

2022 IN REVIEW

MAY 2023

150 participants in our first Wakefield Public Schools' English Language Learner family night.

ONE THOUSAND

dollars earned by the Youth Action Team for a peer-to-peer English-Language Learner (ELL) mentorship program.



Received a grant from the Wakefield Arts Council to fund Warrior Faces 2.0 to place a banner in Galvin Middle School highlighting the dangers of vaping.



Thanks to Youth Action Team Leaders

who advocated to the RMV and State legislators, Massachusetts was the first state in the U.S. to require marijuana impairment risks be part of driver's education courses.



Fox 25 featured the Youth Action Team on a segment about COVID-19's impact on youth mental health.

Bathroom Buzz and News Flush outreach media were used to connect with Galvin Middle School and Memorial High School students. Posters, floor clings, and social media are also used to communicate to Wakefield youth.



Be a Lifesaver campaign launched at Wakefield High alerting students to the dangers of marijuana-impaired driving.

Over 200 residents were supported by Outreach Recovery Coordinator Tracy Ascolillo Rizzo, who guided individuals and their families through the substance use treatment recovery process.

187 single- service connections



30 multiple- and intensive- service connections



Fifty PocketTalk translation devices are in use by Town employees and educators.

More than 150 community members trained in youth and adult Mental Health First Aid.



10 YEARS

of Drug Free Communities Funding



WHO WE ARE

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.

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



"In Plain Sight" Coalition members helped facilitate an open house where participants could tour a teen bedroom and learn about substance use, mental health warning signs, and how to keep youth healthy and safe.

TUFTS/MELROSE-WAKEFIELD FUNDING

Wakefield's Health and Human Services Department and the Wake-Up Coalition are committed to providing opportunities for our municipal and community partners to learn new ways to support our residents and increase their access to behavioral health, substance use resources, and other vital services.

The funds received from Tufts/Melrose-Wakefield were used to:

- Host bi-monthly social services networking events where attendees learned about housing, emergency support, heating assistance, Mass Health re-enrollment, and more.
- Distribute over 50 PocketTalk translators to Town of Wakefield employees and educators to increase their ability to serve residents who speak English as a second language and/or have limited English capacity.
- Support new residents through English Language Learner (ELL) Family Night, providing new residents with resources and the opportunity to connect with one another.



CONNECT WITH US!

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WELCOME!



Our new Prevention and Wellness Coordinator Amy Chiaravalloti, MEd came to Wakefield with 15 years of experience as a secondary health and English educator. Amy quickly adapted to her new role, managing the Youth Action Team and coordinating prevention programs related to substance use, mental health, violence prevention, social media use, active living, and more.

Amy works with the Wakefield Public Schools Health and Wellness team to support training for educators, curriculum development, and supplementary materials. She also has joined Wakefield Memorial High School athletics staff to provide information to parents of student-athletes on how to keep their teens healthy and safe.

YOUTH ACTION TEAM

The Youth Action Team (YAT) is a group of teens whose goal is to promote and sustain a positive and healthy future for Wakefield as a whole. They focus on "growing positive flowers," which includes healthy eating, active living, mental health support, and connecting youth to activities and community resources. They also focus on "shrinking negative weeds," like decreasing youth vaping, marijuana use, and underage binge drinking. There are over 75 members of the Galvin Middle School and Wakefield Memorial High School (WMHS) clubs.



The Galvin Middle School's YAT is committed to providing and promoting pro-social school community activities, including the annual Family Feud event (pictured above). The club creates ways for students to get involved, promotes social emotional support resources, encourages student-faculty relationships, and contributes to a positive school culture.

KEEPING A PULSE ON TOBACCO USE



To best understand what education and outreach they need to provide to their peers, YAT members need to know what tobacco products are being sold and used.

In addition to taking inventory of merchandise at Wakefield's convenience stores, they also conduct comprehensive environmental scans of local parking lots and playgrounds. The discarded materials are a great indicator of popular products.

BE A LIFESAVER

YAT members compiled informational materials alerting drivers to the dangers of marijuana-impaired driving. Along with a pack of Lifesavers candy, these resources were distributed to all Wakefield Memorial High School drivers as part of the Be a Lifesaver campaign.



Leaders Abby Hodgdon and Grace McHugh prepare to distribute their campaign materials.

YOUTH GRANT PITCH CONTEST



Social Capital Inc (SCI) awarded the YAT a \$1,000 grant after Team Leaders presented their English Language Learner mentorship proposal, in person, to a panel of judges. The SCI Youth Grant Pitch Contest engages youth-led groups in community projects that address the mental health needs of their peers.



Alexis Manzi, Fox 25 Reporter Kerry Kavanaugh, and Rosella Buscaino on set to film a Fox 25 segment about COVID's impact on mental health.

HEALTHY RELATIONSHIPS

The Youth Action Team led Wakefield Memorial High School students through an activity about healthy relationships. Rosella Buscaino and Grace McHugh worked with staff to create a presentation that included a video from the Lauren Dunne Astley Foundation and a slideshow that highlighted warning signs of unhealthy relationships. The students also completed an activity where they were asked to define what "love is" and what "love is not."

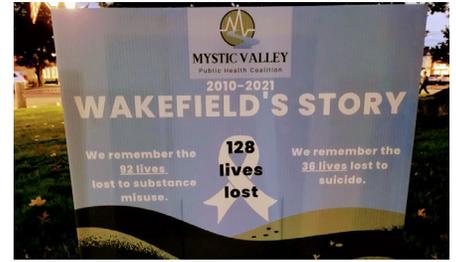


This 30-minute advisory block brought awareness about the harmful effects of unhealthy relationships.

THANK YOU TO OUR COMMUNITY PARTNERS

Boys & Girls Club of
Stoneham and Wakefield
Eliot Community Services
Kelly House
Lucius Beebe Memorial Library
Massachusetts Partners
for Youth (MPY)
Mystic Valley Public Health Coalition
NAN Project
Northeast Metro Tech
Riverside Community Care
State Rep. Kate Lipper Garibedian
State Senator Jason Lewis
Tufts Medicine /
MelroseWakefield Healthcare

Wakefield Alliance Against Violence
Wakefield Community Access TV
Wakefield Health and
Human Services Department
Wakefield Food Pantry
Wakefield-Lynnfield
Chamber of Commerce
Wakefield Lynnfield United
Methodist Church
Wakefield Police Department
Wakefield Public Schools
Wakefield Recreation
Wakefield Rotary
WMHS Senior Night Committee



Members of Wake-Up help organize the Mystic Valley Public Health Coalition's annual Recovery and Remembrance Walk. The event celebrates those in our community who are living in recovery and remembers loved ones we have not forgotten.

In September 2023, Wakefield will conclude ten years of the \$1.25 Million Drug Free Communities funding that supported substance use and mental health prevention staffing, data collection, initiatives, and evaluation in Wakefield. As we look towards the next 10 years, Wake-Up will continue to fund this important work with grants and by leveraging Town resources. Wakefield will remain a leader as one of the strongest, most effective coalitions in Massachusetts.

10 YEARS OF DRUG FREE COMMUNITIES FUNDING

LOOKING AHEAD

In 2023, Wake-Up has specific goals to further our mission to reduce substance use and increase behavioral health support systems.

- Explore grant opportunities to sustain Wake-Up's efforts beyond the expiration of the life of the Drug Free Communities Grant.
- Update Wakefield's alcohol policies and underage drinking prevention efforts.
- Partner with Wakefield Public Schools to expand student support strategies.
- Utilize Opioid Settlement funds to expand treatment and recovery efforts in Wakefield.

SHARING BEST PRACTICES ON THE NATIONAL STAGE

Catherine Dhingra and Wakefield Memorial High School Guidance Counselor/YAT High School Club Advisor Meg Delory presented at the CADCA Conference in Orlando. Their discussion was titled Collaborations and Sustainability: Key Lessons Learned in School and Coalition Partnerships. We are proud Wakefield is on the national map as a leader in collaborative work and prevention!

