

WAKEFIELD UNIFIED PREVENTION COALITION YEAR IN REVIEW

MAY 2021



WAKE UP'S MISSION & VISION

Wake-Up's vision is a safe, vibrant, resourceful Wakefield in which all members, young to old, engage in making healthy decisions.

Wake-Up (Wakefield Unified Prevention Coalition), formed in 2011, is a community-based coalition of residents, businesses, organizations, professionals, and advocates who work together to promote a healthy community environment.

The Coalition is dedicated to reducing alcohol, tobacco, and other drug use among its residents, especially its youth. Partnering locally and regionally, we take a leadership role in implementing environmental and evidence-based substance prevention strategies.

PARTNERS:

- AdCare Hospital
- Beebe Library
- Boys & Girls Club of Stoneham and Wakefield
- Eliot Community Services
- Greenwood Wine & Spirits
- Melrose Wakefield Healthcare
- Mystic Valley Public Health Coalition
- NE Metro Tech
- Riverside Community Care
- State Representative Kate Lipper Garabedian
- State Senator Jason Lewis
- Wakefield Board of Health
- Wakefield Police Department
- Wakefield Public Schools
- Wakefield Rotary
- WCAT
- WMHS Senior Night Committee
- And More...

It's been a unique year! Coalition staff helped with Wakefield's response to COVID-19:



YAT collaborated with Lisa's Family Pizzeria, Greenwood House of Pizza, Slice Pizza & More, Pizza Express, and Alfredo's of Wakefield, to spread prevention messages.

Pizza shops placed stickers onto 1,000 boxes.



YAT worked with the Beebe Library to spread awareness to the community. The library sent out 500 bookmarks to avid Wakefield readers through book pickups.



YEAR IN REVIEW (CONTINUED)

TOBACCO/VAPING

Wake-Up is dedicated to addressing the ever-changing environment of youth vaping and tobacco use. Youth Action Team Leaders visited parks and youth hangout spots to pick up trash and identify local vaping trends (see photos). Our Health Department enforced local and statewide policy changes including a ban on menthol and flavored products. Galvin Middle School's health classes include evidenced-based curriculum designed to increase perception of harm of tobacco products, change attitudes and develop refusal skills. Through Parent University workshops, the Coalition provided information on new trends, strategies for talking to teens, and resources for youth who may be struggling.

TOBACCO TRENDS CHANGE QUICKLY



THEN 2018: Juul Pods from Lower Common

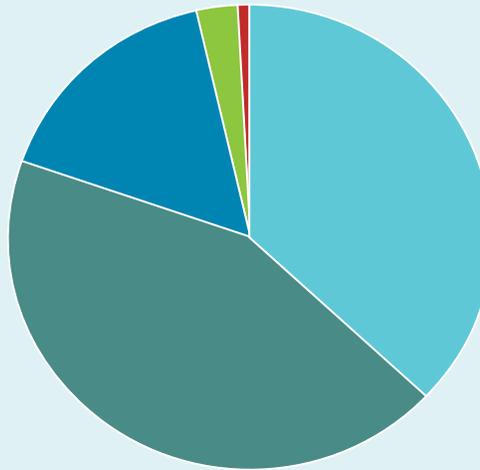


NOW 2021: Puff Bars Galvin Parking lot

MENTAL HEALTH

Concern for youth mental health has gained increased attention this year. Local data demonstrates a rise in cases of stress and anxiety amongst Wakefield youth (see chart).

Our primary goal remains to decrease the stigma around mental health conditions while increasing awareness of local resources including wakefieldstudentsupport.com, and Eliot Emergency Services.



Since the beginning of the pandemic, how have your stress/anxiety levels changed? (WMHS February 2021)

- 37.4% Much higher than before
- 43.2% Slightly higher than before
- 15.8% No change
- 3% Slightly less than before
- .6% Much less than before



Need help finding mental health care? Wakefield has contracted with Interface, a HELPLINE service connecting residents to mental health care for free. Get provider matches that meet your specific needs, accept your insurance & have available appointments. Call 1-888-244-6843 (toll free) M-F 9am-5pm www.interface.williamjames.edu



Youth Action Team members received a grant from the Wakefield Cultural Council to create a 100 Warrior Faces mural for Galvin Middle School, to show youth that they are not alone in their struggles with anxiety, depression, and suicidal ideation.



ALUMNI UPDATE

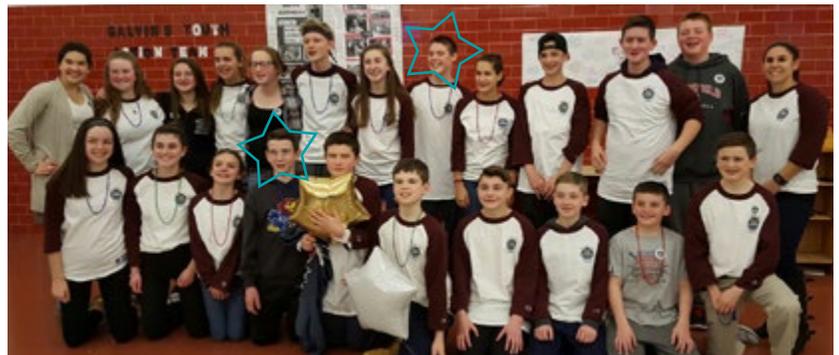
One of our original Youth Action Team Leaders has come full circle!!! Erin Murphy (WMHS Class of '16) graduated from Syracuse University with a Bachelor's in Public Health in 2020. Erin was hired as a Tobacco Control Agent for the Town of Wilmington and for the Mystic Valley Regional Public Health Coalition (including Wakefield).



-  Wakefield Youth Action Team
-  @wakeyat
-  @wakeyat

BUILDING FUTURE LEADERS

Celebrating 6 years of the Galvin Youth Action Team! YAT has become an important part of the fabric of the Galvin community & builds future Youth Action Team Leaders.

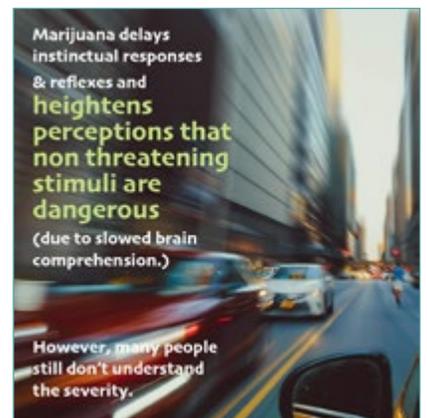


Galvin Youth Action Team 2016.

Eric Keefe and Logan Cosgrove joined as 7th graders during the inaugural year of the Galvin Club. Eric & Logan have transitioned into valued Youth Action Team Leaders & are heading off to college this fall!

YOUTH ACTION TEAM

Despite the pandemic and operating almost solely virtually, Youth Action Team Leaders and clubs at Galvin and WMHS continue to thrive and provide leadership opportunities for over 70 youth in Wakefield. This year, youth members wrote 3 grant proposals & were successful in acquiring over \$3,000 in grant funds from WEF, Wakefield Cultural Council, and the 84 Project to implement initiatives. Some of the Youth Action Team accomplishments this year include Galvin Family Feud, monthly Galvin News Flush/WMHS Bathroom Buzz, quarterly Faculty Newsletter, 100 Warrior Faces Mental Health Campaign on permanent display at Galvin, Wear Your Mask PSA's & poster campaign, Park & Hangout PhotoVoice Project and taking the lead on a statewide driving-under-the-influence of marijuana policy project. →





COMMUNITY EDUCATION

Parent education & community Initiatives went virtual with over 30 different learning opportunities. Two highlights include “Teens, Tweens, & Quarantine” a webinar hosted by John Mattleman and Dr. Stuart Ablon’s “Skill Not Will: How To Reduce Conflicts with Kids Through Collaborative Problem Solving”. Wake-Up co-sponsored two Wakefield Parent Universities: Fall Semester in October & Spring Semester in March with 25 interactive workshop sessions including several focusing on mental health and substance use prevention.

TREATMENT & RECOVERY

Through a partnership with our Police Department’s Outreach Team (Family Services Officer, Recovery Coach and Mental Health Clinician), Wakefield’s most at-risk residents are accessing recovery resources and building their sober network. Wakefield Recovery Coach Tracy Ascolillo is able to provide Narcan to residents in need and offers free rides to detox with our new “Ride to Recovery” program. Contact Tracy at (781) 879-2117 or tascalillo@eliotchs.org.



Aftermath May 2021, Police Department Outreach Staff & Aftermath Addiction Treatment Center Staff

FUTURE ENDEAVORS INCLUDE

- Resuming initiatives that had to take a “pause” during the pandemic.
- Working with the Town Council, Wakefield Police Department, and other partners to update Wakefield’s alcohol policies and increase alcohol retailer education & training.
- Youth Action Team members will be working at the state-level with partners at the RMV and MA Statehouse to increase and improve marijuana-impaired driving education.

FAREWELL!

Thank you to our Wakefield-Melrose Health Director, Ruth Clay, who is one of the founders of the Wake-Up Coalition. In 2011, Ruth brought community members together to address the issue of substance misuse in Wakefield, helped communicate the need for evidence-based collaborative prevention, and wrote the successful Drug-Free Communities grant bringing over \$1 million in funding for staff & programs.



Best wishes on your retirement, Ruth!

LEARN MORE & JOIN US!

GET IN TOUCH
AND GET INVOLVED!

We look forward to hearing from you!

339-219-4034

wakefieldwakeup.org

Catherine Dhingra
cdhingra@wakefield.ma.us

Town of Wakefield Health Department
1 Lafayette Street, Wakefield, MA 01880