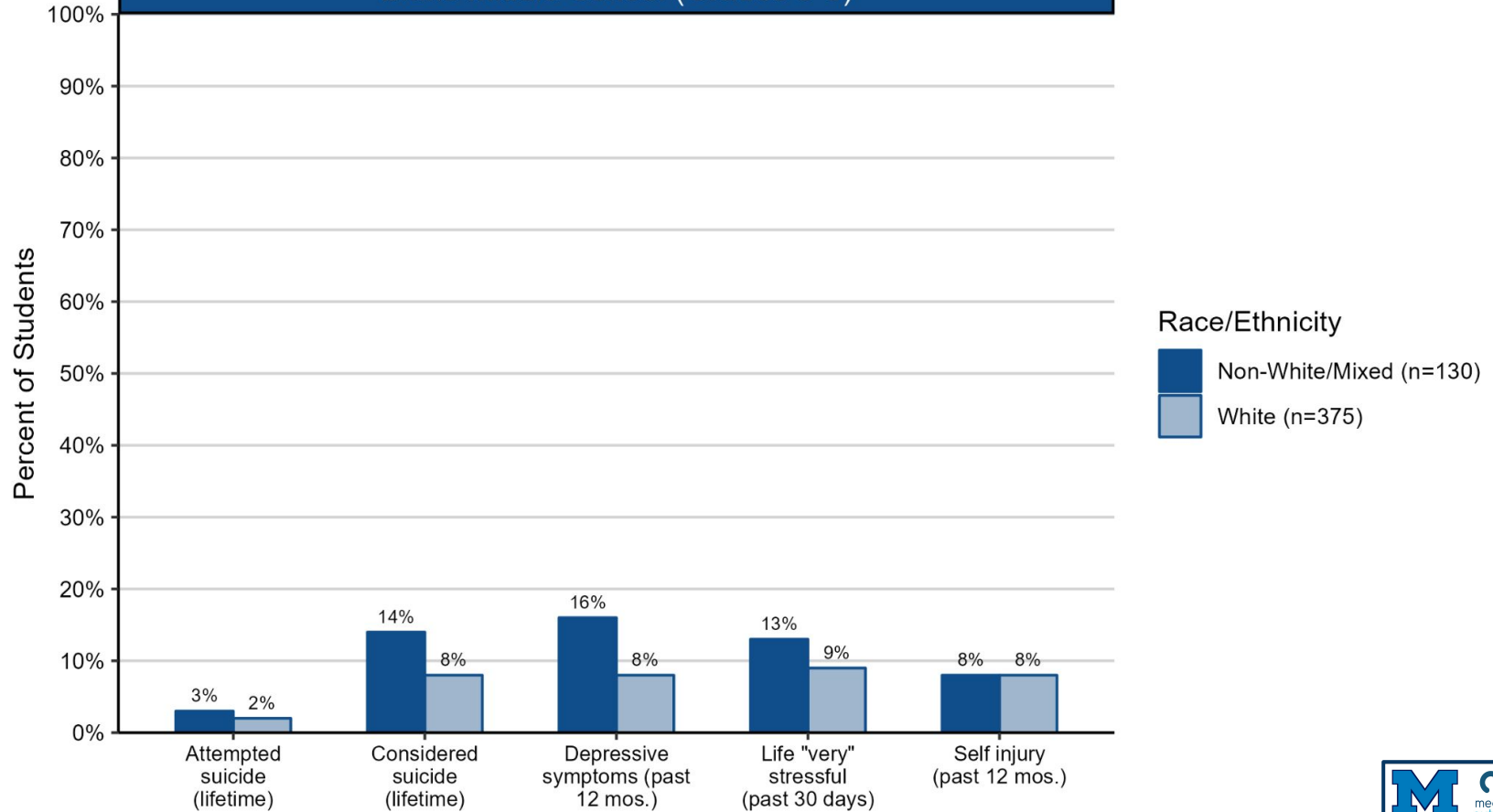


Mental Health and Suicidality by Learning Disability, 2021 Medfield High School (Grades 9-12)

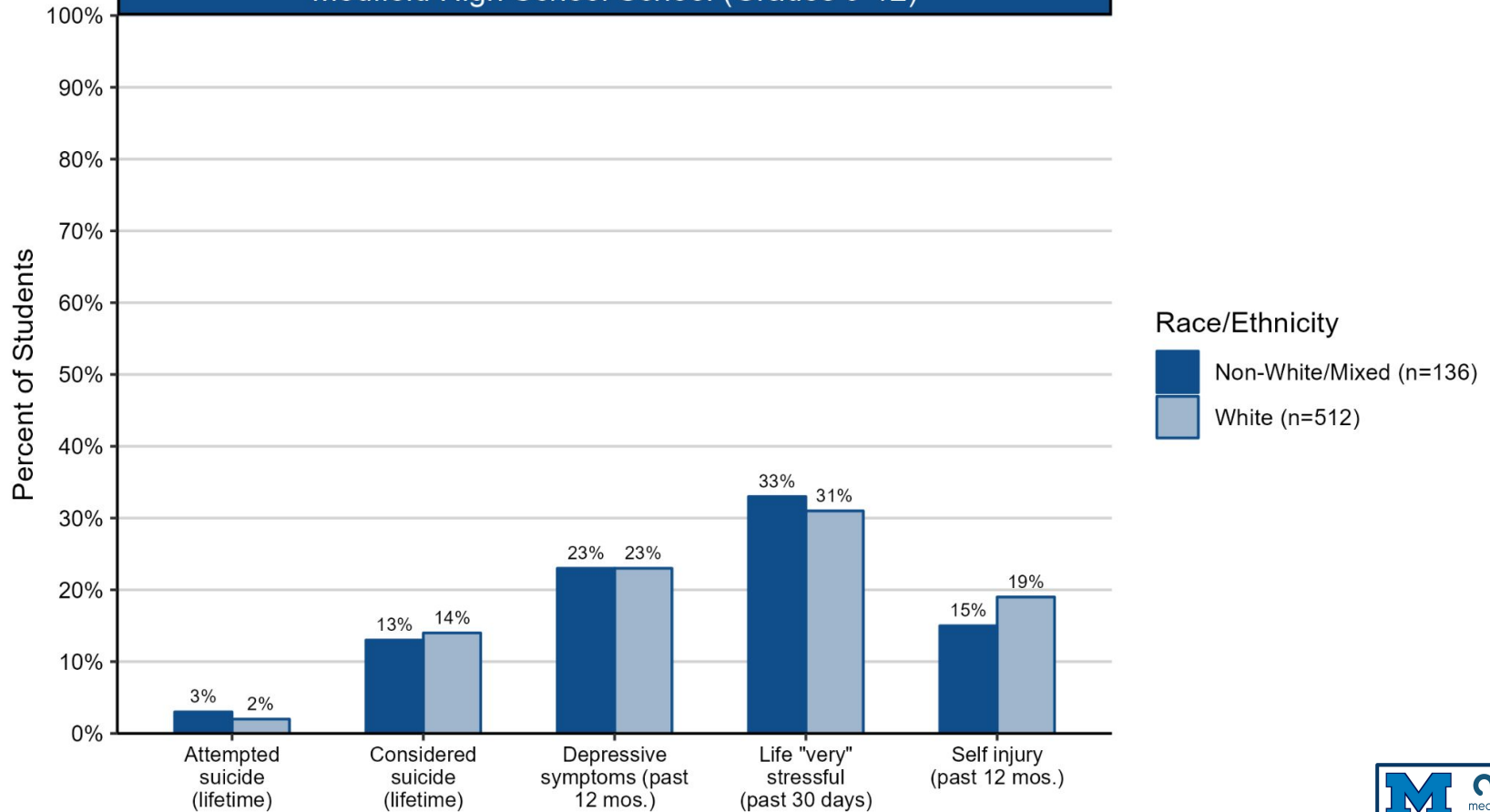


Mental Health and Suicidality by Race/Ethnicity, 2021

Blake Middle School (Grades 6-8)



Mental Health and Suicidality by Race/Ethnicity, 2021 Medfield High School School (Grades 9-12)



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)

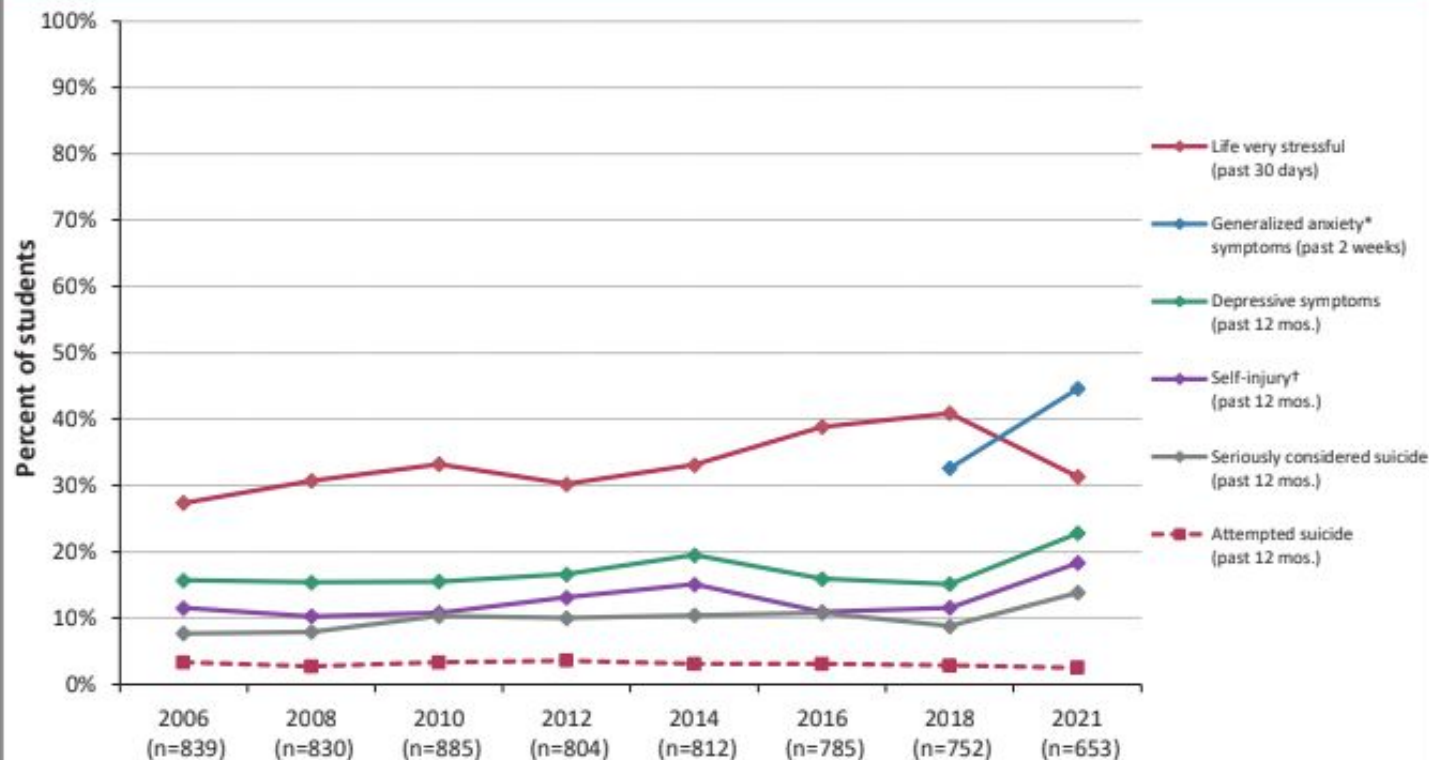
Community Conversation

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

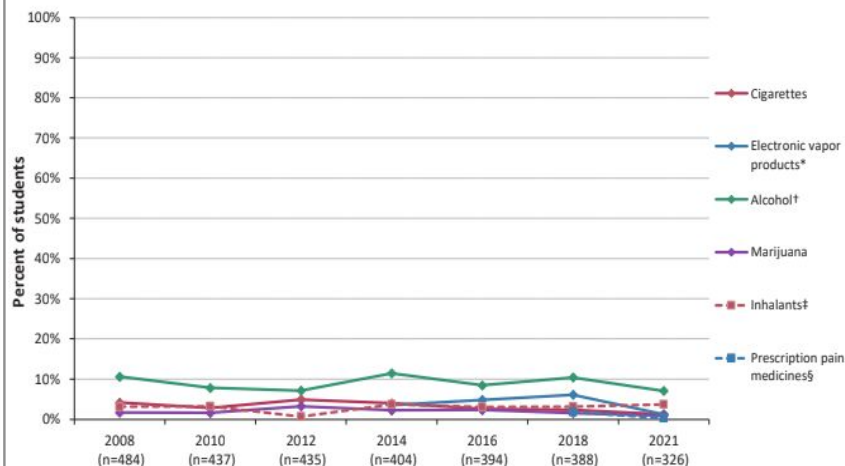
Figure 5-1C. Mental Health and Suicidality, 2006-2021
Medfield High School (Grades 9-12)
MetroWest Adolescent Health Survey



* 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>

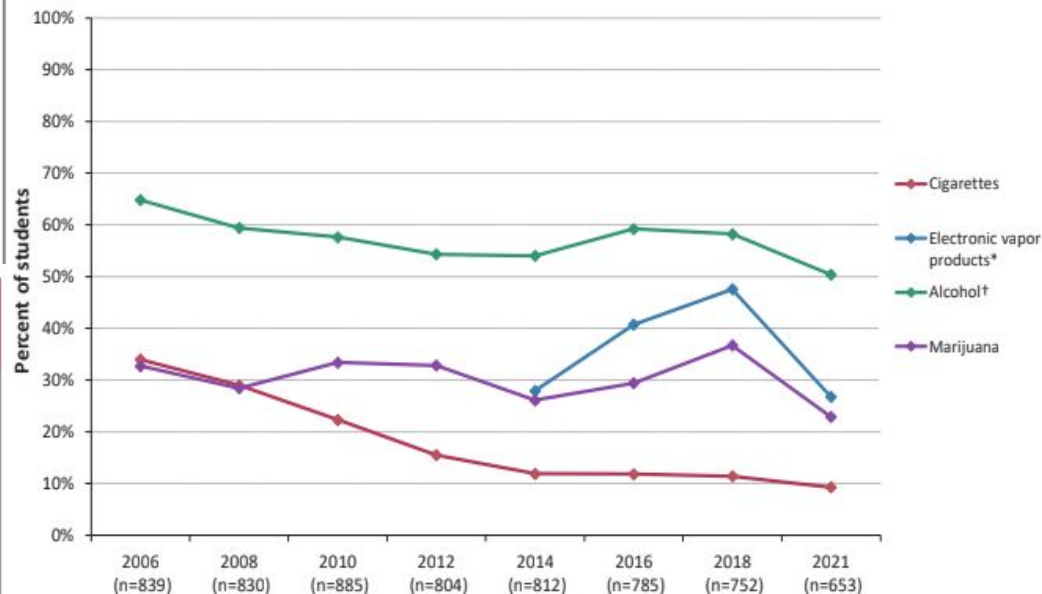
† For example, by cutting, burning, or bruising yourself on purpose

Figure 2-1C. Lifetime Substance Use, 2008-2021
Blake Middle School, Medfield (Grades 7-8)
MetroWest Adolescent Health Survey



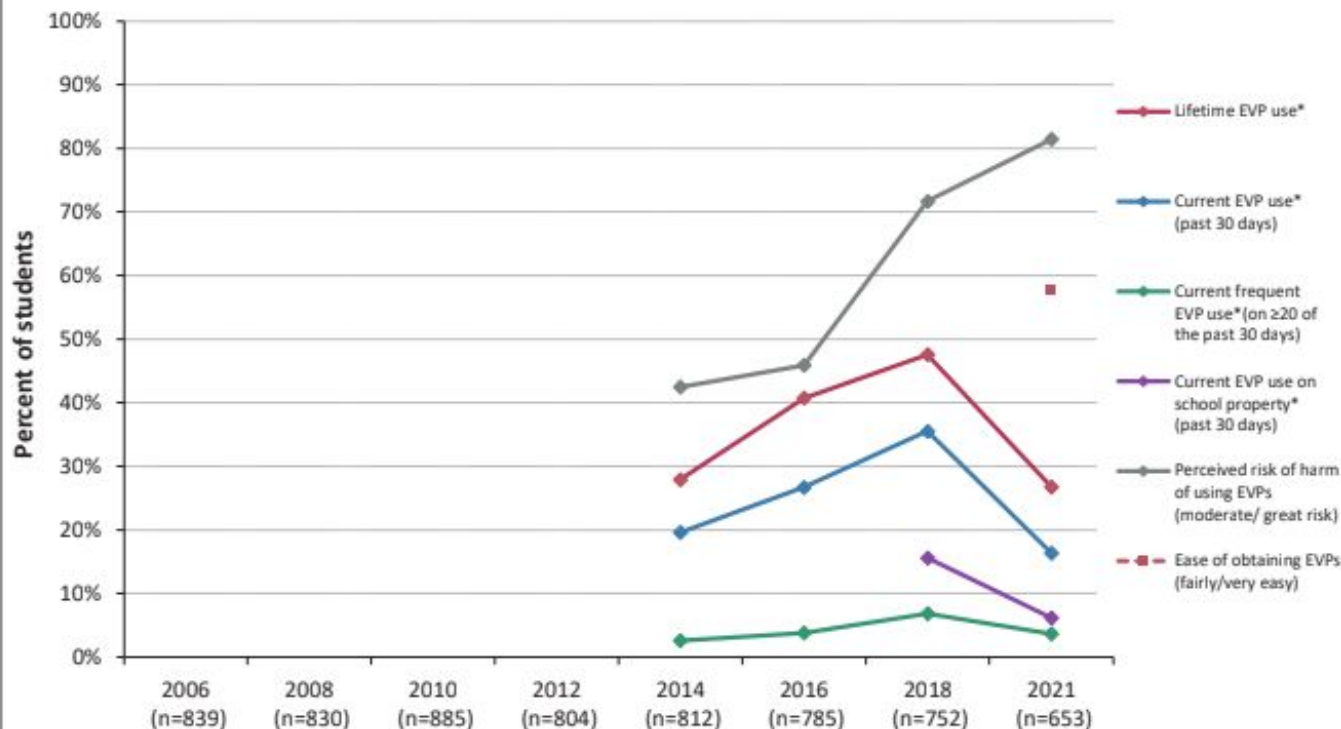
* Includes electronic cigarettes (e-cigarettes) like JUUL, SMOK, Suorin, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigs, e-hookahs, hookah pens, and mods; also includes disposable products that you can only use once such as Puff Bars, Stig, or Viigo
 † 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 points or sprays to get high
 § Includes using opioids like codeine, Vicodin, OxyContin, Hydrocodone, and Percocet without a doctor's prescription

Figure 2-1C. Lifetime Substance Use, 2006-2021
Medfield High School (Grades 9-12)
MetroWest Adolescent Health Survey



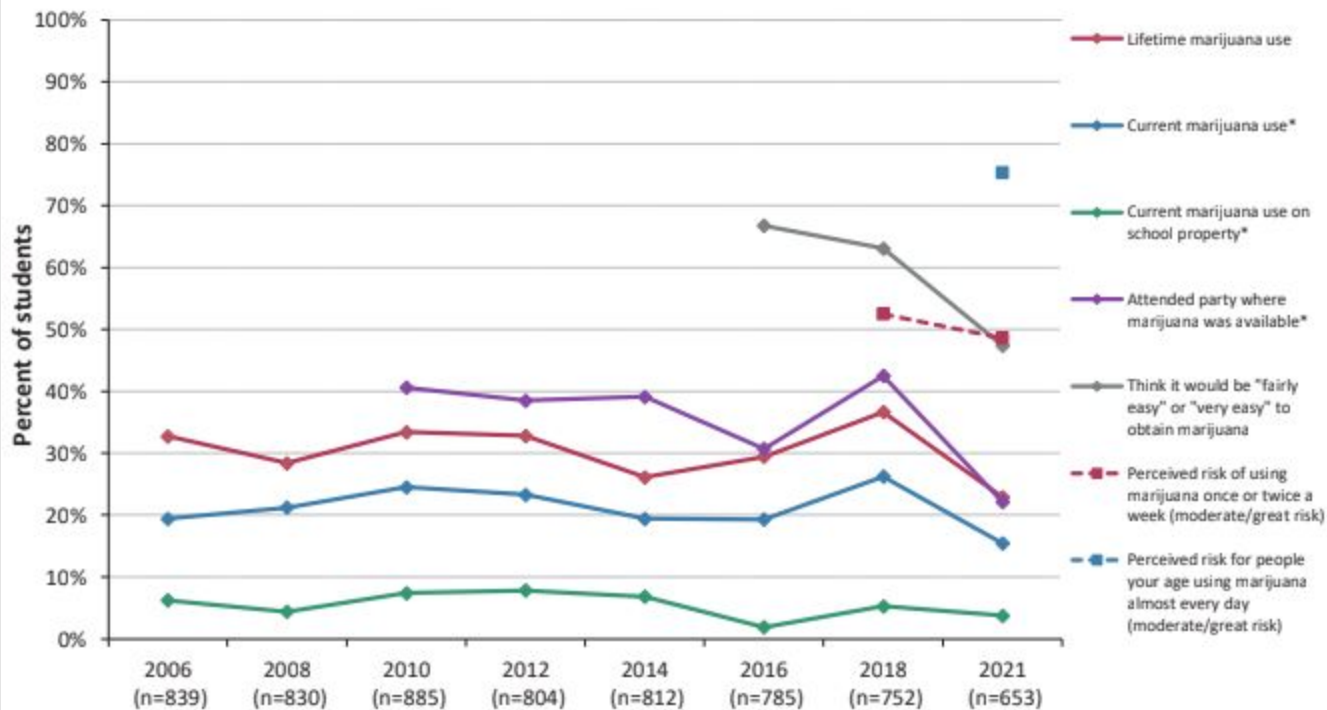
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 † Does not include drinking a few sips of wine for religious purposes

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-cigars, e-hookahs, hookah pens, and mods; also includes disposable products that you can only use once such as Puff Bars, Stig, or Viiigo

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

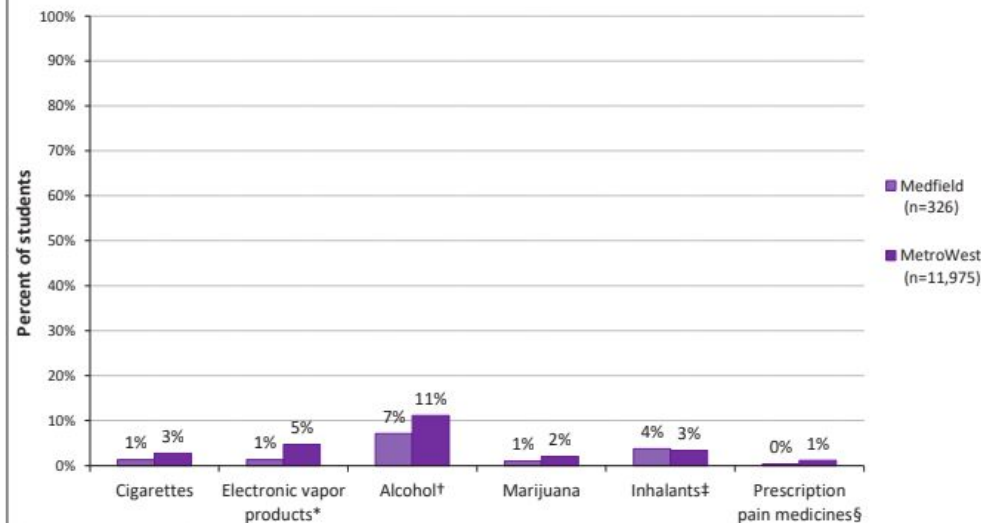


* In the past 30 days

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



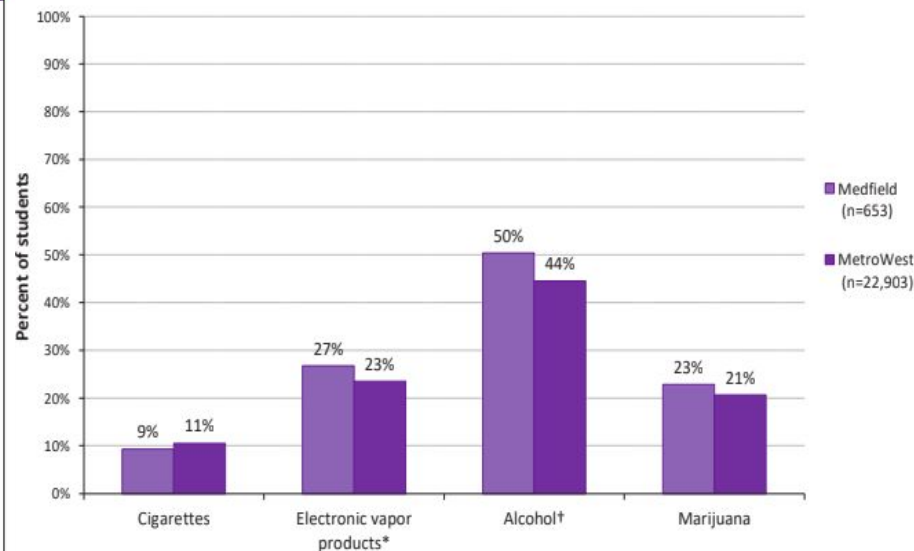
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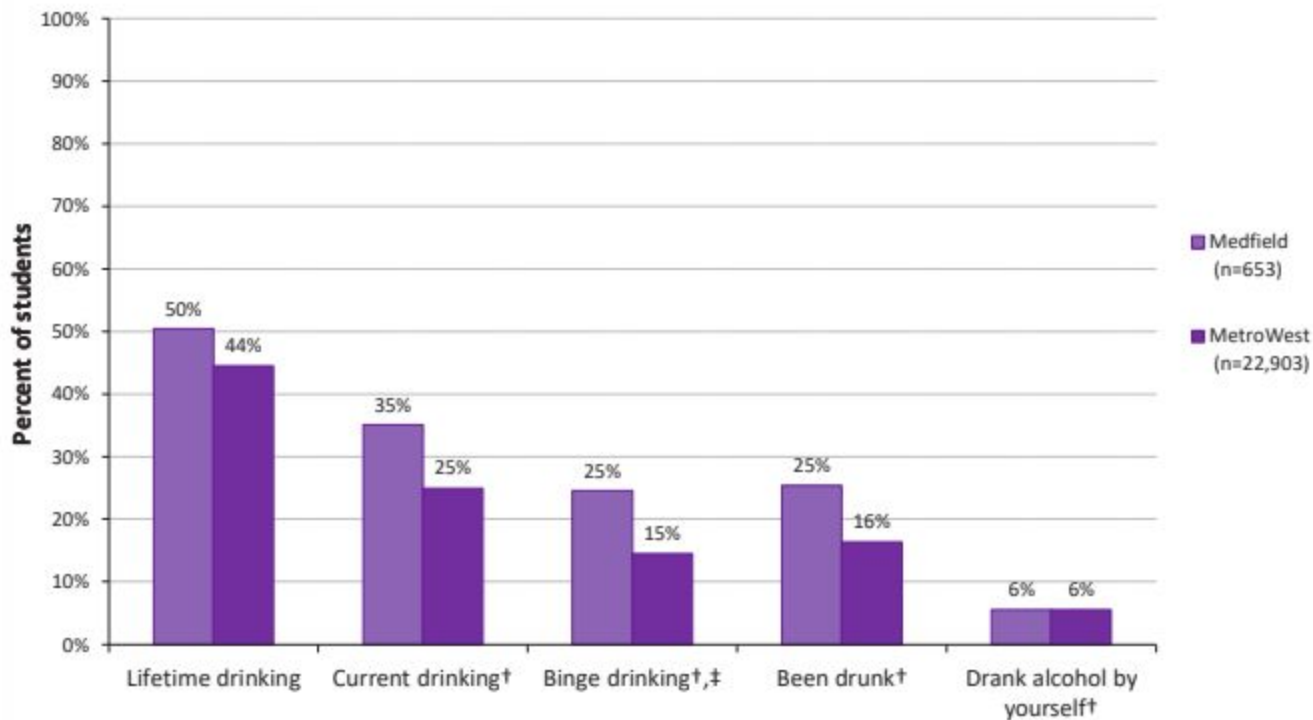
Figure 2-1D. Lifetime Substance Use at the District and Regional Levels, 2021
Medfield High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Includes electronic cigarettes (e-cigarettes) like JUUL, SMOK, Suorin, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigs, 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 2-7D. Alcohol Use* at the District and Regional Levels, 2021
Medfield High School (Grades 9-12)
MetroWest Adolescent Health Survey

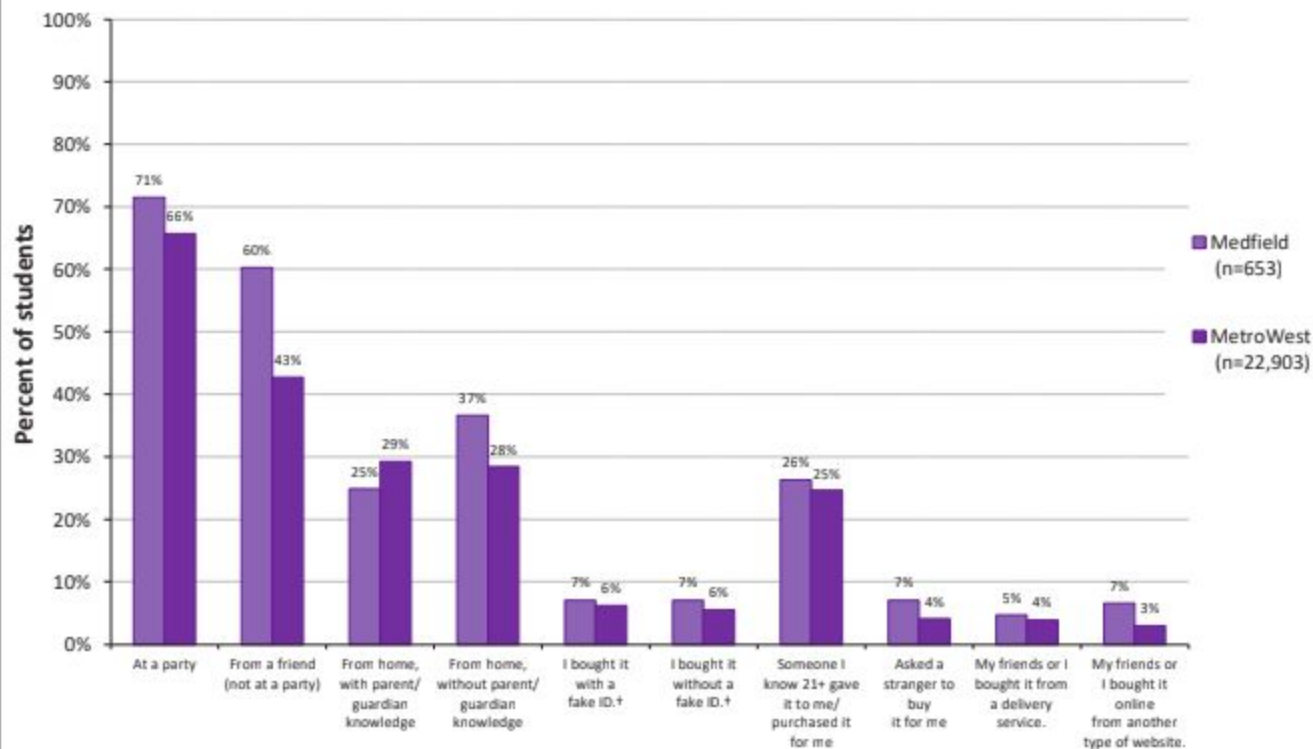


* Does not include drinking a few sips of wine for religious purposes

† In the past 30 days

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

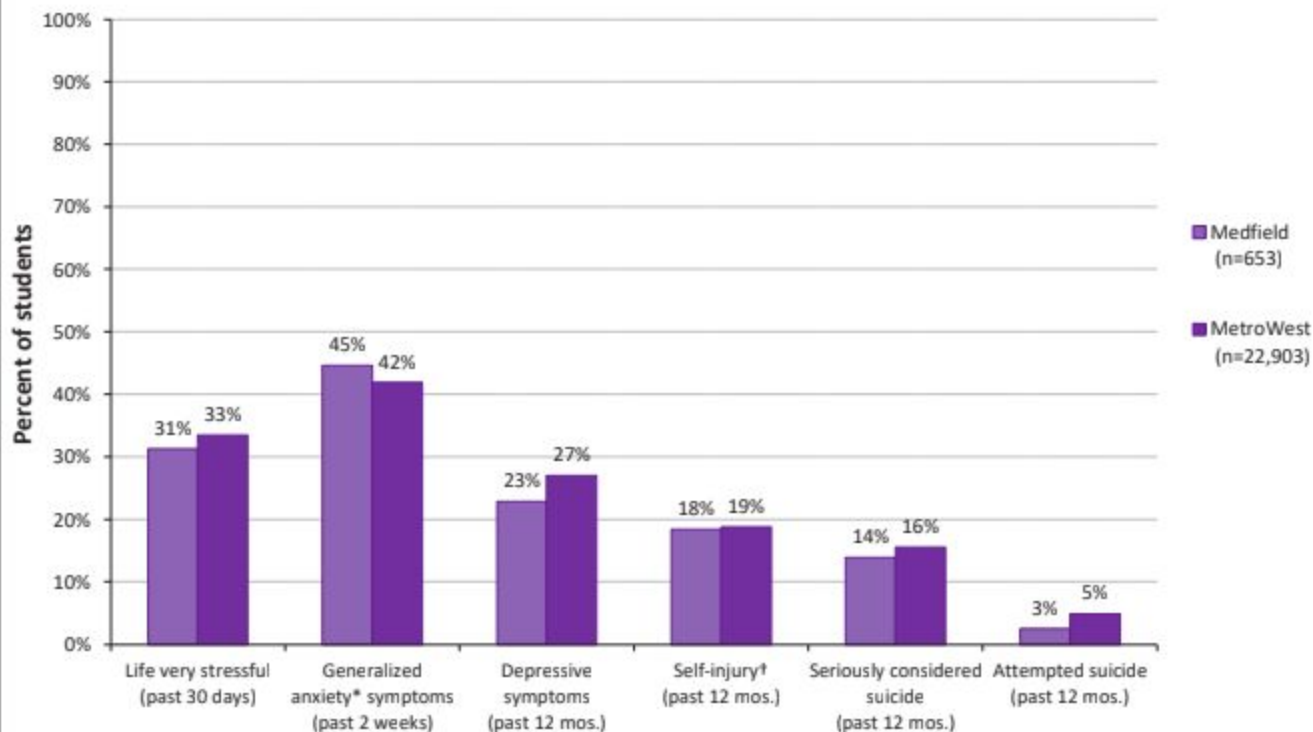
Figure 2-8D. Access to Alcohol Among Current Drinkers* at the District and Regional Levels, 2021
Medfield High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Among students who drank in the past 30 days

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

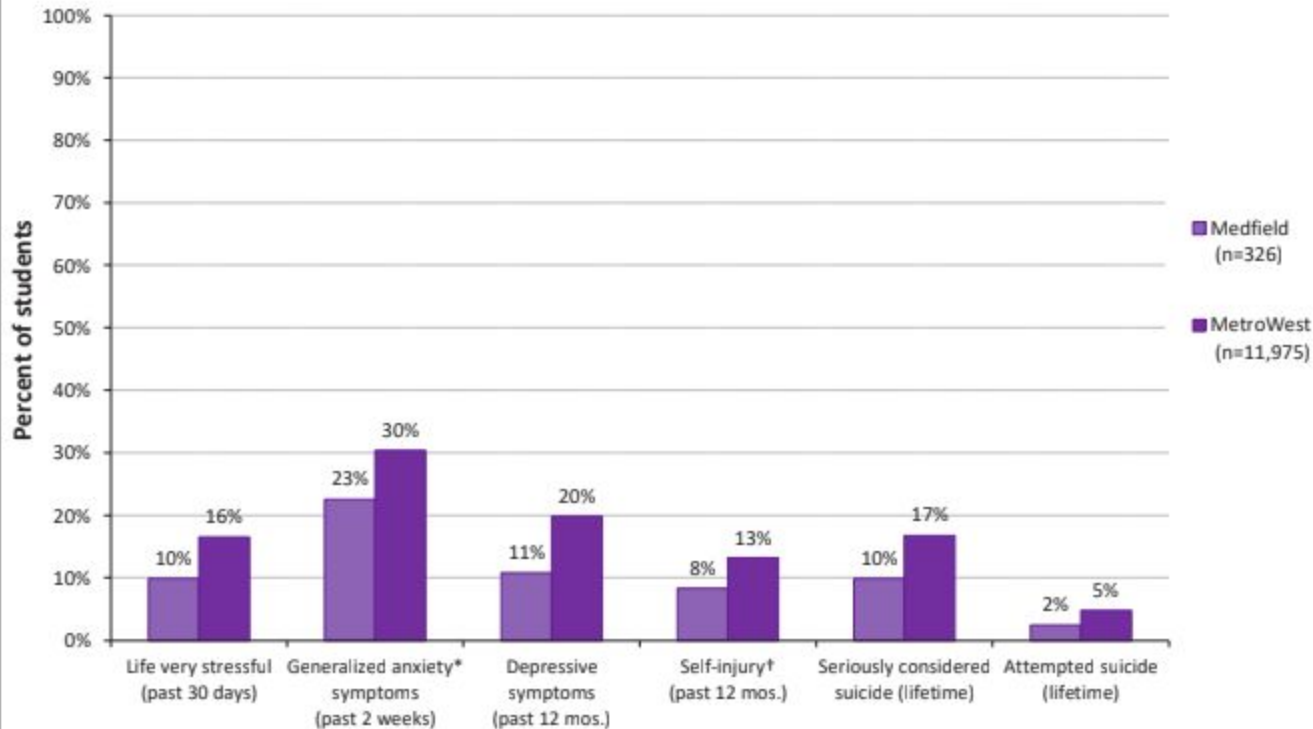
Figure 5-1D. Mental Health and Suicidality at the District and Regional Levels, 2021
Medfield High School (Grades 9-12)
MetroWest Adolescent Health Survey



* 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



* 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

Community Conversation

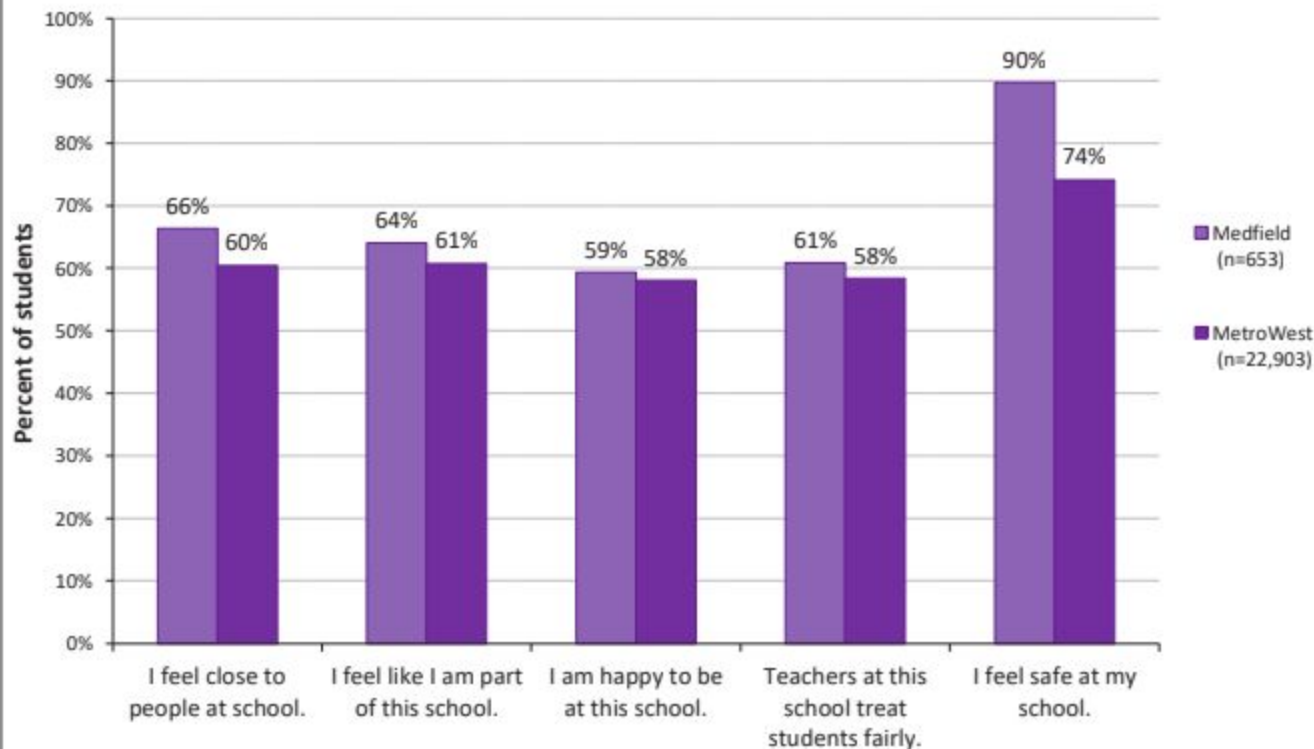
5 - 7 minutes @ tables

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)

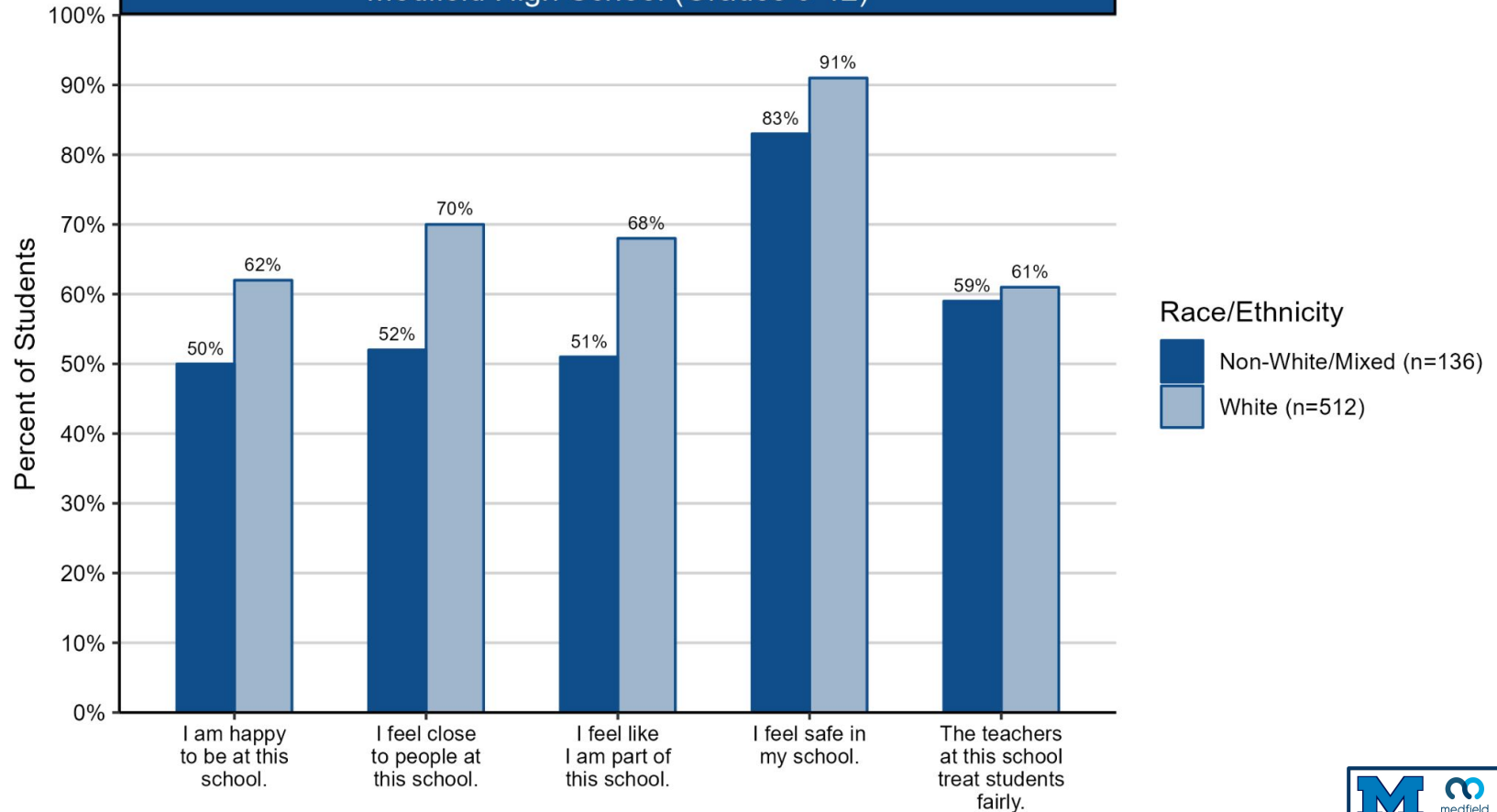
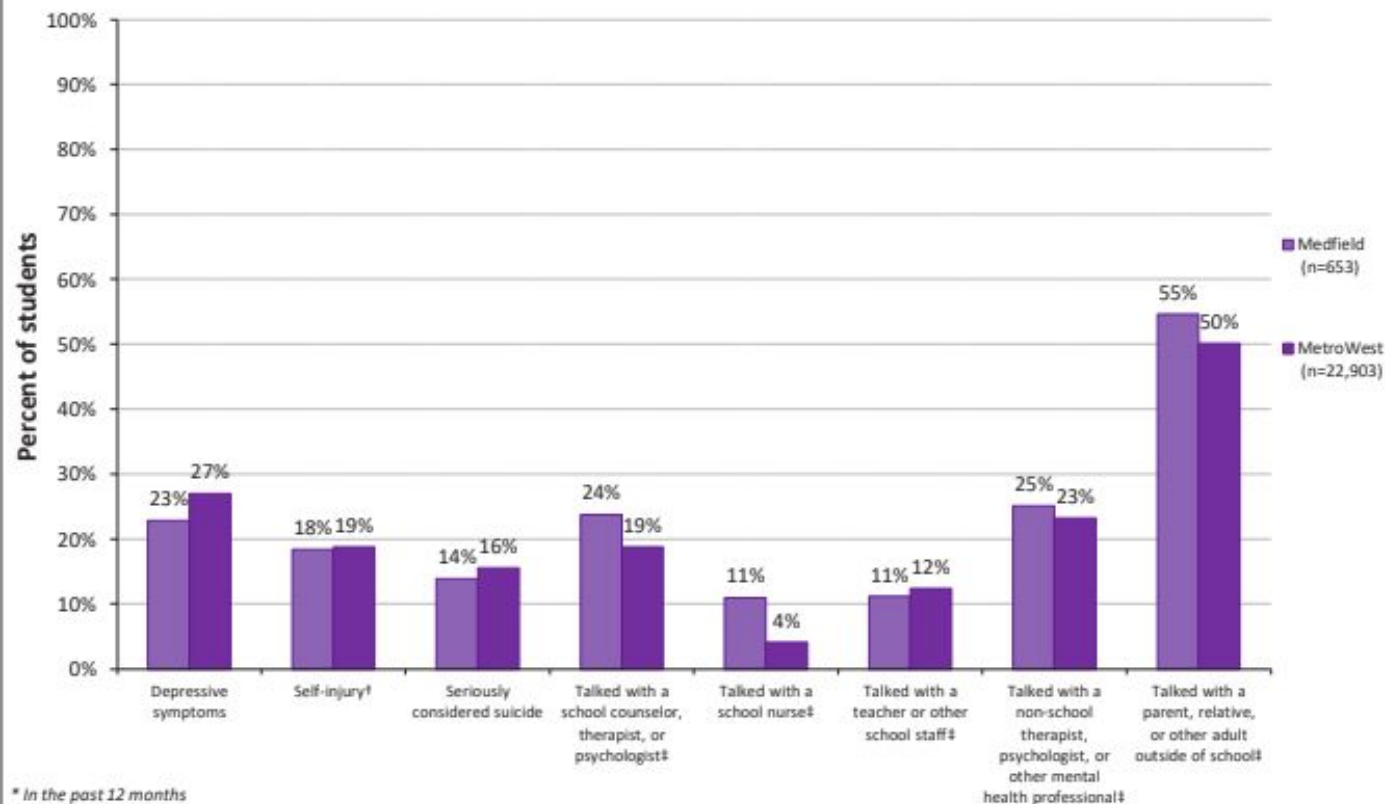


Figure 8-9D. Mental Health and Adult Support* at the District and Regional Levels, 2021
Medfield High School (Grades 9-12)
MetroWest Adolescent Health Survey



* In the past 12 months

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

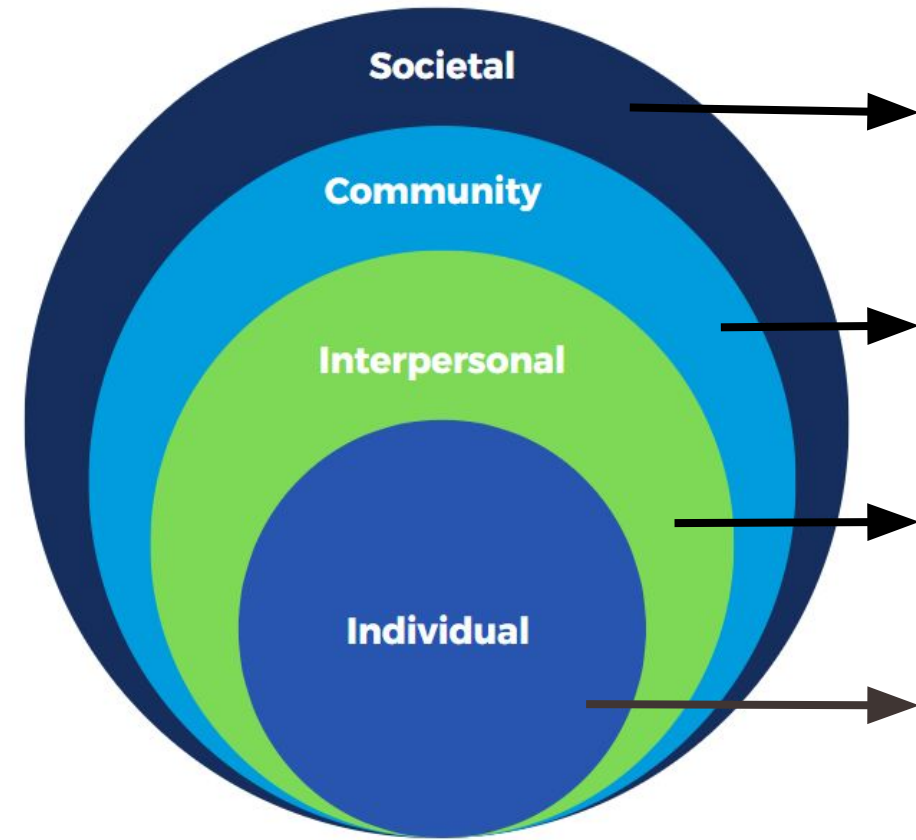
‡ About emotional challenges or problems; student responded having talked with individual/group one or more times in the past 12 months

Everyone has a role.

What's yours?



The Social Ecological Model: Factors Affecting Health



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

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

