

SPRING/SUMMER NEWSLETTER



Support. Connect. Care.

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Upcoming Events & Current Offerings

Medfield Cares About Prevention: An Animation by Lina Gatti

May 29th | 3:00 - 5:00 PM | Medfield TV

Join us as MHS senior Lina Gatti, a Medfield Cares About Prevention (MCAP) intern, premieres the first public showing of her animated video on risks associated with youth marijuana use! Lina will also present about her process and research findings! Following the presentation, she will conduct a live animation demonstration, which shows how she brings her drawings to life!



Are you a Medfield resident looking for information or support?

Medfield Outreach is available for confidential consultations that offer:

- ✓ Resources or referrals to resources
- ✓ Opportunities for ongoing support
- ✓ Tips for specific areas of need



Contact us for more information or to sign up for a consultation

MedfieldOutreach@Medfield.net

(508)-359-7121

Clinical Consultations

Contact Medfield Outreach to schedule!

Looking for additional support for yourself or guidance on how to help a loved one? Medfield Outreach is available to Medfield residents for clinical consultations. Reach out via phone or email to schedule a consultation today!

iDECIDE (Drug Education Curriculum: Intervention, Diversion, and Empowerment)

Contact Medfield Outreach to schedule!

iDECIDE is a drug education curriculum designed to be a secondary prevention effort for youth identified to be at risk for substance use. This program, ideally for high school-aged students, provides them with education and resources to be empowered and able to make healthy decisions.

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



Your Brain. Your Future. Your Choice.



MASSACHUSETTS
GENERAL HOSPITAL
Center for Addiction Medicine

HARVARD
MEDICAL SCHOOL

IHR
INSTITUTE FOR
HEALTH & RECOVERY

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.

Safe Substance Storage

The end of the school year brings many fun opportunities and events, such as graduation parties, summer get-togethers, and more! While this is an exciting time of year, it can also be dangerous, particularly when it comes to substances. It is important to safely store any substances that may be in your home, especially alcohol and marijuana. Safe storage can help reduce underage use!

Underage alcohol and marijuana use in Medfield:

According to the 2023 MetroWest Adolescent Health Survey (MWAHS), Medfield High School (MHS) students consume alcohol at higher rates than students in surrounding towns (the MetroWest area). In 2023, 27.3% of MHS students reported consuming alcohol in the past 30 days, compared to 20.9% of students in surrounding MetroWest towns (MWAHS, 2023). Of those who consumed alcohol in the past 30 days, **1 in 4** reported that they got it at home, *without parent permission* (MWAHS, 2023).

Marijuana use is also important. While overall marijuana use by MHS students is fairly low (6.3% across grades 9-12), **1 in 5 MHS seniors** reported that they used marijuana in the past 30 days (MWAHS, 2023). Further, 1 out of 3 MHS students report that marijuana is easy to obtain in Medfield.

Tips to for safe storage practices:

- Lock it Up**: store alcohol/marijuana in locked cabinets (or locked boxes/pouches for marijuana) where access is restricted.
- Keep it out of sight: if you can't lock it up, avoid keeping your alcohol/marijuana in high-traffic locations (e.g., unlocked drawers, on the counter, etc.).
- Keep Track: take inventory regularly so you're aware of what's on hand.
- Set Clear Rules/Expectations: Have open conversations with your kids/teens about family expectations around underage alcohol/marijuana use.

Safely storing your substances can reduce access, which can help prevent/reduce youth substance use!

2023 MWAHS - Medfield High School
https://files.constantcontact.com/401dbccb401/1fe4e459-ec63-430a-9d3e-47d4f923e540.pdf?l=1*127dcr2*_ga_ODM0MjIwOTcxLjE3NDc0MDMxNzY.*_ga_14T5LGLSQ3*cE3NDc0MDk3MDUkbzlKZzEkdDE3NDc0MTAxNDKqjQxJGwwJGgw

**In an effort to address underage alcohol consumption in Medfield, Medfield Cares About Prevention (MCAP) has launched a campaign called "Lock Up Your Liquor." Free tamper-evident stickers are available for anyone in the Medfield Community. They can be placed over the tops of open alcohol bottles to monitor consumption. A broken seal, or residue from the sticker, can indicate that someone has opened, or tried to open, the bottle.

These stickers offer a quick, easy option to reduce access and deter underage youth from consuming alcohol in their home. While a locked liquor cabinet is ideal, we understand that is not always possible. Though the stickers do *not* "lock alcohol," they *do* provide a visual deterrent for youth, and open up opportunities for important conversations between youth and adults.

Scan the QR code to receive **FREE** tamper-evident stickers delivered to your home!



Mental Health May

May is Mental Health Awareness Month, a month-long initiative focused on increasing awareness on the importance of mental health. Mental health plays a crucial role to our overall health and well-being. Check out the calendar below for remaining events by the Medfield Coalition for Suicide Prevention (MCSP), alongside our amazing partners, and for pictures of events that have recently taken place!



Mental Health May 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19  Mindful Monday	20	21  MEDFIELD PARKS AND RECREATION Insight Meditation for adults* 6:00-7:00pm @UCC	22  MEDFIELD PARKS AND RECREATION Kids Yoga for ages 3-5* 10am-1:45pm @Hinkley Pond	23  Resource Friday	24  *WARRIOR WITHIN YOGA PROJECT Warrior Yoga* Open & free to all veterans & first responders @Walpole COA
25	26  Memorial Day  Mindful Monday	27	28	29	30  Resource Friday	31  MEDFIELD PARKS AND RECREATION Board Game Afternoon 2:00-4:30pm @Medfield Public Library

Community Partners:



*Events with an asterisk indicate that registration is required for participation. Please visit the individual program's website to register or learn more about the event.

Path for Hope

The Medfield Coalition for Suicide Prevention recently held an event titled, "Path for Hope", which was designed as an opportunity for the community to come together, raise awareness, honor those impacted by suicide, and spread hope.

Thank you all who attended and walked with us!

Special thanks to those who planned and coordinated the event (pictured left to right): Kate Blood, Kathleen Cahill, Anna Mae O'Shae Brooke, and Michelle Intravaia



Medfield Goes Green

In partnership with the Active Minds club at Medfield High School, a "Medfield Goes Green" day was held. Students were asked to wear green in support of Mental Health Awareness month.

Green bracelets, stickers, and mental health resources were distributed during the event! What a great way to raise awareness for mental health!



Insight Meditation for Adults

Medfield Parks & Recreation hosted Tim Walsh, who led some beginner mindfulness meditation classes for adults.

Mindfulness meditation has been shown to improve mental health by reducing stress, improving focus, and more!

Birdhouse Painting

Medfield Parks & Recreation held a birdhouse painting class for young kids in which they got to paint and take home a wooden birdhouse!

It was a great opportunity to build and strengthen relationships between friends in a safe, supportive environment, which research has shown strengthens mental health for young children!



2024-2025 School Year in Review: Youth Involvement

With the 2024-2025 school year quickly coming to a close, we wanted to highlight key events involving youth and prevention! It was a busy, fun-filled year! Thank you to all who participated!

MCAP's Youth Coalition: The Medfield Youth Leadership Program (MYLP)

Medfield Cares About Prevention (MCAP) launched a youth coalition this school year! The Medfield Youth Leadership Program (MYLP) offers high school students the chance to be active in the community and educate their peers on topics of substance use, mental health, and wellness.

Meet our new leadership for next school year (from left to right) : Ariana, Cara, and Emma!



Medfield BREATHE (The 84)

Medfield BREATHE (Breathe Right. Educate Against Tobacco's Harmful Effects) is a student club, and part of The 84 Movement. This statewide movement educates and empowers youth to understand and advocate against the tobacco and nicotine industries.

These passionate Medfield students have gone above and beyond in their education and advocacy efforts, and have proven themselves to be true leaders in the community!

Norfolk County District Attorney's Peer Leadership Program

At the beginning of the school year, 10 MHS students were identified as being key leaders. They were selected to participate in this Peer Leadership program hosted by the Norfolk County District Attorney's Office. As part of this program, they attended monthly educational sessions where they learned about different trending topics, such as vaping and impaired driving. They also demonstrated their commitment to the community by participating in a volunteer activity. In April, they celebrated their achievements with a field trip to Gillette Stadium!



Coming Soon: Full Results of the Medfield Opioid Abatement Fund Community Survey

As part of the Massachusetts State-Subdivision Agreement for statewide Opioid Settlements, Medfield Outreach, in partnership with the SAFE Coalition, conducted a community survey that was open to all Medfield Residents. The online survey was available from February 14, 2025 – March 21, 2025. Full results of the survey will be released very soon, and can be found on Medfield Outreach's website (scan the QR code).



Highlights of the survey results include:

15% of Medfield respondents have a family member or friend in recovery

11% of Medfield respondents have lost a family member or friend to Opioid overdose.

Community Survey respondents strongly support using the Opioid Abatement funds in 3 areas:

- Expanding mental health services
- Prevention
- Harm Reduction

READY TO GET INVOLVED IN THIS IMPORTANT WORK?

ATTEND A MEETING!

- **Medfield Outreach Advisory Board** – typically the 4th Monday of every month (next meeting is June 2nd) | 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 4th 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 Fall!
Scan the QR code to subscribe to our future editions!**

