

Where would you turn for information?

Substance Use Disorder ☀️ Addiction

Stress ☀️ Underage Drinking ☀️ Vaping

Driving Under the Influence ☀️ Overdose

Teen Substance Use ☀️ Early Initiation

Mental Health ☀️ Prescription Misuse

**We are Natick 180, your community
resource for addiction education,
prevention & recovery.**





Hello,

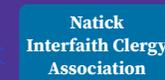
Thank you for taking a moment to review this booklet about Natick 180 and our efforts to prevent and reduce substance use disorder in Natick.

COVID-19 has had many short- and long-term effects on community members, including impacts on mental health and substance use. Anxiety, stress, and depressive feelings are all common experiences among people as we face a global pandemic. But at Natick 180, we know a few things to be true: That we are strongest when we face these challenges together, and that change is hard, but it is always possible. Anyone can “make a 180.”

In this booklet, you will find tips about how to prevent substance use among the young people in your life, as well as phone numbers and websites that can provide youth and adults alike with support if they experience difficulties with substance use and/or mental health. Taking steps to connect with others and seek help are some of the most important things we can do as a community to help ourselves and our neighbors through these difficult times.

Natick 180: One community, together.

Natick 180 is made up of parents, youth, businesses and community organizations such as:



Prevention

Treatment

Education

Recovery



**We are
Natick 180**



We are a community-based coalition working to prevent and reduce substance use disorder in our town. We focus on the ‘180 degree spectrum’ of substance use, from working to prevent youth substance use to ensuring access to treatment services and recovery supports for Natick residents. We do this by:

Enlisting a wide range of people & partners
from the public and private sectors.

Fostering community conversations
about substance use and mental health that are driven by empathy, respect, science and data.

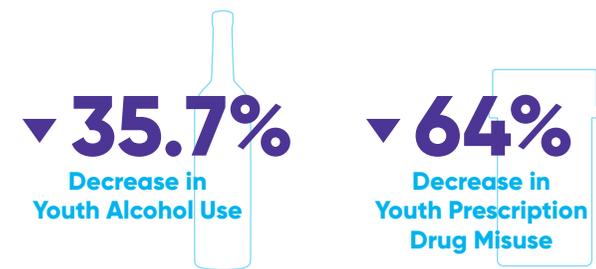
Utilizing best practices & research
to support all of our efforts.

Natick is making progress...

There have been sustained downward trends in some substance use measures, risky youth behaviors, and fatal overdoses. Newly instituted Narcan distribution & diversion programs have shown promise, saving lives and money in the process.

Declines in Risky Youth Behaviors: Alcohol & Prescription Medications 2006-2018

According to 2018 MetroWest Adolescent Health Survey data, 27% of high schoolers in Natick reported past 30 day alcohol use, compared to 42% in 2006. Lifetime prescription drug misuse among high schoolers dropped from 12.8% in 2006 to 4.6% in 2018.¹



Cost Savings to Criminal Justice & Healthcare Systems

\$461,680

In April 2019, a Jail Diversion Program was launched at the Natick Police Dept. in collaboration with Advocates and was funded by a MA Dept. of Mental Health grant. These monies fund an embedded mental health clinician. Between April - September 2020:



Declines in Overdose Fatality Rates 2017-2020

The rate of fatal opioid overdoses occurring in Natick decreased 2017-2020. In 2020, 10.8% of opioid-involved overdoses resulted in fatalities, compared to 14.8% in 2017.³



Community Response to Opioid Overdoses

NEARLY 300 **MORE THAN 200**

people who live & work in Natick have been trained to recognize & respond to an opioid overdose.⁴

doses of Narcan have been distributed to first responders: individuals and businesses to respond to overdoses.⁴

Medication Disposal

More than 2,311 pounds of unused medications have been disposed of at the Natick Police Department through its medication disposal program.³ See pg. 6 for information.

Natick has disposed of **APPROX. 2,311 lbs** of Unused Medication

Grant Awards & Donations

NEARLY \$900,000

Since 2016, the Town of Natick has been awarded more than \$880,000 in grant funds and private donations to support Natick's efforts to prevent and reduce addiction, including the federal Drug-Free Communities grant.⁴

...but there is still work to do.

Increases in drug overdoses:

Although the rates of fatal overdoses in Natick declined between 2017-2020, the overall number of overdoses (fatal + non-fatal) in the same period increased from 27 to 37.³

Youth vaping rates have nearly doubled:

The percentage of youth who report ever using electronic vaping devices rose from 19% in 2016 to 36% in 2018.¹

Changes in overdose & substance use trends:

Communities around Boston and MetroWest report an increase in the types of substances involved in overdoses: cocaine, benzodiazepines, and methamphetamines, often in combination with opioids such as heroin and fentanyl. Combining drugs increases a person's risk for overdose.

Impacts of COVID-19 on substance use & mental health:

COVID-19 has disrupted delivery of treatment and recovery supports to individuals who experience mental health and substance use disorders. Nationally, adults & youth alike have experienced considerably increased mental health concerns associated with COVID-19.⁵ While we may be turning the corner on the pandemic, the long-term mental health effects, including substance use disorder, are likely to be felt for years to come.



For more data and our progress, visit:
natick180.org/data180

1. Data from the MetroWest Adolescent Health Survey, 2006-2018.
2. Data from Advocates Jail Diversion Program.
3. Data from the Natick Police Department.
4. Data from the Natick Health Department.
5. Data from the U.S. Centers for Disease Control.

Education & Prevention

Natick families can find everyday ways to practice a SMART approach to prevention. The Natick 180 team has developed tips that parents and other caring adults can use to reduce the risk of youth substance use.

About Prevention

What is Prevention? →

Creating a Prevention Environment →

Natick 180

Prevention Checklist: 15 Action Steps

1. Have a conversation with the young person(s) in your life.



For more tips, scan this code or visit: natick180.org/prevention180

Use The SMART Approach to Prevention

Use a SMART approach regarding alcohol & substance use.

	S	Safely store and monitor all substances (alcohol, cannabis & medications). Keep them in a lockbox or locked cabinet, and properly dispose of unwanted medications at the NPD kiosk.
	M	Make sure to never drive under the influence of any substance. Designate a driver or call a ride share service.
	A	Actions speak louder than words. Our young people are watching our behaviors and attitudes regarding substance use. Modeling responsible behavior goes a long way.
	R	Remember “21 is 21.” Social Host Law states that you can be held liable — civilly and/or criminally— for furnishing alcohol to anyone under 21.
	T	Talk with your young person(s) about the importance of delaying substance use. The longer youth wait, the lower their risk of experiencing addiction in their lifetime.

Tools & Tips for Education & Prevention

Safe Disposal of Unused & Unwanted Medications



A pharmaceutical waste collection kiosk is located inside the lobby of the **Natick Police Station 20 East Central St.** The kiosk is available every day, 24 hours a day, no questions asked.

Acceptable items are: prescription medication, pills, capsules, inhalers, ointments, patches, pet medication, liquids in glass or leak proof containers

Call ☎ **508-647-9500** if you have any questions

Prevention Conversation Checklist

- LISTEN** more than you talk.
- AFFIRM** good choices. It builds self-confidence.
- SPEND TIME** together. It shows that you care.
- SHARE** your family's values.
- TALK** *with* your children, not at them.
- SHOW** respect, even when you disagree.
- BE** honest.
- WORDS** work best when your actions back them up.

What to Look For:

Recognizing the signs of youth substance use is an important step in getting a young person help. Parents and caregivers might see concerning changes in a teen's mood and/or behaviors such as those listed below. Though some of these behaviors are common in adolescence, sudden changes or several changes at once could mean that a young person needs help.

Changes in Behavior

- Changes in relationships with family and/or friends
- Loss of interest in hobbies & activities
- Frequently breaks family rules and is dishonest
- Increased absenteeism and/or disruptive behavior at school

Changes in Physical Appearance

- Poor hygiene
- Wears long sleeves (even in warm weather)
- Noticeable change in appearance (looking distinctly unwell)
- Flushed appearance and/or change in pupil size

Changes in Mood

- Withdrawn from friends and/or family
- Noticeable increase/decrease in energy level
- Unreasonably hostile or angry
- Acting nervous or suspicious

Other Signs

- Missing valuables at home
- Declining grades at school
- Finding hidden substances and/or drug paraphernalia
- Concerns expressed by teachers or supervisors

Family Resources

If you care about someone who experiences substance use disorder, know that you cannot control their substance use or its impacts. It can be helpful, however, to learn how to set new boundaries and care for yourself.

We believe:

Addiction happens in all communities, and any individual in 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.



For more resources, scan this code or visit: natick180.org/resources180



State & National Resources

There are many supports for families/friends of people who experience substance use disorder. Here are a few state and national resources to consider:

Learn to Cope

Support group for parents & family members of those addicted to opioids and other drugs. Virtual meetings and Narcan distribution available. [Learn2Cope.org](https://www.learn2cope.org)

Al-Anon of MA & Nar-Anon of New England

12-step groups for family members of a person experiencing substance use disorder. [ma-al-anon-alateen.org](https://www.ma-al-anon-alateen.org) [naranonctma.org](https://www.naranonctma.org)

Partnership to End Addiction

Online resource that offers direct services to parents and caregivers of those struggling with substance use. [drugfree.org](https://www.drugfree.org)

Allies in Recovery

Online community for family members who are impacted by a loved one's addiction. Membership is free to MA residents (enter your zip code as your promo code when creating an account). [alliesinrecovery.net](https://www.alliesinrecovery.net)

INTERFACE Referral Service Helpline

Free referral service for outpatient counseling. [888-244-6843](https://www.interface.williamjames.edu) [interface.williamjames.edu](https://www.interface.williamjames.edu) • M-F 9am-5pm

Magnolia New Beginnings

Peer support and education for both people with a Substance Use Disorder (SUD) & families who have a loved one affected by SUD. [magnolianewbeginnings.org](https://www.magnolianewbeginnings.org)



Natick-Based Resources

The following resources are available locally to families impacted by addiction:

Narcan & Overdose Response Training

Natick Health Department personnel can train people who live or work in Natick and who might be at risk of witnessing an opioid overdose in how to respond. Trainings include distribution of intranasal naloxone (brand name Narcan) kits to equip a person in reversing an opioid overdose. For more information, contact: [508-647-6623](tel:508-647-6623) natick180@natickma.org

Learn a Better Way Workshop Series

This **FREE workshop** is a unique opportunity for parents/caregivers to learn how to improve family dynamics that are impacted by a teen or adult child's substance use. Delivered by parent facilitators who have lived the journey of loving a child with a substance use disorder, the program is designed to help participants learn new skills in communication, behavior management and self-care. For more information, contact: [508-647-6623](tel:508-647-6623) natick180@natickma.org

The Journey Bereavement Group

This support group focuses specifically on supporting individuals who are navigating the journey of life after the passing of a loved one due to substance use. Please contact: **Kathryn Stygles Peirce** the.journey.substance.loss@gmail.com

SOAR Natick (Supporting Outreach & Addiction Recovery)

Natick-based non-profit formed by parents of teen or adult children experiencing substance use disorder. SOAR Natick raises awareness about addiction and offers grants to individuals in recovery and college scholarships to Natick High School seniors impacted by substance use disorder. For more information, visit: [soarnatick.org](https://www.soarnatick.org)



Bringing New Support to our Community

Coming 2021

Natick 180 & the Natick Health Department have partnered with the Justice Resource Institute (JRI) to bring revolutionary resources to Natick.



"Rise On" Mobile Application

Featuring free, real-time text message support & treatment navigation from health outreach workers.



"Rise On" Mobile Health Van

The mobile health van will be available to communities throughout MetroWest.

Learn more at [Rise-on.org](https://www.Rise-on.org)

Intervention & Treatment Resources

Natick 180 is committed to assisting community members who experience addiction, including opioid use disorder.



For more resources & to download these contacts, scan this code or visit: natick180.org/treatment180

Steps to Reduce the Risk of a Fatal Overdose

- 1 Assume that all street drugs contain more than one substance.**
Substances such as fentanyl, xylazine, and phenacetin have been found in drug samples in MA. These substances can put a person at higher risk for overdose or other serious medical complications.
- 2 Never use alone.**
Make a plan with a friend about what each of you will do if the other person overdoses.
- 3 Do not mix substances.**
Mixing opioids with substances such as alcohol or benzodiazepines is particularly risky.
- 4 Use less after any period of abstinence or decreased use.**
Even a few days away could lower your tolerance.
- 5 Do not lock doors behind you.**
Locked doors can prevent help from getting to you.
- 6 Make sure to have naloxone (brand name Narcan) handy.**
Narcan saves lives. Below is information on how you can get access to Narcan:
 - **If you are at high risk of witnessing or experiencing an overdose** (i.e., you are in recovery, are actively using opioids or are the family member of someone with a history of opioid addiction), you can get Narcan for free from the following organizations (please call first to ensure staff will be available to assist you):
 - Program RISE at Justice Resource Institute**
📞 508-935-2963
1 Grant Street, Suite 100, Framingham, MA
 - Natick Health Department**
📞 508-647-6623
13 East Central Street, Natick, MA
 - **Anyone in the general public can request Narcan at a local pharmacy** (prescription co-pays apply). Call ahead of time to make sure that the pharmacy has Narcan in stock and that a pharmacist can train you when you go to pick it up.

Resources for Substance Use Disorder

Crisis Services

Call2Talk Suicide Prevention Hotline & Crisis Text Line

📞 800-273-8255 📧 crisistextline.org • Available 24/7

Text C2T to 741741 to begin a free, confidential conversation with a trained crisis counselor via text.

For more on the continuum of services available in MA, scan this code or visit: natick180.org/treatment180



Psychiatric Emergency Services

📞 800-640-5432 • Available 24/7

Available to help during a crisis. Provided by Advocates, Inc.

Ongoing Treatment & Support

MA Bureau of Substance Addiction Services Helpline

📞 800-327-5050 📧 helpline-online.com • M-F 8am-10pm; Sat-Sun 9am-5pm

Free, confidential information & referrals for alcohol and drug problems. Phone services available in any language. Provided by the MA Department of Public Health.

Program RISE Opioid Overdose Prevention Program

📞 508-935-2960 • M-F 9am-5pm • 1 Grant Street, Suite 100, Framingham

Free, confidential information on how to prevent opioid overdose & access treatment services. Narcan distribution, harm reduction kits, counseling & testing for STIs.

Behavioral Health Partners MetroWest Referral Line

📞 844-528-6800 📧 bhpmw.info/referral-line • M-F 9am-5pm

Care coordinators are available by phone M-F to provide personalized support and resources on mental health, substance use, addiction & social service concerns for yourself or a loved one. A care coordinator will return your call within 24 hrs; an online form is also available.

In an emergency, please call 911.

Natick observes the Good Samaritan Law, which provides immunity from prosecution for possession of a controlled substance if a person seeks medical assistance for someone experiencing a drug-related overdose. See M.G.L. ch.94c §34a.

SMOC Recovery Coaches

📞 508-232-8282 • M-F 9am-5pm

Free, confidential support from experienced Recovery Coaches for individuals in or wanting to be in recovery from an opioid use disorder. Provided by South Middlesex Opportunity Council (SMOC).

INTERFACE Referral Service Helpline

📞 888-244-6843 📧 interface.williamjames.edu • M-F 9am-5pm

Free consultation with a mental health professional about resources. Natick residents can receive personalized, matched referrals for outpatient counseling services.

My Life My Quit MA

📞 Text "Start My Quit" to 36072 to chat with a Coach

📧 ma.mylifemyquit.org

Text line for helping teens quit vaping.

Town of Natick
13 East Central Street
Natick, MA 01760

PSRST STD
U.S. POSTAGE
PAID
Natick, MA 01760
PERMIT #35

Postal Patron
Natick, MA 01760

Recovery is Possible ☀️ Make a 180 ☀️ Prevention Works
Discover Your Pathway ☀️ Everyday Prevention ☀️ 21 is 21
Collaboration & Partnerships ☀️ Community Coalition
Advocate for Change ☀️ Treatment Options ☀️ Narcan
Distribution ☀️ Protective Factors ☀️ Empathy, Respect,
Science, Data ☀️ Building Resiliency ☀️ Resources &
Support ☀️ SMART Approach ☀️ Harm Reduction
Reducing Stigma ☀️

Want more information?

Follow us on Social Media at:

@natick180



Visit our Website www.natick180.org

Follow @Natick180 and #EverydayPrevention on social media where we celebrate everyday positive activities families are sharing together that lead to a substance-free lifestyle.

