

**Belmont Substance Use Coalition  
Meeting Notes  
Monday, December 11, 2017 at 7:00 PM  
Town Hall - Conference Room 1**

**I. Introductions (were made around the table)**

In attendance:

Jane Fox	Belmont Parent, BU School of Public Health
Jasen Boyle	Belmont Parent, SUD Clinician
Melissa O'Connor	Belmont High School - SRO
Chief Frizzell	Fire Chief
Wes Chin	Belmont Health Director
Joe Zarro	Plymouth Congregational Church
Mike Clark	Watertown/Belmont United Methodist Church
Sara Masucci	Belmont Parent, high school teacher
Wendy Conroy	Belmont Parent, health educator

**II. Brief Review of last meeting (10/26/17) (Lisa)**

Lisa reviewed that the following was discussed at the last meeting:

- creating an updated resource/referral list
- the Drop In Resource Night
- Primary Prevention/Harm Reduction Model
- Belmont has “stigma” issues
- Belmont tends to operate in silos (school, town, etc.)
- the need for YRBS data
- the SBIRT initiative
- scheduling a Narcan training for residents
- the need for more needle disposal boxes
- more information on the Good Samaritan Law

**III. Multi-Community Overdose Response Network Meeting  
(Wes Chin)**

Wes noted that this meeting is held about once a month. It is run by various Police Departments. Follow-up services, education, and resources -- post overdose -- are provided for patient, family members, etc. Information regarding the monthly resource nights (Drop in Nights) in Watertown, Waltham, Westin, etc. is provided at these meetings. Belmont is also scheduling a Drop in Night in February.

#### **IV. Arlington's Opiate Outreach Initiative (Jane Fox)**

Jane reviewed (and distributed handouts) concerning Opioid related overdose data from Belmont and other nearby towns. She discussed the Arlington Model for starting a Police Department-based opiate outreach program. She said it would be helpful to have more data specifically relating to Belmont.

#### **V. Narcan Training Update (Lisa)**

Scheduled for Thursday, January 18, 2018 at 7:00 - Belmont Library  
Lisa will advertise throughout town (using a basic informational blurb explaining what Narcan is, etc.). Lisa will also create a registration - and assuming there is demand for the training - she will schedule another training in the spring, maybe tie it in with CPR training

#### **VI. Youth Mental Health First Aid Training in Belmont (Lisa)**

- Wednesday, January 17, 2018 at Belmont High School

#### **VII. Updates, other topics of concern (all)**

**Dunkin Donuts** - getting a needle disposal bin was explored as well as needle disposal at the Health Department; Lisa will follow up with DD HQ. The group also explored the need for disposal bins in the town and school bathrooms.

##### **Need for updated youth data -**

Two possibilities were briefly explored:

- 1 - Lisa and Wendy will meet with Mary Conant Cantor (Head of Nursing) regarding administering a *mini*-YRBS in various health classes (grades 7-11?). With the YRBS not having been done since 2012 and not scheduled until fall of 2018, there was consensus that updated data on these topics (substance use, stress, mental health, etc.) is needed. Jane will help create the mini survey, assuming we get the go-ahead.
- 2- It was mentioned that perhaps we could use data from a "like Belmont" community. For example, view data from a more recent YRBS from Winchester, Lexington, or Wellesley, etc.

**Vaping/Juuling** - Melissa explained what is happening at BHS with regard to these activities. Kids are vaping in bathrooms. Juuling devices look like USB drives and can even be recharged on laptops. They come in kid-friendly fruit flavors and are being marketed as a safe cigarette alternative (no tar), and cool to use. However, they have high doses of nicotine and are therefore addictive. Some also have THC.

#### **VIII. Set Next Meeting (Lisa)**

Late January – Lisa will send a schedule doodle for a day time meeting.