



Advisory Board

July 29, 2020

OUR MISSION

Reading Coalition's mission is to strategically address our substance abuse problem that local youth abuse alcohol, prescription drugs, tobacco, and other illegal drugs at unacceptably high rates that emerge early in adolescence, happen frequently, and indicate heavy use. To realize our mission, we will promote a healthy community environment using the strategic prevention framework to ensure everyone who lives, works, or goes to school in Reading can enjoy an optimum quality of life.

ABOUT OUR BOARD

The **Advisory Board** is made up of stakeholders, appointed by the Coalition Director, from our community and region that serve in an advisory capacity to:

- Exchange and share information that will enhance our community approach to substance abuse prevention and mental health promotion.
- Supply Reading Coalition staff with feedback on activities, projects and emerging initiatives.
- Spread the word about coalition resources and events

SPOTLIGHT

Our partners at the [Mystic Valley Public Health Coalition](#) taped a great webinar in June about ethical decision making during reopening, self-care strategies, and talking to your kids about alcohol and other substances. The event was moderated by Ivy-Jones Turner and featured Kevin Kozin, MTS, LICSW.

- Listen to the [webinar recording](#)
- Resources <http://www.mysticvalleypublichealth.org/connectandcope/>

NEW RESOURCE

The Gavin Foundation and Malden Overcoming Addiction are collaborating in the development and operation of the [Bridge Recovery Center](#) in Malden. This Recovery Center, scheduled to open in September 2020, will utilize a Peer Recovery Model to support community members in achieving and maintaining sobriety. The Recovery center will be open to anyone who wishes to partake, including Reading residents, free of charge.

THANK YOU

In June the Mystic Valley Public Health Coalition made 7 generous donations to the public libraries in all towns served by the Mystic Valley Public Health Coalition. These donations consisted of book for readers of all ages focusing on managing mental health concerns, substance use prevention, self-care, and racial equity. The books were purchased from local book shops in each community. As part of the donation, the Reading Public Library received 18 books!

Next meeting will be online on August 26, 2020 at 5:30 pm.

STAFF UPDATES

[Coalition Resource Guide During COVID-19](#)

Latest coalition webinar updates

- Vaping Prevention(156 webinar views)
- Healthy Relationships (67 webinar views)

Crisis Intervention Team (CIT) Monthly Update

- Since January 2020, there were 138 follow-ups for Mental Health or Substance Use. During July 2020, there were 11 follow-ups.

Chemical Health Education Program Update

- Planning for virtual delivery if needed
- Program served 19 students last year

Mental Health First Aid

- The Youth Mental Health First Aid and Mental Health First Aid courses were both redesigned with updated information, statistics, and videos in March. Following COVID-19, the course was further adapted to allow for virtual delivery.
- Director certified as a Virtual Instructor and in the new materials for both courses.
- Planning for virtual classes underway including Reading New Teacher Orientation and a course for Sawyer Library (rescheduled from March to September due to COVID-19)

Social Solutions Pilot Project

- Prior to September of 2019, the coalition utilized an online cloud based software federal program to track their coalition and evaluation activity (funded by the Drug Free Communities Program). This tool enabled staff to track short and long term coalition activities (Education, Projects, Meetings, etc.). The tool was useful in many areas but did not allow for case management tracking (Chemical Health, Diversion, Referrals, etc.)
- Apricot Essentials, a cloud-based software product (Social Solutions) was identified as an option to pilot for 2020-2021. Following extensive testing and research, we engaged Social Solutions to provide this new evaluation tracking product for our pilot program. This product combines key elements from our previous reporting software with the added functionality of case management tracking. We completed initial staff training and will be building our site over the next month. We look forward to sharing reports as the system is developed.

Reading Coalition for Prevention & Support Tracking Outline

Site	Reading Coalition – Police Department
Case Management Tracking Program	CHEP (Chemical Health Education Program)
	JDP (Juvenile Diversion Program)
	CIT (Crisis Intervention Team)- Mental Health/Substance Misuse
	PIP (Proactive Intervention Program)

Site	Reading Coalition – Police Department
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Activity Tracking	<p><u>Daily, Weekly, Monthly, Project Activities by CADCA's National Coalition Institute 7 Strategies for Community Change</u></p> <ol style="list-style-type: none"> 1. Providing Information 2. Enhancing Skills 3. Providing Support 4. Enhancing Access/Reducing Barriers 5. Changing Consequences (Incentives/Disincentives) 6. Physical Design 7. Modifying/Changing Policies <p><u>Strategic Prevention Framework (SPF) Process</u></p> <ul style="list-style-type: none"> • Assessment. • Capacity. • Planning. • Implementation. • Evaluation. <p><u>Tools/Theories</u></p> <ul style="list-style-type: none"> - Logic Model - Vision & Mission - Work plan - Strategic Plan <p><u>Coalition Goals</u></p> <ol style="list-style-type: none"> 1. Increase Community Collaboration 2. Reduce Substance Misuse <p><u>Reports:</u> Elevator Speech YTD – Board Monthly Reports- Annual Report – Funding – Pilot Projects - Long-term outcomes</p>
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Attachments:

-Bridge Recovery Center Presentation

BRIDGE RECOVERY CENTER:

INFORMATION SESSION SUMMARY

Malden, MA

Leadership

- Malden Overcoming Addiction
- Gavin Foundation
- City of Malden
- Funding: grant funding totaling \$400k/year

Center Access

- Open to everyone regardless of where they live
 - Can be utilized by Reading residents!
- No fee to access center programming

Center Goals

- Create a safe and supportive environment for people in recovery
- Provide skill building and guidance that allows peers to work together in groups to support each other's recovery efforts
- Provide access and referrals to variety of support services that strengthen recovery and community connectedness

The Center is Not...

- A treatment program
- Allowed to prescribe/dispense meds
- Detox program
- Day shelter

Main Focus

- Supporting whole-body wellness and fostering connection to support recovery
- Peer participatory process for determining programming
 - Center visitors will be able to have input on programming or lead programming with support from center staff
- Example programming
 - Recovery meetings
 - Al-Anon/Family Groups
 - Art classes, acupuncture
 - Community service opportunities
 - Women-specific services
 - Financial literacy and job training classes

Community Partners

- Malden Overcoming Addiction
- Cambridge Health Alliance – outpatient services, MAT
- Cataldo Ambulance – NARCAN training
- ABCD – Food services, housing assistance, fuel assistance, job training
- Business Solutions Unplugged – Safe computing classes
- 3MG Boston – Media workshops
- YMCA – Health & wellness classes
- Seven Mile Road Church – Spiritual well-being

Logistics

- Tentative opening date in September of 2020
- Open 6 days a week excluding Sundays, closes around 8:30PM
- A minimum of 2 staff people will be on site at all times during operational hours
- Due to COVID-19 only 8 people are allowed inside at a time, under normal circumstances capacity will be around 50 people
- People who are under the influence or actively using will not be allowed in but will be given support to find treatment