

Natick 180 is working together to overcome stigma.



Natick 180 is a community coalition that brings together a wide range of people and resources from around Natick to address the factors that contribute to addiction and to build up the community characteristics that protect against it. Natick 180 also strives to foster community conversations about substance use and mental health that are driven by empathy, respect, science and data. Natick 180 builds upon and integrates the work of the Natick Opioid Task Force with Natick Together for Youth (NTY), two community groups that have a long history of preventing and reducing substance use disorder in Natick.

Addiction happens in all communities, and any individual and any family can experience it. But addiction does not define a person. Nor does it reflect how loving a family is, or how much a community cares.

While addiction cannot be prevented in every circumstance, by assisting individuals and families with connected programs, services and treatment providers, Natick can respond more effectively to help community members who experience addiction.

Natick 180
Your community resource for addiction education, prevention & recovery.

Want to get involved in preventing and reducing substance use in Natick?



Have a few minutes to volunteer?
1) Follow us on social media @Natick 180.



2) Sign-up for our email list to stay up-to-date. You can find the link on natick180.org.



Have an hour or two?

1) Read through our website, natick180.org, to learn more about topics relating to substance use prevention, addiction treatment, and the recovery process.

2) Attend a community event. Events can be found on our website's calendar.



3) Get trained in how to administer Naloxone (Narcan). Contact the Natick Health Department at (508) 647-6460 to make an appointment.

Want to volunteer in another way?

- Get involved with one of our action teams, which meet monthly:
- Awareness and Education Action Team
 - Access to Services Action Team

Contact us via email at natick180@natickma.org for other volunteer opportunities.



Your community resource for addiction education, prevention & recovery.

We are providing prevention education to Natick residents.

We are educating Natick youth on the risks of addiction.

We are increasing access to treatment & recovery services.

We are here to help.

PREVENTION CHECKLIST

Young people are strongly influenced by the parents and other caring adults in their lives. The actions of adults can help delay or prevent the onset of substance use. The Natick 180 team has developed some tips you can follow to practice prevention in your household or community:

- | | |
|---|--|
| <input type="checkbox"/> Have a conversation with the young person(s) in your life. | <input type="checkbox"/> Whenever possible, host family and other social gatherings in which alcohol is not a featured part of celebrations. |
| <input type="checkbox"/> Use everyday opportunities, like a car ride, to start open, honest discussions on the subject of substance use. | <input type="checkbox"/> NEVER drive while under the influence of alcohol, marijuana, or certain prescription medications. |
| <input type="checkbox"/> Communicate clear family rules and expectations for substance use, and make it an ongoing conversation. | <input type="checkbox"/> Be aware of common household items that can be misused as inhalants, such as whipped cream chargers, spray paint, or certain cleaning products. |
| <input type="checkbox"/> Make a plan with the young person(s) in your life for how they can escape an uncomfortable social situation-- and practice it. | <input type="checkbox"/> Know where your kids are and whose houses they are visiting. |
| <input type="checkbox"/> Lock up and monitor substances in your home, including alcohol, marijuana (cannabis), nicotine products, and prescription medications. | <input type="checkbox"/> If there is a history of addiction in your family, consider sharing this information with your teen or young adult in an age appropriate way. |
| <input type="checkbox"/> Stay informed and learn the facts about brain development and substance use. You can learn more about specific substances at natick180.org . | <input type="checkbox"/> Have intentional conversations about prevention with people you trust, such as other parents, school personnel, faith leaders and health professionals. |
| <input type="checkbox"/> If you drink alcohol or use other substances like nicotine or marijuana, be a role model when it comes to your own consumption. Be mindful about where you are, who is around, and how much you are using. | <input type="checkbox"/> Don't worry if you don't have all the answers! It's okay to press pause on a conversation with a young person to get more information. |



Some of our areas of focus include:

Awareness & Education

Access to Treatment & Recovery Support Services

Infrastructure and Sustainability

.....

Learn more at:
Natick180.org

Natick 180

To learn more about each action step, check out natick180.org