

FIRST QUARTER NEWSLETTER

FALL 2025



medfield outreach

Support. Connect. Care.

Medfield Outreach
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Medfield Outreach



@medfieldoutreach



@medfieldoutrch

Upcoming Events & Current Offerings

Photovoice Project @ MHS

Check our social media for more information!

Photovoice aims to equip high school students with the knowledge and skills they need to document community norms through photography. Students will learn about risk and protective factors for substance use, photography techniques, effective communications and advocacy while also discovering more about themselves and their community through their participation. Participants will have the opportunity to receive a free photography lesson from Bellfonge Arts Center!

PHOTOVOICE



**Capture your voice through
photography - Explore
leadership through the arts!**

• Free
professional
photography
lessons - no
experience
needed

• Three short
meetings -
three creative
prompts

• Feature your
work on
display at a
public gallery



WANT TO KNOW MORE ABOUT.....

- Free Narcan Trainings
- Opioid Abatement Funds
- Recovery resources
- Building Community & Connection

Schedule a 15 minute Virtual Meet and Greet to learn about Prevention and Recovery Services.

Email to select a virtual time:
Kim Norgren
knorgren@medfield.net
Clinician and Prevention/Recovery Coordinator

In person events coming soon

 **medfield outreach**



Meet With Our Prevention & Recovery Coordinator!

Meet with Kim Norgren, who recently completed a graduate internship with Medfield Outreach and has transitioned into her new role as Clinician and Prevention & Recovery Coordinator. Kim works to build connection and community for individuals, families, and friends impacted by substance use and addiction.

Schedule a meet and greet with her today!

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.

Shelf-Care Book Club: The Let Them Theory by Mel Robbins

October 21 | 6:00–7:30 PM | Medfield Outreach

Join Medfield Outreach for the next edition in our Shelf Care book club!

We'll be reading *The Let Them Theory* by Mel Robbins. This powerful book about setting boundaries and letting go can help teach you how to manage stress, help someone who's struggling, overcome chronic comparison, and more.

This book club is open to all Medfield residents over the age of 18. Scan the QR code to sign up today!

Join Medfield Outreach for a book club!

SHELF-CARE

The Let Them Theory
By Mel Robbins

Join us to discuss the short but mighty read that is sparking conversations everywhere on setting boundaries and letting things go.

OCTOBER 21
6:00-7:30PM

Medfield Outreach Office
88 R South St, Door #12

**Registration is
required**



scan this code to complete the registration form

Recap of Suicide Prevention Month



September is suicide prevention month.

This month when you purchase a purple bagel at Blue Moon, proceeds will go to Medfield Coalition for Suicide Prevention to further our work to raise awareness, reduce stigma, and educate our community to help prevent suicide.



Special Thanks to Blue Moon!

Each year, the month of September is Suicide Prevention Month. Medfield Outreach and the Medfield Coalition for Suicide Prevention (MCSP) focus on creating and promoting initiatives that aim to raise awareness, reduce stigma, and promote resources for suicide prevention.

This year, they partnered with Blue Moon, who created and sold purple bagels to help with this cause. They also generously donated all of the proceeds from the sale of these purple bagels to MCSP to support this important work.

Thank you, Blue Moon!



Other Suicide Prevention Month Initiatives

As you may have noticed, purple is the official color for promoting Suicide Prevention Month, which is why you may have seen so much purple around town during the month of September. Other initiatives aimed at spreading the word and bringing attention to this important cause included the distribution of free yard signs, purple outdoor lights, and purple ribbons displayed in the center of town.

If you are interested in joining this cause year-round, reach out to Medfield Outreach to join MCSP!

Medfield Outreach Expands Substance Use Services with Opioid Settlement Funds

Thanks to funding received through the Massachusetts State Subdivision agreement for statewide opioid settlement, Medfield Outreach is expanding services and deepening their commitment to the well-being of Medfield Residents. As a result of a national settlement with Opioid distributors, the Commonwealth and its cities and towns began receiving payments in 2022. Participants in the State Subdivision Agreement must use the funds within 7 abatement strategies put forth by the Commonwealth and they include: treatment for opioid use disorder, support for people in treatment and recovery, harm reduction, connections to care, meeting the needs of justice involved individuals, support for parenting and pregnant individuals and their children, and prevention and prevention education.

This past year Medfield Outreach partnered with the SAFE Coalition in Franklin to conduct a community wide survey to hear from residents. Medfield Outreach hosted a stakeholder meeting and held 3 listening sessions aimed at giving people with lived and living experience a voice in the process. These conversations helped shape next steps and ensure that Medfield Outreach's response is informed by those most impacted. The results of the survey can be found on Medfield Outreach's website.

Medfield Outreach's Prevention & Recovery Coordinator, Kim Norgren, will coordinate the response efforts and serve as a resource for individuals and families affected by SUD/OD. Medfield Outreach will be offering free Narcan training and virtual meet and greet appointments.

Medfield Outreach remains committed to working closely with town departments, schools, and community leaders to ensure that our efforts are collaborative and impactful. We welcome your feedback, ideas, and participation. If you have any questions or suggestions, or are looking for support, please contact Medfield Outreach: medfieldoutreach@medfield.net, 508-359-7121

Welcome Our New Prevention Coordinator, Krissy!

Krissy has an MPH in the social and behavioral health sciences and is passionate about community-based health promotion. From 2019-2024, they served as coalition director for Dedham's substance use prevention coalition, DOSA, where they worked with community stakeholders to implement evidence-based strategies to reduce youth alcohol and cannabis use in Dedham.

More recently, she worked as program director of community benefits and community health initiatives at Tufts Medical Center, where she completed annual community benefits tax reporting and led the hospital's 2025 Community Health Needs Assessment process.

As the new Substance Use Prevention Coordinator of Medfield, she is looking forward to getting to know the youth, parents, and other stakeholders of Medfield and engaging them in creative prevention activities.

In their free time, Krissy likes to walk in nature, read fiction and nonfiction books, play video games, and spend time with their grouchy tuxedo cat, Dexter. Welcome, Krissy!



Introducing: The Research Corner

We are introducing The Research Corner, a place to stay up to date on what research says about substance use, mental health, and wellness!

This edition, we are highlighting the efficacy of community coalitions, safe cannabis storage, and parental role modeling!

Take a look at some of the current work Medfield Outreach and MCAP are focused on in the following pages!

Community Preventive Services Task Force recommends community coalitions to prevent substance use among youth

Have you ever wondered whether coalitions like Medfield Cares About Prevention (MCAP) can make an impact? Great news - the Community Preventive Services Task Force reviewed the scientific evidence for prevention coalitions and found that there is sufficient scientific evidence to recommend them as an effective intervention for reducing youth substance use.

Community-based partnerships or coalitions were found to reduce the initiation and use of cannabis, tobacco, alcohol, and other drugs among youth. Effective coalitions adopted at least two types of interventions, including school-based strategies, family-based and community interventions, retailer education, policy advocacy, and enforcement to achieve their goal.

Contact us to find out how you can work with impact to achieve our goals of reducing and preventing substance use among Medfield youth

Source: Community interventions to prevent substance use among youth. (n.d.). <https://www.thecommunityguide.org/findings/substance-use-community-interventions-involving-coalitions-or-partnerships-to-prevent-substance-use-among-youth.html>

Prevent Access, Promote Safety: Safe Cannabis Storage to Prevent Underage Use

By Emily Gowell – UMass Lowell Master's of Public Health Intern

Did you know that 1 in 3 Medfield High School (MHS) students report it is easy or very easy to access marijuana?¹ According to the 2023 MetroWest Adolescent Health Survey (MWAHS), nearly 1 out of every 7 MHS students have already used marijuana in their lifetime.¹ For MHS seniors specifically, 1 in 5 report current use.¹

Youth marijuana use isn't harmless. THC, the main psychoactive compound in cannabis, can interfere with brain development, especially in adolescents, whose brains are still maturing until around age 25.² According to the National Institute on Drug Abuse, early marijuana use is linked to memory and attention problems, lower academic performance, and increased risk of anxiety, depression, and addiction. In fact, teens who begin marijuana use before the age of 18 are more likely to develop a marijuana use disorder compared to those who start in adulthood.³

Preventing teens from beginning to use marijuana can start at home. Recognizing risk factors and being proactive with communication can help protect your teen. See below for more risk factors and safe storage tips!

¹ According to the 2023 MetroWest Adolescent Health Survey (MWAHS)

² Cannabis and brain health. (2024, February 15). Cannabis and Public Health. <https://www.cdc.gov/cannabis/health-effects/brain-health.html>

³ Understanding your risk for cannabis use disorder. (2024, December 5). Cannabis and Public Health. <https://www.cdc.gov/cannabis/health-effects/cannabis-use-disorder.html>

The Risks:

Brain Development: THC can interfere with brain development, affecting memory, attention, and learning.

Mental Health: Early use is linked to increased risk of anxiety and depression.

Academic and Social Impact: Marijuana use can lead to lower academic performance, reduced extracurricular involvement, and increased risk-taking behaviors.

Addiction: 1 in 6 teens who use marijuana develop a marijuana use disorder.

In Medfield...

1 in 6

*MHS students report using marijuana at least once in their lives.**

Help us prevent underage marijuana use and keep Medfield youth safe!

*According to the 2023 MetroWest Adolescent Health Survey

Safe Storage Tips:

Lock it Up: store all cannabis products in a locked drawer, box, safe, etc. (just as you would alcohol or other prescription drugs)

Out of sight: Avoid leaving it out in high traffic areas. (i.e. unlocked drawers, backpacks/purses, family vehicles)

Proper Disposal: Avoid keeping unused or expired cannabis. Properly dispose of any excess.

Model Safe Behavior: Talk openly about responsible, adult cannabis use. Set clear family expectations.



It's on all of us to keep youth healthy and safe! Reach out to medfieldoutreach@medfield.net to learn more about how you can play a role in MCAP's prevention work.



Raising The Bar: Keep Youth Events Substance-Free

Raising The Bar is a campaign originally created by a coalition in Marin County, California, with the goal of making parents/guardians and adults conscientious of keeping youth-centered events substance-free. Research has shown that parents/guardians are the number one role models for youth, and youth tend to model adult behavior. See more information for why this is important below!

Why keep youth events substance free?



They take their cues from us.

Research shows that children as young as 4-6 notice and internalize their parents' drinking behaviors. The more frequently they see their parents consume alcohol — the more likely they are to associate alcohol with adults, fun, and social situations.



Sneaking a drink is easier than you think.

According to the 2023 MetroWest Adolescent Health Survey, 25% of Medfield teen drinkers get their alcohol from home without their parents knowing. Alcohol left out in a cooler or fridge is an easy target for curious kids.



Keep the focus on the fun.

Norms around adult social drinking are shifting. Nearly half of adults say they're trying to drink less in 2025, and 1 in 4 aren't drinking at all. It is becoming more "normal" to have events without alcohol or other drugs, especially for events meant to be fun for kids and families.

The Raising the Bar Campaign promotes youth safety by encouraging healthy behavior modeling. To learn more about how to become a partner, email us at medfieldoutreach@medfield.net.



RaisingTheBarMarin.org



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 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 Winter!
Scan the QR code to subscribe to our future editions!

