

www.naticktogetherforyouth.org



**Natick Together
for Youth**

*Working together to
keep our youth
healthy and safe.*

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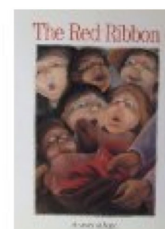
October is Substance Abuse Prevention Month and Red Ribbon Month

In 2011, President Barack Obama declared October Substance Abuse Prevention Month. It is also Red Ribbon Month, a time to honor the work of law enforcement and recognize the need to work together as a community to prevent substance abuse.

Each elementary school library has been provided with a book that will be read to fourth grade students in October. The

book, "The Red Ribbon, A Story of Hope" tells about the experiences of a village where people learn that the best way for people to live well is by supporting each other and by sharing skills and talents. There is no mention of substance use in the book and the themes can easily be translated to many prevention messages. The Morse Institute has a copy if you would like to read the book yourself.

Parents of 4th graders will receive information about the book and are encouraged to have conversations about its themes at home.



"Medicinal Marijuana" Ballot Question #3

In November, residents of Massachusetts will be asked to vote on whether or not to legalize Medicinal Marijuana.

Legalization of medicinal marijuana has led to decreases in perceived harm and increases in use among youth. Sending the message that marijuana should be used as medicine is confusing for youth, and has a negative effect on substance abuse prevention efforts.

**TO LEARN MORE ABOUT
BALLOT QUESTION #3:**

**OCTOBER 2 @ 7:30PM
WAYLAND HIGH SCHOOL**
Marijuana: Medicine or Public Health Hazard?
Kevin Sabet, Ph.D., and Jeffrey Miron, Ph.D. are public policy experts in the field of marijuana on both sides of the issue. Each will discuss their view for 30 minutes followed by an audience Q&A.

Before you vote, please become informed.

**OCTOBER 22 @ 7PM
NATICK HIGH SCHOOL**

Parenting Strategies to Reduce Youth Substance Abuse – The Impact of Legalizing Medicinal Marijuana

Marilyn Belmonte, Prevention Specialist, will explore the facts about marijuana's effects on the adolescent brain and offer strategies to prevent substance abuse. Information about the proposed law and how it might affect you and your children will also be shared.

Parents, teens and adults of all ages welcome!

Natick Safe Home Pledge – Keep Our Kids Safe

Parents ultimately want to be sure their children are safe. Taking the Safe Home Pledge tells children and their friends that you take this responsibility seriously.

The Safe Home Pledge program offers parents an opportunity to join

together in providing safe environments for their children to socialize while presenting a clear message to all youth that there will be NO underage use of alcohol, tobacco or other drugs in their home.

Go to NTY’s website at www.naticktogetherforyouth.org

and click on Safe Home Pledge to learn more and to take the Pledge!

By signing the Safe Home Pledge, you will join other parents in our community who are actively trying to prevent underage drinking and teen drug abuse.



AlcoholEdu® now being provided to NHS Freshman AND PARENTS!!



AlcoholEdu® for High School students is an evidence-based online alcohol prevention program used by many schools nationwide. The program takes a project-based approach to learning, giving students the opportunity to travel through an online community to better understand the impact of alcohol on their life and the lives of others.

This program will be provided in Physical Education classes and administered by Bob Anniballi. The program will begin in the first semester with the freshman class.

NTY is proud to provide funding for this important youth education program!

FOR PARENTS!!: AlcoholEdu® *for High School Parents* will be made available to NHS parents. This is an online program designed to help parents have meaningful and effective conversations with their children about alcohol. Login information coming soon...

Youth Leadership Club for NTY - A new Club at NHS

The NTY Youth Leadership Team will work together to plan “out of school” activities for peers and create educational social media campaigns using video and posters to encourage healthy choices using the national “Above the Influence” model. Youth will be encouraged to develop

leadership skills in this new, youth run club. NTY-Natick Together for Youth is a Community Coalition working to keep Natick youth safe and healthy. Students who were previously members of Leadership Teams are

encouraged to attend. Club meets on Tuesdays from 2:30-3:30 pm in the NHS Library.

Elizabeth Heffler, School Resource Officer and member of NTY, is the Club Advisor.



NTY Completes Required CADCA Training



In August 2012, Erica Dinerman, NTY Coalition Director completed the last of three weeks of required CADCA (Community Anti-Drug Coalition Academy) training for the Drug Free Communities grant in Fort

Indiantown Gap, PA. Along with Erica, Margaret Boudreau, NHS Assistant Principal, attended Week One, Sandy Pease, NTY Project Coordinator attended Week Two, and Jane Detwiler, NTY Coalition member attended Week

Three. Over twenty Coalitions participated in the east coast trainings that provided guidelines in how to create a healthy, actionable and sustainable Coalition.

NTY New Website Up and Work-in-Progress

www.naticktogetherforyouth.org

With the help of Natick High School students, Allie Glass and Samantha O'Gorman, NTY has a new website! Allie worked over the summer to construct a website that is easy to use and can manage the content that

NTY would like to provide to the community. Samantha is currently working with us to upload content. Most of the information is online now, and other sections are being populated as you read

this! If you have any ideas for content on our website, please feel free to share your ideas, links, expertise, etc. We would like this site to be as useful to the Natick community as possible!



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2012-2013 NTY Parent Education

October:

2: Medicinal Marijuana Forum @ Wayland High School – Walden Forum, Marijuana Debate

22: Marijuana and Youth @ Natick High School – NHS PTSO and NTY: Marilyn Belmonte, Prevention Specialist

November:

1: Conversations that Matter – High School Transitions

TBD: World Café – Youth Town Hall Meeting

28: Conversations that Matter – Technology

January:

23: Conversations that Matter – Friendship

February:

27: Conversations that Matter – Book Club – Raising Sons, Raising Daughters

March:

18, 20: Promoting Healthy Choices – Two-part parent workshop

TBD: Natick Health Survey Results – Parenting for Prevention

27: Conversations that Matter – Health Survey Results

"A child that knows he can learn and succeed, often makes healthier and safer decisions in his life"
~ Deb Sayre, Founder

Community Partner Profile KIDS CONNECT

Kids Connect is a non-profit tutoring program serving the youth of Natick. They provide educational services in math, including geometry and algebra, language arts, chemistry, physics and Spanish. Workshops in related topics and small groups in middle school subjects are also offered.

Kids Connect provides tutoring on a sliding scale basis and is open year round to students in grades K through 12. Kids Connect founder Deb Sayre is an active NTY participant.



Rick Halloran, *Natick Police Dept.*
Jane Biagi, *Parent, Norfolk District Attorney's Office*
Karen Rufo,
Nurse Leader, NPS Health Services
Nick Mabardy, *Selectman*
Deb Sayre, *Kids Connect*
Michelle Cromwell, *Parent, MultiCultural Village*
James White,
Director, Natick Health Dept
Moira Munns, *Director, Council on Aging, Human Services*
Astrid Dretler, *Parent*
Arthur Fair, *President, Fair & Yeager Insurance*
Reverend Vicky Guest,
First Congregational Church
Christine Guthery, *Parents Against Bullying and Cyberbullying*
Peter Sanchioni, *Superintendent, Natick Public Schools*
Chief James Hicks,
Natick Police Department
Elizabeth Heffler,
Natick Police Department
Deb Budd,
Council on Aging, Human Services
Dan Keefe, *Natick Recreation Department*
Shelly Joseph, *Attorney, Parent*
Ian Wong, *Natick Board of Health*
Allie Glass, *Student, NHS*
Marie Caradonna, *WAGLY*
Chuck Young, *Pharmacist, Parent*
Frank Lombardo, *FDA*
Jane Detwiler, *Parent Educator*
Pam Koskovich,
Family Resources of Natick
Anna Nolin, *Principal, WMS*
Diane Packer, *Clerk, Town of Natick*
Bryant Walls, *School Social Worker, WMS*
Margaret Boudreau, *Assistant Principal, NHS*
Firkins Reed, *School Committee, Town of Natick*
Erica Dinerman, *Director, Natick Together for Youth*
Sandy Pease, *Project Coordinator, Natick Together for Youth*

NTY – Who Are We?

Natick Together for Youth, formerly Natick Together2, is a Coalition of community members working to keep Natick youth healthy and safe. Our primary focus is substance use, however prevention and resiliency models are similar to those used to deal with anti-bullying, domestic violence and other social, mental and emotional health issues.

A Five Year Commitment

In October of 2011, Natick was awarded a five-year Drug-Free Communities grant to prevent, delay and reduce substance use. Substance abuse threatens all communities, but we are fortunate to have the support of the Natick Public Schools and the Federal Government to address the issues in Natick.

NTY begins the second year of our five-year grant on October 1st. Highlights from our Year One Action Plan include raising community awareness of NTY, hosting/sponsoring educational forums for parents and students, initiating social norms campaign, creating a parent network, and developing youth

partnerships.

Through the use of social media, education and awareness for parents, students and the community, we hope to change the culture of acceptance about underage drinking and marijuana use in Natick.

Does Natick have a Big Substance Abuse Problem?

The MetroWest Health Foundation has committed to sponsoring an Adolescent Health Survey every two years starting in 2006 and ending in 2016. The surveys, which are administered to 25 cities and towns in the region, inform the work of NTY as well as many other substance abuse prevention Coalitions in the region including Wayland and Needham. Youth substance use statistics for Natick are no better or worse than other communities in the region.

Why Should You Care?

Alcohol use by youth has changed since the days when beer and wine were the primary choices. Kids today binge drink, drink to get drunk on a regular basis, and do so with hard

alcohol and new novelty alcohol products. According to the MetroWest Adolescent Health Survey from 2010, 22% of NHS students reported recent binge drinking (defined as consuming 5 or more drinks in a row) in the past 30 days.

Marijuana use has increased since it was decriminalized in 2010. Potency and use has increased since the 1960's. New studies have shown that the brain is not fully mature until the mid-20's so high school marijuana use can have a detrimental effect on brain development.

Get Involved

NTY is committed to providing varied opportunities to participate in programs that educate about youth substance use.

When We Meet

NTY Meetings are held the second Tuesday of the month from 8:30-10am at Natick Town Hall. All are welcome! Agendas and minutes can be found on our website and at natickma.org.

NTY Mission Statement..

"To promote a safe, healthy and drug free community through the collaboration of public and private groups, organizations and individuals, using proven strategies to reduce risk factors and increase resiliency among Natick youth."

DRUG TAKE BACK DAY - September 29th 10am-2pm behind Police Station

**By Chuck Young,
Former CEO of MA Board of
Registration In Pharmacy
and NTY member**

The "Secure and Responsible Drug Disposal Act of 2010" has been an overwhelming success since its inception in 2010 resulting in 773.5 tons (yes 1.5 million pounds) of unused prescription drugs being emptied from medicine cabinets around the U.S. These dangerous drugs, including controlled substances, are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high—

more Americans currently abuse prescription drugs than the number of those using cocaine, hallucinogens, and heroin combined, according to the 2009 National Survey on Drug Use and Health. Studies show that teens who abuse prescription drugs often obtain them from family and friends, including from the home medicine cabinet. In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away – both potential

safety and health hazards. Additional and compelling concerns are that teens abuse prescription drugs more than any illicit drug except marijuana—more than cocaine, heroin, and methamphetamine combined; and responsible adults are in a unique position to reduce teen access to prescription drugs because the drugs often are found in the home. These same prescription drugs also could be mixed into senior medication planers by accident causing duplication in

therapy, or worse. Let us at NTY congratulate the DEA and participate in the Natick Police Department efforts to reduce this serious issue by removing temptation for teens and others, as well as eliminating possible sources of harm, and even death.



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Postage

Name
Address
City, State, Zip

