

MAYOR JOSEPH A. CURTATONE,
SOMERVILLE HEALTH AND HUMAN SERVICES DEPARTMENT &
SOMERVILLE OFFICE OF PREVENTION
PRESENT

GOT PREVENTION

May 2017



POLICE • COMMUNITY PARTNERSHIPS

On August 1, 2017 Somerville Cares About Prevention (SCAP) will partner with the City of Somerville, Somerville Police Department, the National Association of Town Watch, and Target, Inc. to host National Night Out, “America’s Night Out Against Crime”. The event will begin at 5:00 PM at

Foss Park and include Police and Fire Department demonstrations, speeches from Mayor Curtatone along with other city officials, live performances, prizes, activities for all ages, and displays from over 30 local city organizations. National Night Out is a great to unite the community in an effort to improve the safety of neighborhoods and heighten drug and crime prevention. Join us on August 1st to build spirit within the community, improve partnerships between neighborhoods and police, and to send a message to criminals that neighborhoods are organized and fighting back. For more information about this event please visit <http://www.natw.org>.

Inside this issue:

Somerville Positive Forces	2
Social Host Liability	3
Non Opioid Directive	4
Volunteer Opportunities	5



NATIONAL NIGHT OUT
AUGUST 1st, 2017
5PM-8PM

ONE CALL to CITY HALL
3 1 1
SOMERVILLE



Somerville Positive Forces Update

In April, **Somerville Positive Forces Youth Programs** – SPF100 (high school), and SPFJr. (middle school) worked on presenting the SCAP Annual Meeting event to share their prevention work with the community, celebrate accomplishments, and honor partners and members.

At this very special annual event organized by youth leaders and staff, SPF100 and SPFJr. youth leaders exhibited their updated *SPF Photo Story*. Youth leaders wrote narratives for photos taken of SPF prevention Initiatives to describe their work and share their outcomes. They also wrote about their experience as youth leaders in the Somerville Positive Forces program and what they gained from this experience. This exhibit is now on display in the Main Library Auditorium through the month of May. Please take some time to check it out. We know you'll love it!

SPF PHOTO STORY IS NOW ON DISPLAY THRU MAY AT THE MAIN SOMERVILLE LIBRARY AUDITORIUM

Additionally, SPF Leaders shared many of their other prevention projects through various interactive activities. SPF100 challenged guest misperceptions with their *MOST DON'T Campaign* which works to correct misperceptions that...“Everybody does it.” The fact is MOST DON'T! 81% of SHS Students DON'T use Alcohol and 86% DON'T use marijuana. SPF100 Leaders have engaged hundreds of SHS students in their campaign and have seen significant positive shift in youth perceptions data from the SHS Student Health Survey. They were happy to share these positive outcomes with guests, along with outcomes from their 11 other prevention initiatives.

SPFJr. Youth Leaders shared some of the facts from their *Kick Butts Campaign* with their *Wheel of Facts Matching Game*. Guest had a chance to spin the wheel to learn the harms of tobacco on society. They also shared a photo that shows candy like tobacco products among real candy products to see if players could pick out the tobacco products. It's surprising how similar they look! This activity works to highlight the tricky tactics of Big Tobacco which target youth with products that look and taste like candy. SPFJr. youth really enjoyed sharing these activities along with the outcomes of their 8 additional prevention initiatives.

SCAP would like to THANK all of our Youth Leaders, Members, Partners and Funders for their continued support!

We are so proud of all the work our youth leaders were able to accomplish with the enormous support of our members, partners and funders this year. SPF and SCAP could not accomplish so much without all the help from so many individuals and organizations in our community. Thank you to everyone who joined us for our 13th SCAP Annual Meeting! We hope enjoyed this beautiful event and learned a lot about the power of prevention and youth leadership in Somerville.

Together we can make a difference!

For more information about Somerville Positive Forces and/or Somerville Cares About Prevention or to volunteer, please contact: Lovelee Heller-Bottari, SCAP Program Director, at 617-625-6600 x4322 or lheller@somervillema.gov



Social Host Liability

A message to parents from Somerville Positive Forces (SPF100) - Youth Leading Positive Change.

The end of another school year signals the beginning of excitement and great anticipation for students at Somerville High School and Full Circle. For seniors, it means that graduation and year-end parties are just around the corner. For juniors, there is the realization that finally next year will be their year. These are memorable times for all students, and we aim to help our peers make this chapter of their lives as safe as possible. In this important mission, we need your help.

Working together with students, parents/guardians, schools and community members, we want to encourage Somerville teens to enjoy and celebrate the end of this school year safely and responsibly – without the use of alcohol and/or other drugs. We need every parent/guardian to take a few minutes to sit down with your child(ren) and openly discuss the dangers associated with underage drinking and drug use. Additionally, help your child(ren) realize that most students don't drink and don't use drugs, as reported by students on the 2014 SHS Student Health Survey. This is critical because a top reason youth start to using is that they think, "everyone is doing it." This simply is not true, 81% of SHS Students don't drink and 84% don't use marijuana.

Remind your child(ren) that alcohol-related crashes remain a leading cause of death in this country, especially for teens. Talk with them about the risks, pointing out that use of alcohol and other drugs is frequently coupled with risky and potentially destructive behaviors, such as physical and emotional violence, sexual mistakes or misjudgments, unintentional injuries (drowning and falls) and overdose. Heavy drinking is especially dangerous for teenagers, as our brains are still developing (until our late 20's), and alcohol related damage incurred at a young age can have long-term effects. Not to mention, teens die every year from alcohol poisoning, an overdose from alcohol.

Don't underestimate your power to influence healthy decisions and behaviors. Set clear and realistic expectations regarding underage drinking and drug use: it is dangerous, it can have serious permanent consequences, it is against the law, you are important to me, and it should not take place. You can make a difference in our community by talking to your child(ren) about underage drinking and substance abuse and by promoting positive norms like "Most Don't Use".

For more information and help talking with your child(ren) visit:

<http://support.madd.org/site/PageNavigator/getTheParentHandbook.html> Or

<http://pact360.org/page/parents360-underage-drinking-module>

Celebrations are very popular during the prom and graduation season so it is important review party safety rules. House parties where alcoholic beverages are served raise concerns for school officials, law enforcement officials, concerned parents, and youth themselves. Data shows that the major source of alcohol for youth is friends and family members. Some people mistakenly believe that underage drinking is an inevitable "rite of passage" not realizing the serious developmental impacts and increased risk of dependence that recent research has revealed. Please don't give alcohol to your child(ren) and be aware that you cannot give alcohol to your child's friends who are under the age of 21, under any circumstances, even in your own home, even with their parents' permission. You can be held responsible if underage drinking occurs at your house with or without your knowledge. **Remember, it is illegal (and harmful) to provide alcohol to a person under the age of 21 years old.**

Click link for more Social Host Liability information: <http://www.madd.org/laws/social-host-1.html> and

<http://www.mass.gov/essexda/prevention-and-intervention/juvenile-prevention/social-host-liability.html>

As a community we need to openly and clearly express our disapproval of underage drinking, drug use, and impaired driving while reducing youth access to alcohol and other drugs, promoting positive social norms (Most students don't drink or use drugs), and encouraging healthy behaviors (substance-free activities). Together we can work to safeguard these exciting times and make them truly memorable for all Somerville students. Thank you for your commitment to supporting a healthy child and community.

Sincerely,

Somerville Positive Forces Youth Leaders



Voluntary Non-Opioid Directive

Purpose

The purpose of this Circular is to provide guidance regarding Voluntary Non-Opioid Directives as established in Chapter 52 of the Acts of 2016, an act relative to substance use, treatment, education and prevention (“the STEP Act”).

Background

The STEP Act sets out a process enabling individuals to decline in advance any treatment option that includes opioids. The Bureau of Health Care Safety and Quality is actively working with the Bureau of Substance Abuse Services to ensure Massachusetts residents and the substance use disorder (“SUD”) treatment communities are aware that this new resource is available in our fight to eliminate opioid misuse.

Under the STEP Act, the Department of Public Health (“DPH” or “the Department”) is responsible for creating a Voluntary Non-Opioid Directive form (“Directive”) and publishing it on the Department’s website for public use. In addition, prior to discharge, SUD treatment providers will inform persons under their care about the option to file a Directive.

Any person who wishes to decline future treatment with opioids may fill out the form and give it to their care provider, who will record it in the patient’s electronic health record (“EHR”), or medical record if the patient does not have an EHR, or responding emergency medical services (“EMS”) personnel. The patient, or the patient’s guardian or health care proxy, may revoke the Directive, orally or in writing, for any reason, at any time.

This guidance sets out how the Department will implement the new law until such time as regulations are promulgated.

For more information on this DIRECTIVE please go to:

<http://www.mass.gov/eohhs/docs/dph/emergency-services/advisories/non-opioid-directive.pdf>



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VOLUNTEER OPPORTUNITIES

Writer

Do you have a literary knack? Help SCAP write articles, interest pieces, or editorials for the SCAP newsletter or local newspapers. Time commitment varies depending on length of writing sample.

Youth In Action Project Participant

Adult volunteers are partnered with youth and law enforcement in efforts to promote zero tolerance enforcement, legislative advocacy and eliminate the current retail and social availability of alcohol for minors via the various YIA programs. Current volunteer opportunities are available with the Compliance Checks, Shoulder Tap Surveys and the Sticker Shock Campaign.



Please go the **Somerville Cares About Prevention** website if you would like to find out about other volunteer opportunities.

www.somervillema.gov/SCAP

SCAP Community Activist

Friendly, outgoing volunteers are needed to reach out to residents, storekeepers, non-profit groups, community groups, etc. to promote the SCAP mission and to encourage involvement. Duties may include distributing informational or upcoming event fliers, and making phone calls to various businesses and residents. Variable hours are available.