

SECOND QUARTER NEWSLETTER

WINTER 2026



Support. Connect. Care.

Medfield Outreach
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Medfield Outreach
 @medfieldoutreach
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Upcoming Events & Current Offerings

Photovoice Gallery Walkthrough (1/22)

Join us for a gallery walkthrough of the Medfield Photovoice student art project on **January 22 from 3:30–4:30 p.m.** at the **Medfield High School Library**.

Through a variety of expressive media including photography and digital art, Medfield High School students explored the interpersonal and community environments shaping their health and well-being. The reception will also feature spoken reflections from selected Medfield students, accompanied by live music from the Medfield Guitar Club.

PHOTOVOICE GALLERY

**January 22nd @ MHS Library
3:30-4:30 PM**



Photo credit: Abby Cartisser

Join us for a multimedia student art exhibition designed to inspire education, reflection, and community dialogue on wellness!

The event will feature a gallery walkthrough, spoken reflections by students, and accompaniments from the Medfield Guitar Club.

This event is open to the public! Contact kking@medfield.net for more details or scan the QR code below.



medfield
outreach

MCAP

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Parent Coffee Hour

Thursday, January 29 from 10:30-11:30 AM @ Medfield Public Library

We are excited to offer a Coffee Talk for parents and guardians of tweens and adolescents! Have a cup of coffee with us as we share tips on talking with your kids about technology use and discuss successful strategies families have used to navigate digital safety in a changing world.

No need to RSVP, just show up!

SPACE Treatment

Contact Medfield Outreach to schedule!

We are pleased to announce that we are now offering SPACE treatment, which stands for Supportive Parenting for Anxious Childhood Emotions. The SPACE treatment approach centers on empowering parents to make changes in their own behavior, rather than directly trying to change their child's behavior. Participants in the program will learn two primary strategies: how to respond more supportively to their anxious child and how to gradually reduce accommodations made for their child's symptoms.



Schedule a free 2-hour training

**QPR: Question, Persuade, Refer
Suicide Prevention Training**

available to all 18+ Medfield residents

Learn how to:

- Recognize the warning signs of suicide
- Know how to offer hope to loved ones
- Know how to get help and save lives



Call or email Medfield Outreach to learn more

(508) 359-7121 medfieldoutreach@medfield.net

QPR: Question, Persuade, Refer

Contact Medfield Outreach to schedule!

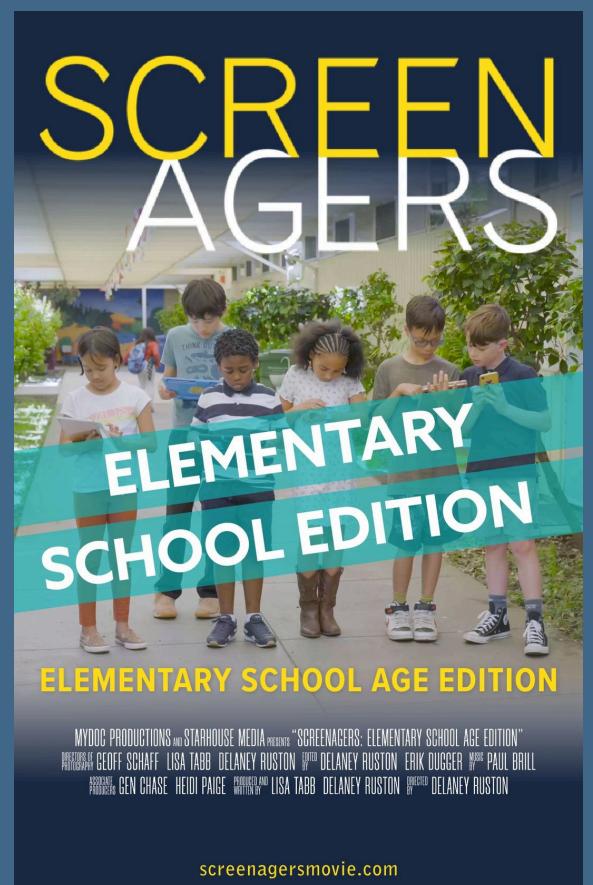
Did you know that you don't have to be a professional to offer hope and help to those considering suicide? Medfield Outreach can provide a FREE 2-hour QPR: Suicide Prevention Training for Medfield residents, aged 18+. All you need is a group of 8-15 people willing to learn how to offer hope in a time of distress.

Medfield Mobile Task Force Presents: Screenagers

To thoughtfully address the opportunities and concerns arising from technology and social media, Medfield Public Schools convened a **Mobile Technology Task Force**, a collaborative forum bringing together students, parents, educators, and members of the Medfield School Committee to examine the role of mobile technology in our schools and community. Medfield Outreach is proud to partner with Medfield Public Schools on this initiative.

On **January 26th at 7:00 PM** in the Medfield High School auditorium, the Mobile Task Force will host a screening of the award-winning film **Screenagers**. Through insights from authors, psychologists, and brain scientists, Screenagers: Elementary School Age Edition reveals how tech time impacts kids' development and offers solutions for empowering kids to navigate the digital world and find balance.

For more information, please contact Jeff Marsden at jmarsden@email.medfield.net.



Wait until 8th

The Wait Until 8th pledge empowers parents to rally together to delay giving children a smartphone until at least the end of 8th grade. Let's protect the elementary and middle school years from the distractions and the dangers of a smartphone in Medfield.

Did you know that **12%** of Medfield parents have already signed this pledge? We would love for you to join us.

Scan the QR code below for more information and to sign the pledge:



<https://www.waituntil8th.org/why-wait>

WAIT until 8th

YOU CAN
MAKE A
DIFFERENCE.

Because
childhood is
too short to
waste on a
smartphone

YOU CAN
SAY YES
TO WAITING.

The Wait Until 8th pledge empowers parents to rally together to delay giving children a smartphone until at least the end of 8th grade.

Join the 100,000 families nationwide—and **over 50 right in Medfield** who have signed the pledge to wait.

Questions? Get in contact with these Medfield parents:

Memorial School

Bryanna Robertson: bryannak.robertson@gmail.com
Mariah Wilson: mariahgwilson12@gmail.com

Wheelock School

James Woods: jamesgwoods@gmail.com
Lucy Roberts: robertslucy323@gmail.com

Dale Street School

Darcie Robertson: homievader@gmail.com
Will Horne: williamfhorne@gmail.com

7th Grade Wellness Visits Recap

Throughout November, nearly 200 7th graders in Mr. Woods' Wellness classes took field trips to Medfield Outreach! Students learned about the social services available to Medfield residents, the many ways communities can work together to prevent substance misuse, the positive health impacts of gratitude, and opportunities to join MCAP-advised clubs like Medfield Youth Leadership Program and Medfield BREATHE! At the end of the visit, students were invited to post to our Gratitude Wall.



Research Corner

Health Benefits of Dry January – What the Science Says

Thinking about kickstarting your 2026 with Dry January? One study found that going 31 days without alcohol had noticeable health benefits for regular drinkers, even without changes in diet and exercise. By the end of the month, participants who abstained from alcohol showed improvements in:

- Insulin resistance
- Weight
- Blood pressure
- Liver function
- Cancer-related growth factors



In the long term, cutting back on alcohol can improve mood, sleep, cancer risk, and immunity. Ready to hop on the “sober curious” trend this January? Scan or click the QR code to the right for 40 fun and free mocktail recipes to enjoy all month long.

Source:

Mehta G, Macdonald S, Cronberg A, Rosselli M, Khera-Butler T, Sumpter C, Al-Khatib S, Jain A, Maurice J, Charalambous C, Gander A, Ju C, Hakan T, Sherwood R, Nair D, Jalan R, Moore KP. Short-term abstinence from alcohol and changes in cardiovascular risk factors, liver function tests and cancer-related growth factors: a prospective observational study. *BMJ Open*. 2018 May 5;8(5):e020673. doi: 10.1136/bmjopen-2017-020673. PMID: 29730627; PMCID: PMC5942469.

Cannabis Positive Community Norms

Did you know that on average, people tend to overestimate the prevalence of substance use in their communities? From college campuses to high schools, people consistently misperceive the likelihood that the people around them are using substances.

In Medfield, the vast majority of middle and high school students do not use cannabis (marijuana), and that percentage has followed a downward trend over time. Through sustained education, public health awareness campaigns, and other multi-sector prevention initiatives aimed at creating healthy communities, Medfield has seen a significant decrease in the percentage of students who use cannabis.

By continuing the conversation at home, you can reinforce these healthy decisions with the youth in your life. Scan or click the QR code below to access our Adult Guide for Substance Use Prevention with tips for talking to youth about substances.

**marijuana use
in Medfield
decreased**

60% from
2021-2023

Current marijuana at Medfield High School **decreased from 15% to 6%.**

2023 MetroWest Adolescent Health Survey, High School, 507 respondents. *Current use - last 30 days

MCAP
MEDFIELD CARES ABOUT PREVENTION

A QR code is located in the center of the graphic, with the text "PRIVACY_FLOWCODE.COM" below it.

iDECIDE – Now Available for MHS Students!

To support high school students who would like to learn more about substance use prevention, we are offering a voluntary psychoeducation program developed in partnership by MGH, Harvard Medical School, DPH and IHR (Institute for Health and Recovery). iDECIDE is an educational program intended to inform students of brain development, neurobiology, risk and protective factors, industry tactics, and healthy alternatives to substance use.

This program is intended to support students in making informed decisions about their substance use and health. To sign up or learn more, scan the QR code on the flyer below or email Substance Use Prevention Coordinator, Krissy King, at kking@medfield.net.

YOU SAID,

“There needs to be more open dialogue and education about the impacts of vaping [and substance use], not just a lecture.”

WE LISTENED.



is an evidence-based substance use education program available to any MHS student!

iDECIDE is for all students who want the knowledge to make healthier decisions for their body and their future, regardless of whether they currently use substances.



You are the expert of your own experience.

- Learn realistic ways to set healthier habits
- Consider motivations for substance use
- Empower yourself with a tool-kit of factual information
- Create goals that align with your core values and fundamental needs
- Build a reliable and non-judgmental relationship with an adult
- Learn the neurological processes of substance use

Sign up



<https://tinyurl.com/idecidemhs>

or email Krissy King,
Prevention Coordinator, at
kking@medfield.net



MASSACHUSETTS
GENERAL HOSPITAL



READY TO GET INVOLVED IN THIS IMPORTANT WORK?

ATTEND A MEETING!

- **Medfield Outreach Advisory Board** – the 4th Monday of every month| 6:00–7:30 PM | Medfield Outreach office
- **Medfield Coalition for Suicide Prevention (MCSP)** – the 4th Wednesday of every month | 12:00 – 1:00 PM | Zoom
- **Medfield Cares About Prevention (MCAP)** – the last Wednesday of every month | 4:30 – 5:30 PM | Hybrid: In-person at the Medfield Outreach Office & via Zoom

*Email medfieldoutreach@medfield.net for Zoom links and more information!

**Thank you for reading! See you in the Spring!
Scan the QR code to subscribe to our future editions!**

