

Parent & Teen Survival Guide

2015-2016



MELROSE
SUBSTANCE ABUSE
PREVENTION COALITION



Health and mental health resources for parents and teens

INDEX

Welcome	Page 2
Superintendent's Letter	Page 3
Together We Can Cope with Anxiety	Page 3
Message from Youth Action Team	Page 4
Rx Drugs	Page 5
Wake Up Calls	Page 6
Are E-Cigs Safe?	Page 8
Dangerous Apps for Kids	Page 9
Teens and Stress	Page 10
Tips to Keep Kids Safe Home Alone	Page 10
Kids and the Marijuana Talk	Pages 12
Youth Risk Behavior Survey	Page 13
Teen Dating Violence	Page 14
MAAV Mentoring Program	Page 15
Healthy Snacks	Page 15
Good Samaritan Laws	Page 15
"Snapshots of Summer"	Page 17
Above the Influence Contest Winners	Page 18
Social Host Liability Ordinance	Page 19
Resource Guide	Pages 20-22

Welcome to the 2015 Parent & Teen Survival Guide

The Melrose Substance Abuse Prevention Coalition in partnership with Mass in Motion Melrose/Wakefield, Mayor Rob Dolan, Melrose Public Schools, and the Melrose Weekly News have created the first ever youth health and safety guide for parents!

Parents/guardians are the strongest influence on their teen and tween's decisions around avoiding high-risk behaviors. This guide provides Melrose parents with important health and safety information as well as tips on how to start conversations with their children about making healthy choices. The guide covers topics such as alcohol, tobacco and other drug use prevention, healthy eating and active living, teen dating violence, anxiety and mental health, cyber safety, sleep and stress, and includes a list of helpful local resources. We encourage parents to also share this information with their children!

We would like to thank all of the local businesses and organizations that have contributed to the production of this guide. All funds raised from this effort will support programs that provide positive activities for Melrose youth.

Sincerely,

The Melrose Substance Abuse
Prevention Coalition

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Melrose Weekly News

ESTABLISHED 1894 ~ PUBLISHED MONDAY-FRIDAY

26 Albion Street, Wakefield, Massachusetts 01880

Published by:

THE WAKEFIELD ITEM CO., PRINTERS AND PUBLISHERS, WAKEFIELD, MA 01880

P - (781) 245-0080 • F - (781) 246-0061

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www.localheadlinenews.com

Letter from the Superintendent

The mission of the Melrose Public Schools is to be accountable to our stakeholders for providing a learning environment that maximizes the academic achievement, as well as the emotional and social development of all students so that they may enhance their individual abilities and interests. In collaboration with families and community partners, we seek to develop students who are problem solvers, critical and independent thinkers, and responsible, productive, and culturally proficient citizens who will succeed in a global society. To that end we are pleased to partner with community organizations, including the Melrose Board of Health, the Melrose Substance Abuse Prevention Coalition, Mass in Motion, the Melrose Alliance Against Violence (MAAV), the Melrose Police Department, and the Melrose Education Foundation to provide our students and families with programs and services that support the well-being of our students across all settings.

The Melrose Public Schools has been engaged in a three prong approach to improve the social-emotional development, safety, and overall health of our students. The three prongs are: 1.) development of curriculum and programs that provide direct services to our students; 2.) professional development for our staff so that they may better support our students; and 3) partnerships with various community and non-profit organizations to extend and enhance our services and trainings.

The Melrose Public Schools Wellness Advisory Council (SWAC), comprised of both district and community representatives, is instrumental in guiding the district's health, wellness, and safety effort. The Assistant Superintendent for Pupil Personnel Services is a member of the council and serves as the district's liaison to the community organizations that serve on the council and collaborate with the schools. SWAC develops policies and procedures related to health and wellness for the schools, advises us on current practices and updated regulations, and facilitates community partnerships. Our current federal "Safe STEPs for Teens" grant is a result of SWAC's work. We are in the fourth year of a partnership with MAAV that has enabled us to train many students and staff on the importance of dating violence, bullying, and abuse. Additionally, the Melrose Substance Abuse Prevention Coalition has a strong presence in both the middle and high school, working with the school counselors and nurses to help students struggling with addiction either personally or in their families. The Coalition has also provided us with grant funding to train our staff on mental health issues in the classroom.

This past year, the district formed a partnership with Riverside Community Care to provide suicide prevention and intervention training for our school counselors and psychologists. We will be expanding this training and developing new policies and procedures regarding suicide education as we begin to implement new state regulations in this area. As this important new initiative is rolled out, we look forward to collaborating with community organizations and the Board of Health to develop wrap around services for our students and families, who may need such supports.

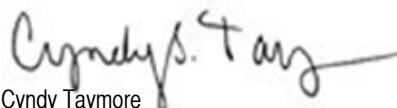
Throughout the district, our school counselors, school psychologists, behavior therapist, and social workers, under the direction of the Assistant Superintendent for Pupil Personnel Services, provide a variety of direct services and supports to students and staff. At the secondary level, we have created a Critical Case Management Team at each building to oversee supports and accommodations for students facing serious mental health challenges. At the elementary level, the behavior therapist works with students and staff to address behavioral challenges. And throughout the district, the school psychologists and social workers provide counseling

for students and help connect families with outside resources. Additionally, several community counseling services are provided space in our buildings so that they can meet with clients during the day and ensure continuity of service. Lastly, the district is currently engaged in work to identify instructional practices and materials that support our students' social-emotional development and to embed the identified practices into our classrooms on a daily basis.

The partnership between the Melrose Public Schools, city boards and commissions, and community organizations is vital to the well-being and success of our children. None of us can do this work alone. As a community working in concert toward the same goal—the best physical, social-emotional, and academic outcomes possible for each and every child—we can create an environment and system of supports that can make this a reality for every child in Melrose.

We hope the Melrose Youth Health and Safety Guide will become a ready resource to our families in this effort. We are proud to be part of this campaign on behalf of our children. We are looking forward to the next stage of our work together as we deepen our community resources and supports for children and families.

Best wishes,



Cyndy Taymore
Superintendent of Schools



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A Message from the Youth Action Team...

Hello Parents!

We are the Melrose Substance Abuse Prevention Coalition's Youth Action Team (YAT). We are a group of middle and high school students who work together to raise awareness and educate our peers about the risks of substance abuse. We promote healthy alternatives through initiatives such as the *Above the Influence* campaign and our annual Summer Photo Contest.

We know it can be difficult to know what to say to your teen about drugs and alcohol, so here are a few helpful tips about how to talk to your teens about making healthy choices:

CREATE A CODE WORD

Come up with a code word or phrase with your child for them to use when they are in an uncomfortable situation and need you to come get them. It can be simple like "spaghetti & meatballs" or "how is Uncle John?" Let them know they can call or text you at any time if they are in an uncomfortable or dangerous situation, no questions asked.

YOU MAY NOT BELIEVE IT BUT YOUR KIDS CARE ABOUT WHAT YOU THINK

We don't want to disappoint you; we want to make you proud! However, it is inevitable that your child will make mistakes as they grow up. Help us learn from them and remember to recognize your child's accomplishments and be proud of their good choices.

COMMUNICATION IS KEY

Talking about drugs and alcohol can be AWKWARD! But it is definitely better to talk about it as honestly as possible than to ignore the subject. Any age is a good time to start, but the earlier you start prevention education, the better. Talk soon and talk often!

START STUDYING

It's important that you educate yourself on current drug and alcohol trends so you are equipped with knowledge about the environment your child is in. Check out local and state data in this guide, go online, or contact the Coalition!

ENCOURAGE YOUR CHILD TO EXPLORE NEW ACTIVITIES AND CLUBS

The school-age years are a time to find yourself and explore different interests. Let your child know about unique clubs, extracurricular activities, or community service opportunities available to them. Offer to try something new together (quality family time!). Explore new ideas then talk about the benefits.



Members of the Melrose 84 chapter attend 2015 Kick Butt's Day Rally at the MA State House



Together we can cope with anxiety!

The 2013 Melrose Youth Risk Survey found that 31% of Melrose High School students reported feeling sad or hopeless for two weeks or more in a row, 17% of students reported seriously considering attempting suicide, and 11% of students said they actually made a plan to attempt suicide. These statistics are alarming, as is the fact that school personnel continue to observe an increase in the number of mental health issues affecting our student body; anxiety is one of these issues.

Anxiety significantly impacts a student's level of functioning, which is evidenced by the student's inability to consistently navigate through their day and access learning.

At times, everyone feels anxious. However, it is out of the norm and more severe when:

- It is long-lasting
- It starts to interfere with relationships and routine functioning

SIGNS & SYMPTOMS OF ANXIETY

Physical:

- Pounding heart, chest pain
- Rapid, shallow breathing & shortness of breath
- Dizziness, headache, sweating, tingling
- Choking, dry mouth, stomach pains, nausea, vomiting and diarrhea
- Muscle aches and pains, restlessness, tremors and shaking

Psychological:

- Unrealistic or excessive fear and worry (about past, current & future events)
- Racing thoughts or your mind going blank
- Decreased concentration and memory
- Indecisiveness
- Irritability
- Impatience
- Anger
- Confusion
- Sleep disturbance or vivid dreams

Behavioral:

- Avoidance of situations
- Obsessive or compulsive behavior
- Distress in social situations
- Phobic behavior
- Increased use of alcohol or other drugs

So what can you do if you notice these signs or symptoms? Connect with one of our local resources listed in the back of this guide.

Youth Mental Health First Aid USA (2012)

What is prescription drug abuse?

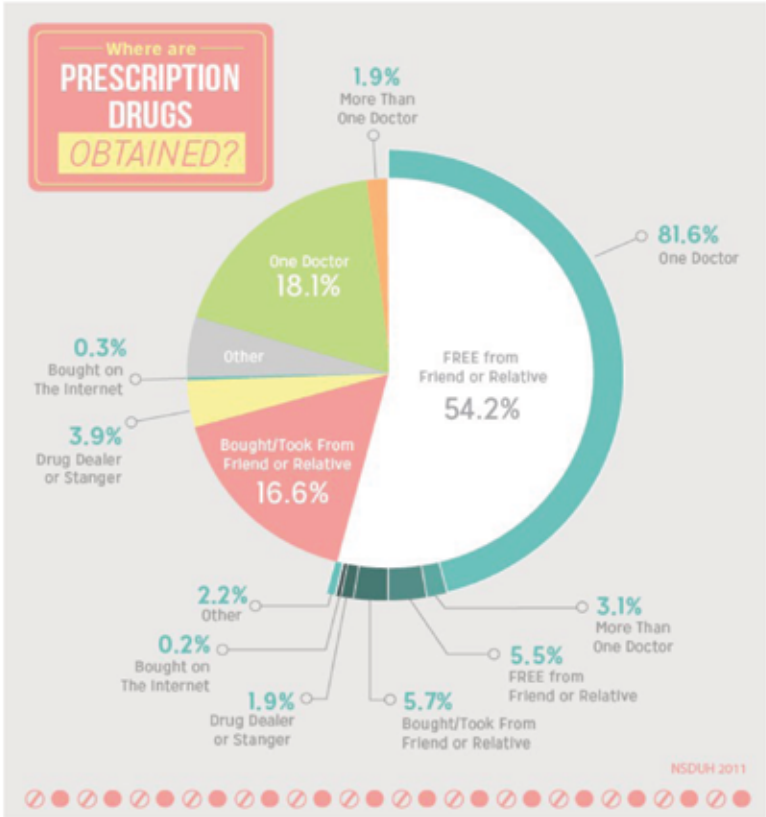
When an individual takes a medication that was prescribed for someone else, or taking drugs prescribed to you for a different purpose or at a different dosage than intended.

What are the most commonly abused prescription drugs?: Opioids (such as Percocet and Vicodin), depressants (such as sleeping pills or Valium), and stimulants (such as Adderall).

Aren't they safe?: Even though they are from a doctor, when taken incorrectly or by someone they are not prescribed to, they can have serious side effects because of varying dosages, forms, combinations, etc.

How dangerous can they be?: Rx drugs are responsible for more overdose deaths (45%), than street drugs such as methamphetamine, cocaine, or heroin combined (39%). When taken incorrectly

How do pills lead to heroin use?: Prescription pain killers are an expensive habit to maintain. Many people who become addicted to prescription opioids eventually switch to heroin as a cheaper alternative. However, heroin is much stronger and can be extremely dangerous, especially if mixed with other substances, such as fentanyl.



What can I do to protect my children?: Make sure that prescription medication is kept out of reach of children or in a locked cabinet. Keep track of how many pills you have left, and when you are done using them or have some left over, dispose of them properly at the medication drop box located at the Melrose Police Department.

But where do kids even get these drugs?: Teens are obtaining medications from friends and family, sometimes unbeknownst to them. More than half of the nonmedical users of pain relievers, tranquilizers, stimulants and sedatives aged 12 or older got the prescription drugs they most recently used "free from a friend or relative."

Effects of opioids on the brain and body: Drowsiness, nausea, constipation and depressed respiration. Can induce euphoria by affecting the pleasure center of the brain.

REALLY HIGH	OVERDOSE
Nodding off	Deep snoring or gurgling
Sleepy looking	Very slow breathing or no breathing
Will "wake up" and respond to yelling, shaking, etc.	Not responsive to any stimulation, including sternum rub

WAKE UP CALLS

(Fast Facts)



- Five out of six middle and high schools in the United States start the school day too early (before 8:30 a.m.) according to the Centers for Disease Control (CDC).
- The CDC's Youth Risk Behavior Survey in 2013 showed that 68% of U.S. high school students get fewer than 8 hours of sleep on school nights, and 40% get 6 or fewer hours.
- A National Sleep Foundation poll found 59 percent of 6th through 8th graders and 87 percent of U.S. high school students were getting less than the recommended 8.5 to 9.5 hours of sleep on school night

- Most adolescents (ages 12-25) need 8.5-9.25 hours of sleep per night
- Girls are less likely to report getting > 7 hours of sleep per night than boys, as are

racial/ethnic minorities, urban students, and those of low socioeconomic status (SES). However, minority or low SES

teens and families are also more likely to believe they are getting adequate sleep. (*Pediatrics*, Feb. 16, 2015)



- Shifts in the sleep-wake cycle at puberty mean that most adolescents get their best sleep between 11 p.m. and 8 a.m.
- 20-30% of high school students and 6% of middle school students fall asleep in school each day
- Insufficient sleep in teens is associated with obesity, migraines, and immune system disruption and with health risk behaviors including smoking, drinking, stimulant abuse, physical fighting, physical inactivity, depression, and suicidal tendencies
- Sleep-deprived teens participate in more violent and property crime than other teens

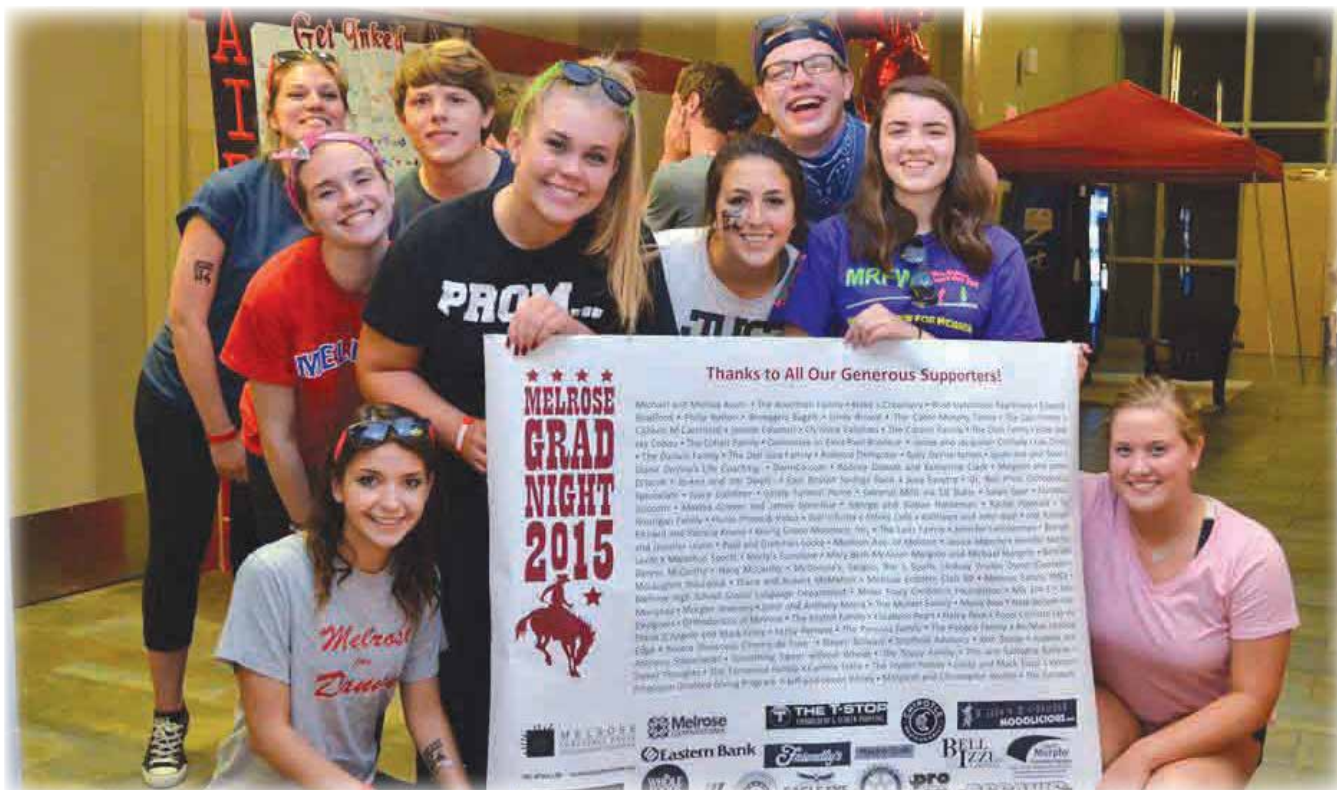


Photo taken at last year's Melrose Grad Night for the graduating class of 2015.



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NIGHT**

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safely and substance free**

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Information or email
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For Youth Development, Healthy Living & Social Responsibility



MELROSE FAMILY YMCA
ymcametronorth.org

Are E-Cigs Safe?

Things Parents Should Know About E-cigs:

Not FDA regulated

BY ANY NAME, THEY ARE ALL THE SAME—hookah pens, hookah sticks, personal vaporizers (PV's), e-hookah, vape pens, tanks. They all use a battery to heat up a liquid, often called e-juice. The vapor from the heated liquid is then inhaled. E-juice comes in a variety of flavors and nicotine levels.

Loaded with Nicotine

THESE ARE DRUG DELIVERY DEVICES—they are designed and manufactured to deliver nicotine, which is an extremely addictive drug. It can affect your heart rate and blood pressure. Vape devices may also be used to smoke marijuana oil and other drugs.

Not being used as a smoking cessation device

MOST E-CIGS HAVE NICOTINE—e-cig marketers claim they can help a person stop smoking, but there is no proof this is true. In fact, some studies suggest they may keep smokers/vapers hooked. They may also cause people who have quit smoking to start again. Using a device with no nicotine may lead to using those that do have nicotine or other drugs.

Middle & High school e-cig use tripled from 2013 to 2014

THEY DON'T ALWAYS LOOK LIKE CIGARETTES—some look like colorful or metallic pens, flashlights, while others mimic the shape and style of small e-gadgets. Vapes are designed to seem cool.

CHEMICALS IN E-CIGARETTES MAY HARM YOUR HEALTH—there is no proof that that vaping is safe. In fact, early studies suggest that when heated, the flavors and other chemicals in e-juice may harm the lungs. Tests show some e-cigarette liquids have toxins such as antifreeze and other chemicals, some known to cause cancer. Nicotine poisoning is also a risk. If ingested or absorbed, it can be fatal. There are few rules for safety labels or childproofing, putting children and pets at risk.

SWEET FLAVORS ATTRACT YOUNG PEOPLE—e-cigarettes make it easier for kids and first-timers to try nicotine because these products come in many flavors such as grape, strawberry, and fruit punch. The flavors make them seem harmless, but the truth is these sweet flavors still have nicotine, and once a person gets hooked on nicotine, they may be more likely to try other nicotine products.

ADS TARGET KIDS—ads make e-cigs seem safe. Some advertisers use celebrities to make e-cigs look glamorous. They are often placed where teens will see them—on Facebook, TV, and magazines. So far e-cig advertising remains unregulated.

E-CIGS COULD MEAN TROUBLE AT SCHOOL—many schools (including Melrose!) now treat e-cigs and hookah-pens like tobacco and other drugs and prohibit their use. If your child is caught using them, there may be disciplinary action.

TALKING WITH YOUR KIDS CAN HELP—ask them what they know about vaping, e-hookahs and e-cigarettes. Many young people, parents too, believe that e-cigarettes are safe. Let them know that they are not proven safe. Talk to them about nicotine and addiction.



9 Potentially Dangerous Apps for Kids

(www.crosswalk.com)

New apps are constantly being created, so it's important to monitor what your child downloads. Being aware of the online tricks predators use will help you know what to look for. So here is a current list of some of the apps to be aware of:



Whisper - This app allows you to post secrets anonymously and also allows you to chat with other users in your geographic area.

Why it could be dangerous: Many children are drawn to communicating with strangers, feeling that their secrets are safer with them than with their friends. This app is a perfect tool for ill-intentioned strangers looking to connect with young people because it allows you to exchange messages with people nearest to you.



YikYak - All YikYak users are anonymous. They don't create a profile or account, but they can post comments that are accessible to the nearest 500 people (within a 1-5 mile radius). This can turn a school into a virtual chat room where everyone can post his or her comments, anonymously. Untruthful, mean, character-assassinating messages are immediately seen by all users in a specific geographic area.

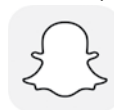
Why it could be dangerous: This app is causing problems in schools across the United States, with students maliciously slandering teacher, staff, and other students.



Kik - A free app-based alternative texting service that allows texts and pictures to be sent without being logged in the phone history. (Similar apps: Viber, WhatsApp)

Why it could be dangerous: Makes it easier for your child to talk to strangers without your knowledge since it bypasses the wireless providers' short message services (SMS). Children also think they can "sex" without parents finding out. In addition,

strangers can send your child a "friend request."



Snapchat - Allows you to capture an image or video and make it available to a recipient for a specific time, usually just a few seconds. After that time limit is up, the picture/video disappears forever. (Similar apps: Poke, Wire, Wickr)

Why it could be dangerous: Kids can send and receive sexually inappropriate photos. This app also makes kids feel like they can "sex" or send inappropriate pictures without consequences because the image will self-destruct automatically. The truth is that nothing sent over the internet disappears. There are always ways to retrieve and capture those images.



Vine - Allows users to watch and post six second videos.

Why it could be dangerous: While many of the videos are harmless, porn videos can pop up into the feed, exposing your children to sexually explicit material. You can also easily search for/access porn videos on this app.



ChatRoulette and **Omegle** - These apps allow you to video chat with strangers.

Why it could be dangerous: Not only are users chatting with strangers, they could be chatting with a fake stranger. A fifty-year-old man could set up a fake webcam and use images from a 15-year-old boy to convince your child to send inappropriate pictures or get information about your child's location.



Tinder - Users post pictures and scroll through the images of other users. When they think someone is attractive they can "like" the person. If that person also "likes" them in return, the app allows you to message them privately.

Why it could be dangerous: This app, and similar apps such

as Down, Skout, Pure, and Blendr, are primarily used for hooking up.



Poof - Hides other apps on your phone. You select which apps you would like to hide and their icons will no longer show up on your smartphone screen.

Why it could be dangerous: If children have apps that they want to keep hidden from their parents, all they have to do is download this app and "poof," their screen is clear of any questionable apps. So, if you see the poof app on their phone, you may want to ask them what they are hiding.

What Now?

Remember, your child's safety is more important than their privacy. As a parent, you aren't being nosy by checking their cell phone on a regular basis; you are being responsible. Perhaps your family could establish media rules, such as having to check with a parent

before downloading a new app or game. Having a common charging area so you can easily check phones could also be a good system for your family.

Also, take the time to explain to them (at an age-appropriate level) why you are asking them questions and checking their phone and privacy settings. Many children do not realize just how much information they are putting out there and how dangerous it can be.

If you have an older teen, and find some questionable apps on their phone, it may be a good opportunity for a discussion. Here are a few conversation starter ideas:

Conversation starter for any app - Are you being safe with that app? Are you encouraging others or tearing them down? Are you being bullied? Are you putting out too much information about yourself?



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Teens and Stress

The mind and body are closely connected, and stress can affect the body from head to toe, inside and out. Teens experience both emotional and physical symptoms of stress. Common symptoms include feeling nervous or anxious, feeling tired, procrastinating or neglecting responsibilities, feeling overwhelmed, having negative thoughts and experiencing changes in sleeping habits.

Here are a few stress management ideas you and your teens can try:

- **Move your body:** Physical activity is one of the most effective stress busters. Find activities you enjoy and build them into your routine such as yoga, hiking, biking, skateboarding or walking. Be active with friends and family!
- **Get enough shut-eye:** Ideally, adolescents should get 9 hours a night. To maximize your chance of sleeping soundly, cut back on watching TV or engaging in a lot of screen time

in the late evening hours. Don't drink caffeine late in the day.

- **Strike a balance and enjoy yourself:** School is important, but to perform well you have to take care of yourself. When you plan your week, schedule in school work and fun time (i.e. listening to music, go to the movies, etc.)!

- **Let yourself shine:** Spend some time really thinking about the things you're good at, and find ways to do more of those things. If you're a math ace, you might tutor a younger neighbor who's having trouble with the subject. If you are a spiritual person, you might volunteer at your church. If you're artistic, take a photography class. Focusing on your strengths will help you keep your stresses in perspective.

- **Talk through it:** It's so much easier to manage stress when you let others lend a hand. Talk to a parent, teacher or other trusted adult. Adapted from <http://www.apa.org/help-center/stress-teens.aspx>

Tips to Help Kids Stay Safe Home Alone

(American Red Cross)

Many children spend time home alone after school until their parents get home from work or school. Here are some steps parents and children can take to make these after-school hours safer and less stressful:

First, you should decide if your child is mature enough to be home alone and ask him or her if they would feel comfortable being alone. After-school child care, programs at schools and youth clubs, or youth sports programs are alternatives for children who are not mature enough or uncomfortable staying home alone.

Next, parents and guardians should develop a home safety plan and discuss it and practice it with their children. If the child is going to go home after school, it's a good idea to have them call to check in when they get home. For an older child, set ground rules about whether other kids can come over when the parents are absent, whether cooking is allowed, and whether they can leave the home.

Other steps that parents and guardians can include in

their home safety plans:

- **Post an emergency phone list** where the children can see it. Include 9-1-1, the parents work and cell numbers, numbers for neighbors, and the numbers for anyone else who is close and trusted.
- **Identify neighbors** whose home your child can go to in case of an emergency that requires your child to leave your home.
- **Practice an emergency plan** with the child so they know what to do in case of fire, injury, or other emergencies. Write the plan down and make sure the child knows where it is.
- **Make sure the first aid kit** is stocked and stored where your children can find it; keep it out of reach of young children.
- **Make sure potential poisons** like detergents, polishes, pesticides, car-care fluids, lighter fluid and lamp oils are stored in locked cabinets or out of reach of children.
- **Make sure medicine** and any alcohol is kept in a locked storage place.
- **Limit any cooking** a young child can do. Make sure at least one approved smoke alarm is installed and operating on each level of the home.
- **Limit the time** the child spends in front of the television or computer. You can activate parental controls and use programs that limit the sites children can visit, restrict chat sites and allow parents to monitor online activity.
- **Make sure your child** knows to keep the door locked at all times, and to never open it for strangers.
- **Set rules** about having friends in the house or leaving the house without permission.

Melrose Emblem Club #89



*We believe in
promoting
Drug
Awareness!*

Safe STEPS for Teens Project

A partnership between the Melrose Public Schools
& Melrose Alliance Against Violence promoting
safe & healthy teen dating relationships



Programs & activities include:

- Healthy Relationships Program in 8th grade health classes
- Student leadership groups at Melrose High School
- Poster & T-shirt bystander awareness campaigns
- Annual community coffeehouse, Voices Against Violence
- Intervention groups for students at risk
- Information and support for parents and students
- Melrose Teen Dating Abuse Policy & Implementation Guide



ABUSE IS NEVER OK

For more information visit www.maav.org or call 781-662-2010

MELROSE RECREATION DEPARTMENT PROGRAMS & EVENTS FALL / WINTER 2015 - 2016

Online Registration is available at www.cityofmelrose.org



MELROSE RECREATION DEPARTMENT

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Kids and the Marijuana Talk

“When I was a kid . . .” doesn’t really work when talking with your kids about marijuana today. It’s more important than ever for parents to protect their kids’ health and development by addressing this issue early and often. Believe it or not, you are the most powerful influence in your child’s life. More than friends. More than TV. More than celebrities.

The Partnership for Drug-Free Kids has created a “Marijuana Talk Kit” to help families navigate through a changing marijuana landscape; one that includes new policies like legalization, as well as new products, like “edible” candies and cookies. We’ve included some tips from the talk kit here in this guide to get you started. To see the full kit, visit www.drugfree.org

WHAT ARE THE SHORT-TERM EFFECTS OF MARIJUANA USE?

- Problems with memory and learning
- Distorted perception (sights, sounds, time, touch)
- Trouble with thinking and problem solving
- Loss of motor coordination
- Increased heart rate and anxiety

WHAT ARE THE POTENTIAL LONG-TERM EFFECTS OF MARIJUANA USE?

- Difficulty working through emotions (chronic marijuana use stunts the emotional coping process)
- Can increase risk of chronic cough, bronchitis and schizophrenia in vulnerable individuals
- May increase risk of anxiety, depression, attitude and personality changes
- Poor performance in school, eat-

ing and sleeping problems

- Can lead to addiction (just like any other drug) and the likelihood of addiction increases for those who start young

MARIJUANA AND THE TEEN BRAIN

The parts of the adolescent brain which develop first are those that control physical coordination, emotion and motivation. However, the part of the brain which controls reasoning and impulses — known as the prefrontal cortex— does not fully mature until the age of 25. This can have noticeable effects on teen behavior, such as:

- Difficulty holding back or controlling emotions
- A preference for high-excitement and low-effort activities
- Poor planning and judgment (rarely thinking of negative conse-

quences)

- More risky, impulsive behaviors, including experimenting with drugs and alcohol

MARIJUANA AND ALCOHOL

While some teens may argue that weed is safer than alcohol, research shows that teens don’t typically use alcohol OR weed; they use both, often at the same time. The biggest impact of mixing marijuana and alcohol is the significant increase in impairment in judgment. Because marijuana is an anti-emetic (treats nausea and vomiting in medical situations), it may be easier to drink alcohol until dangerously high blood alcohol levels are reached, as the normal body defense of vomiting when drunk may be muted by the marijuana.

Responding to your Teen’s Questions and Arguments

Ultimately, there is no “script” for talking with your teen about marijuana. But let’s look at some of the arguments your teen might make when you bring up marijuana, and what you can say in response.

YOUR TEEN SAYS: [nothing]

YOU CAN SAY “Do you know anyone at school who smokes pot? What did she say about it?”

HERE’S WHY If you find it hard to get your teen to start talking, try asking questions about her friends or classmates. It may be easier for her to open up about someone other than herself. This can lead her to share her thoughts with you.

YOUR TEEN SAYS: “I’m only do-

ing it once in a while on weekends, so it’s not a big deal.”

YOU CAN SAY “I’m happy to hear that this is not something you do on a regular basis. The fact is, using any drug can be harmful at your age because your brain is still developing.”

HERE’S WHY Even though a parent may want her teen to be completely abstinent, it is imperative to point out the positive — that this

is not something that has become a daily habit. This allows the teen to feel like she isn’t a bad person or a disappointment.

YOUR TEEN SAYS: “Marijuana is a plant. It’s natural. How harmful could it be?”

YOU CAN SAY “I would much rather you find healthy ways to cope with difficult feelings than turn to drugs. Can we brainstorm activities?”

HERE'S WHY Here, you're showing concern, asking permission and promoting collaboration in thinking through healthy alternatives — like yoga, reading or sports.

YOUR TEEN SAYS: "But it's legal in some state; why would they make something legal that could hurt me?"

YOU CAN SAY "It's legal at a certain age, like alcohol. I think that people in these states hope that by 21, they've given you enough time to make your own decision around it. But, just because it is legal does not make it safe. Look at alcohol and cigarettes, both can cause major health problems

HERE'S WHY Alcohol is a great example of a regulated substance having severely harmful side effects.

YOUR TEEN SAYS: "I don't know what to say when other kids ask me to use."

YOU CAN SAY "Let's think of some ways that you can turn down the offer that you would be comfortable saying."

HERE'S WHY Instead of telling them what to say or do when they are put in an uncomfortable situation, why not ask them? Brainstorming with your teen on how she may get out of a sticky situation will be more effective than telling her. Help your teen think of ways to turn down offers for her own reasons, like "I'm not into that," or "I have a big game tomorrow and don't want to be groggy."

YOUR TEEN SAYS: "But you smoked weed when you were younger."

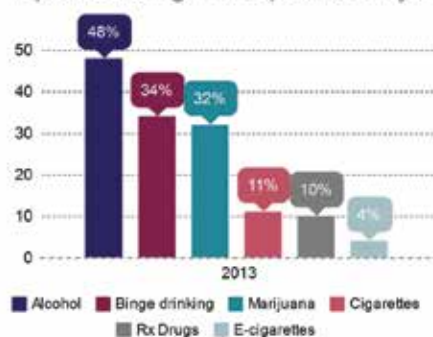
YOU CAN SAY "I'm not going to pretend like I didn't, and that's why I'm talking to you about this. I will tell you that when I did smoke, my judgment was compromised. A lot of harmful things don't happen to you because of your ability to make clear decisions. When you are stoned that ability is very much compromised."

HERE'S WHY You may want to point out some of the negative things that happened to you (or your) friends that you wish didn't. Here, you're not only being informative but reminding her that marijuana can impact her judgment.

2013 Youth Risk Behavior Survey Results

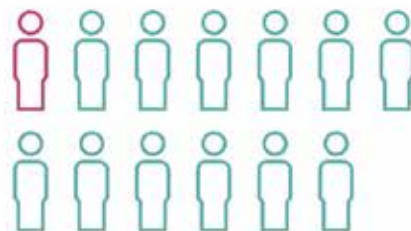
Survey taken by Melrose students in grades 9-12 (April 2013)

% of high school students who reported using in the past 30 days

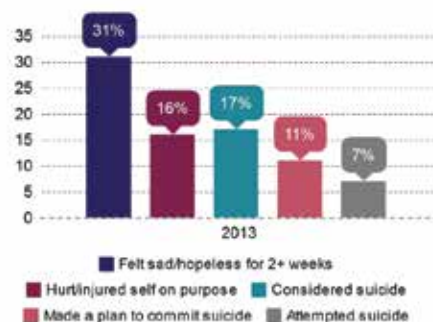


Driven a car after drinking in the past 30 days

Yes (8%) No (92%)

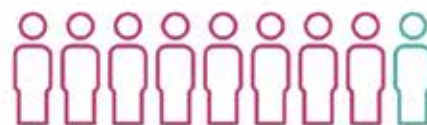


Suicide-related attitudes and behaviors



% of high school students reporting they have a parent/guardian or other adult to talk to

Yes (89%) No (11%)



Did you know ?

Kids who learn about drugs and alcohol from their parents are up to 50% less likely to use than those who do not.

% of high school students reporting they have at least one teacher/adult to talk to in school

Yes (67%) No (33%)





TEEN DATING VIOLENCE

what it is, ways to spot it, and how to help—a parent's guide



What is Teen Dating Abuse?

Dating abuse is more than just physical abuse — abusers use a pattern of behaviors in order to maintain control over their partner. These behaviors include verbal abuse, isolation from friends and family, sexual coercion, and emotional manipulation to maintain control over a victim. Although more females report experiencing dating abuse, both females and males perpetrate and are targets of dating abuse.

Resources:

Melrose Alliance Against Violence
www.maav.org 781-662-2010

Melrose Police Department DV Officer
781-979-4432 www.melrosepolice.net

Melrose Public Schools Guidance Dept.
781-979-2208 www.melroseschools.com

What are some warning signs of teen dating abuse?

Name calling/putdowns—Does one teen in the relationship call the other names? Use insults to put the other person down?

Extreme jealousy—Does one teen in the relationship act incredibly jealous when the other talks to peers? Accuse their partner of flirting or spending too much time with their friends?

Making Excuses—Is one teen in the relationship always making excuses for the other, or apologizing for the other person's behavior?

Canceling/changing plans—Does one teen cancel plans often, and at the last minute? Do the reasons not make sense or sound untrue?

Monitoring—Does one teen call, text message, or check up on the other constantly? Does one teen demand to know the other person's plans?

Tips to help:

- Ask direct, kind, non-judgmental questions about possible abuse in the relationship.
- Remind them that abuse is never ok & never their fault. See our infographic to the right for helpful phrases to say to a survivor.
- Avoid ultimatums about ending the relationship — this may force them into a dangerous situation or keep them from confiding in you in the future.
- Educate yourself further on TDV to be able to direct your teen to more resources.

Uncontrolled anger—Have you seen one teen lose their temper? Throw or break things when angry? Does one teen worry a lot about upsetting the other?

Isolation—Has one teen in the relationship given up spending time with friends? Has that teen stopped doing activities that used to be important?

Dramatic changes—Has the teen's appearance changed? Does he or she wear more clothing, even in inappropriate weather, in an effort to hide marks or "cover up" so the partner doesn't accuse them of promiscuous behavior? Has the teen gained or lost a significant amount of weight? Has the teen's grades dropped? Does the teen seem depressed or anxious?

Injuries—Does the teen have unexplained injuries, or give explanations for them that don't make sense?

Quick progression—Did the relationship get serious very quickly?





Melrose Alliance Against Violence

Melrose CARES Community Mentoring Program

FAST FACTS:

- Launched in 2005 as a youth violence prevention initiative
- Matches volunteer adults with middle school students for ongoing guidance and support
- Meetings both in group settings and one-to-one basis



THE IMPACT:

Mentoring helps students with a range of issues:

Mentees are 52% less likely to skip school than their peers, and 27% less likely to abuse alcohol. Mentees are almost 33% less likely to engage in aggressive behavior, like fighting.

About 40% of a teen's waking hours are spent without companionship. Mentoring gives teens a valuable place to spend their time.

(National Mentoring Partnership)

BECOME A MENTOR

COMMIT FOR A YEAR, IMPACT FOR A LIFETIME!

Mentors must be at least 21 years of age, great listeners, positive role-models, and people who like to have fun!

The program begins with six weekly group meetings to allow mentors & mentees to get to know one another & build trust in a group setting.

Following the initial group meetings, the group will continue to meet monthly. Mentors and students will meet monthly on their own for activities that are mutually agreed upon.

Change the world within your reach: apply to become a mentor today.

Interested? Have more questions?

Contact our office at 781-662-2010 or email our Mentoring Coordinator, Alison Bryer, at abryer@maav.org

Visit our website at www.maav.org for more resources and information



www.facebook.com/maav.org



@maavmelrose



@maavmelrose



Mass in Motion

Better health. It's your move.

MELROSE | WAKEFIELD

Healthy Snacks TIPS TO HELP YOUR FAMILY SNACK SMART:

- Plan ahead—Plan your snacks ahead of time so that you know what ingredients you need
- Pack them ahead of time
It's a whole lot easier to remember to take a healthy snack if they are already packed and ready to go!
- Let your kids help
Kids can wrap foods, help put snacks into bags, and clean up afterwards.
- Create your own 100-calorie packs
Instead of buying pre-packaged 100-calorie snacks (which can be expensive and loaded with sugar and salt), buy regular-sized bags (like pretzel sticks) and use the nutrition label to figure out how many items equals 100 calories. Fill 10 sandwich bags with 100 calories worth of snacks.

QUICK SNACK IDEAS:

- ½ banana spread with 2 tsp. peanut butter
- ½ cup strawberries
- ½ cantaloupe cut up into 1 inch cubes
- 30 goldfish crackers
- 3 cups of 99% fat free microwave popcorn
- 20 mini fat free pretzels
- 12 mini cheddar cheese rice cakes
- Carrot sticks and ¼ cup of hummus

HEALTHY SNACK INGREDIENTS:

- Whole grain bread or crackers
- Peanut butter
- Cucumbers or celery
- Bell peppers
- Apples, bananas, or berries
- Cantaloupe
- Low fat yogurt
- String cheese

Massachusetts Good Samaritan Law: What is it?

In Massachusetts the rate of fatal drug overdose has increased dramatically over the past decade. Last year, more than 1,200 people in Massachusetts are estimated to have died from overdoses of heroin and painkillers, an 88 percent increase from 2012, according to the state public health department. Nationally, the rate of heroin-related overdose deaths nearly quadrupled from 2002 to 2013, according to the CDC.

One of the major contributing factors to an overdose death is that many witnesses do not call 911 due to fear of police involvement. As the epidemic has grown, more emergency personnel are carrying naloxone, an overdose reversal drug known as Narcan. An overdose

is a life-threatening medical emergency—if 911 emergency responders are called quickly enough, in most cases, the person will survive.

The 911 Good Samaritan law provides protection from drug possession charges when an overdose victim or an overdose witness seeks medical attention. This law helps reduce overdose deaths by removing barriers to calling 911 for medical assistance, a crucial step in saving the life of someone experiencing an overdose.

Chapter 94C Section 34A - Immunity from prosecution for persons seeking medical assistance for self or other experiencing drug-related overdose

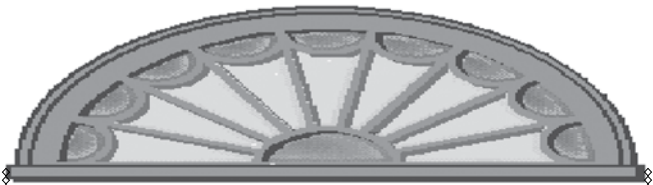


MELROSE ROTARY CLUB

Offering Healthy Choices to Melrose Teens



www.melroserotaryclub.org



Melrose MassTelevision
 HELPING TO KEEP MELROSE
 TEENS SAFE & HEALTHY

MMTV

360 Main Street, Melrose

781-665-MMTV

www.MMTV3.org

Dedicated to Tomorrow's Melrose Today

The men and women of the Melrose Police Department support the youth and parents of our community by committing our resources to the development and ongoing collaboration of this vital partnership.

We stand ready to support this effort and to aid the creation of a safe haven for all Melrose youth.



“Snapshots of Summer”

Each year our Youth Action Team holds a “Snapshots of Summer” photo contest at the high school. Students are asked to submit their best summer photo from a summer vacation, beach day, summer book, sporting event, etc. — one that shows us how they enjoyed a drug/alcohol-free summer! Here are the top four winners from 2015!



1ST PLACE: Keith Morris was a counselor at a summer acting camp!



3RD PLACE: Rachel Freed went on a mission trip to the Dominican Republic!



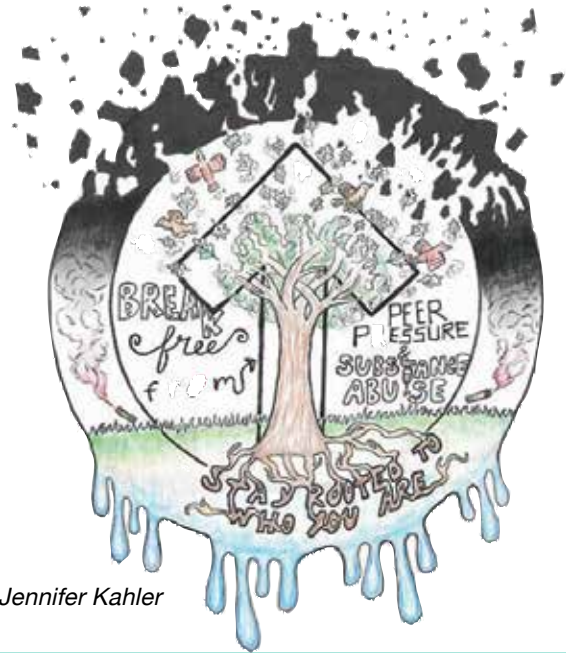
2ND PLACE: Samantha D'Alessandro went to a dog sledding camp in Alaska!



4TH PLACE: Sean Connolly enjoyed golfing on Cape Cod!



Sarina Peters

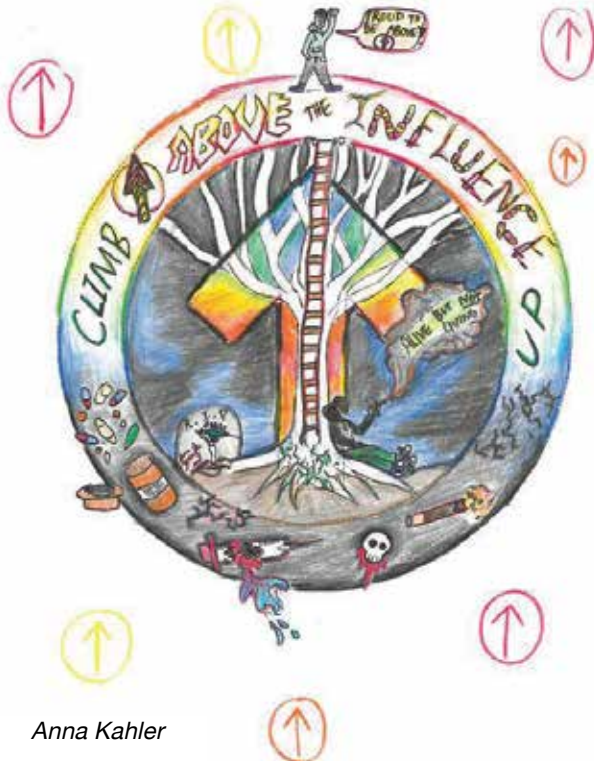


Jennifer Kahler



abovetheinfluence

Above the Influence is a program of the non-profit Partnership for Drug-Free Kids. The campaign is inspired by what teens encounter in their daily lives, and how they deal with the influences that shape their decisions. ATI's goal is to help teens stand up to negative pressures, or influences. Each year we invite 8th graders to participate in the ATI logo contest and show us visually and artistically how they live Above the Influence. Here are the top four winners of 2015!



Anna Kahler



Hannah Aveni

Melrose Social Host Liability Ordinance: KEEPING OUR COMMUNITY SAFE

What does the Melrose Social Host Liability Ordinance Say and What Will It Do?

The ordinance states, "Any person who owns, rents, or otherwise controls any premises shall be responsible when a social gathering takes place at said residence where any alcoholic beverages or drugs are being unlawfully possessed, served to or consumed by persons under the age of twenty-one (21) at these gatherings at said premises."

In other words, the ordinance holds the person who is responsible for the property accountable for underage drinking and/or drug use on their property.

The local law 1) sends a clear message to Melrose adults that underage drinking parties, and the numerous consequences associated with these parties, are not acceptable, and 2) gives our Police Department one of the tools they need to hold private homeowners who are providing alcohol to minors civilly responsible for doing so.

Are there Exceptions?

Yes. The three exceptions are:

- The possession or consumption of a drug for which the individual has a current, valid prescription or is otherwise permitted by any other applicable law;
- The use of alcoholic beverages, which occurs between and person under the age of 21 and his/her parent or legal guardian; and
- The practice of religious observances.

What Penalties Will Violators Be Subject To?

A first violation will result in a warning from the Chief of the Melrose Police Department. A second violation within a 12-month period results in a \$150 fine. A third or subsequent violation results in a \$300 fine.

Why Does Melrose Need a Social Host Liability Ordinance?

It is a proactive step to preserve the tranquility of our neighborhoods and keep our community members safe. It will not negatively affect the vast majority of Melrose residents who are law-abiding and respectful of their neighbors. It is worded carefully to target chronic offenders whose guests' behavior disturbs their neighbors, damages property and/or jeopardizes their own or others' safety.

How Is This Different From the State Social Host Liability Law?

The local law holds private homeowners, who allow underage drinking on their property, civilly responsible for doing so. Under the state law, property owners may be prosecuted criminally and/or sued civilly. The state's penalty is a fine of up to \$2,000, imprisonment for up to a year, or both. In addition, if an underage drinker leaves a property and is subsequently hurt or killed, the property owner may be criminally prosecuted and or civilly tried.

Am I Responsible if My Child or Tenant Has an Underage Drinking Party When I'm Not There?

Yes. You own or control the premises and will be held responsible. Parents/landlords need to set firm rules and guidelines, and clearly communicate the consequences of breaking these rules. Doing so will not only ensure that you are within the law, but will also enhance the safety of your children, tenants and other community residents.

Melrose Anonymous Tip Line

781-665-TIPS

or Text "Melrose" & Tip to 847411

**Confidential. No Caller ID.
Call 911 for Emergencies.**



Sponsored by the City of Melrose Police Department
and the Melrose Substance Abuse Prevention Coalition



Call 781-665-TIPS or text "Melrose" & tip to 847411

HELP FIGHT CRIME

- Be specific. No information is too small or unimportant.
- Date and time of the incident
- Exact address of the incident
- Describe the people involved: Height, weight, hair color, skin color, distinguishing marks, names if known; whereabouts if known, weapons if involved
- Describe the vehicles involved: Make, model, color, license plate
- Patterns of suspicious or criminal activity

YOU ARE THE EYES & EARS OF OUR CITY

2015-2016 Resource Guide

COUNSELING RESOURCES AGENCIES:

ALLIANCE COUNSELING

271 Main Street, Suite #205, Stoneham, MA
(781) 438-5550

- Dr. Laura Shakun - specialties in working with children with anxiety, trauma
- On-site psychiatrist
- Compatible with most insurance companies; not Mass-Health

ARBOUR COUNSELING SERVICES

6 Pleasant Street Malden, MA 02148
(781) 322-1503

10 Cabot Rd. Medford, MA 02155
(781) 322-1503

10 Roessler Rd Woburn, MA 01801
(781) 932-8114

- Trauma evaluations and treatment services for children, adolescents and adults
- Special needs/developmental disabilities

CENTER FOR ANXIETY AND RELATED DISORDERS AT BOSTON UNIVERSITY

648 Beacon St #6, Boston, MA 02215
(617) 353-9610

- These 2 programs are also located within the Center:
Child and Adolescent Fear and Anxiety Treatment Program
- Clinical services to young people experiencing difficulty with fears, anxiety, shyness, and other related disorders such as depression
 - Specialty programs for preschool-aged children with disruptive behavior problems.

ADOLESCENT TRAUMATIC STRESS AND SUBSTANCE ABUSE TREATMENT CENTER

Please contact Dr. Lisa Suarez, Ph.D.,
at 617-353-9610 for more information

Treatment of adolescents with comorbid traumatic stress and substance abuse

COMMUNITY COUNSELING SERVICES HALLMARK HEALTH SYSTEM

(Melrose-Wakefield & Lawrence Memorial Hospitals)

To make a referral for any location,
please call (781) 306-6155.

Locations:

101 Main St., Suite 112, Medford, MA 02155
178 Savin St., Second Floor, Malden, MA 02148
200 Governors Ave., Ground Floor, Medford, MA 02155

ELIOT OUTPATIENT COUNSELING

Everett (781) 388-6200

Lynn (781) 581-4400

Danvers (978) 619-6850

- Providing outpatient services for children, adolescents,

adults, couples, and families

- Crisis evaluations
- Offering substance abuse counseling and prevention education, marriage and family counseling

GREATER MALDEN BEHAVIORAL HEALTH INC.

6 Pleasant Street, Malden, MA 02148
(781) 480-4311

INSTITUTE FOR HEALTH AND RECOVERY, INC.

349 Broadway, Cambridge, MA 02139
(617) 661-3991 or toll free 1-866-705-2807

- Central intake number for families and organizations seeking general info and help for youth substance use treatment and recovery services, including residential and outpatient
- SAFE Project works with young people ages 13–24, and their families who are experiencing legal, medical, emotional, or personal problems as a result of substance use; clinicians provide home or school based services

MASSGENERAL FOR CHILDREN AT NORTH SHORE MEDICAL CENTER

57 Highland Ave, Salem, MA 01970
(978) 745-2100

MELROSE COUNSELING ASSOCIATES

1 West Foster Street, Melrose, MA 02176
781-665-0021

NEW BEGINNING COUNSELING SERVICES

228 Main Street, Stoneham, MA
(781) 438-0038

- Comprehensive specialties for adolescents
- 'Teen Talk' groups available

NORTH SUFFOLK MENTAL HEALTH

Outpatient clinics located in Revere,
Chelsea Boston and East Boston
1-888-294-7802 for all Clinical Appointments

PSYCHOTHERAPY ASSOCIATES OF NORTH READING

324 Main Street, North Reading, MA 01864
(978) 664-2566

- Some specialties include: anxiety and panic disorders, child and adolescent behavior problems, marital/couples therapy and stress management

PSYCHOLOGICAL CARE ASSOCIATES

(Most insurance accepted)
92 Montvale Avenue, Stoneham, MA
(781) 646-0500 x126

- Individual counseling
- Psychiatrists (medical intervention)
- Parenting Groups
- Social Skills Groups
- DBT Girl's Groups

RIVERSIDE COMMUNITY CARE

338 Main Street, Suite 304, Wakefield, MA 01880
(781)246-2010

- Individual counseling (most insurance accepted)
- In-Home Therapy Services (MassHealth)

RIVERWAY COUNSELING ASSOCIATES (RCA)

10 High Street, Suite 10, Medford, MA
(781) 395-1560

- Specialize in treating school-aged children

SOUTH BAY MENTAL HEALTH

508-427-5362

22 Pleasant Street, Malden, MA 02148

- Provides outpatient therapy services for individuals, families, couples and groups for children, adolescents and adults
- Provides outreach services in the office, school and home settings
- Offering counseling for mood disorders, anxiety disorders, substance abuse, childhood disorders, trauma related symptoms, etc.

TRIUMPH CENTER

781-942-9277

36 Woburn Street, Reading, Massachusetts 01867
<http://triumphcenter.net/>

- Specializes in developing social skills through activity-based groups and a therapeutic summer camp.
- Provides traditional counseling services and groups for children, adolescents, young adults and families

WAKEFIELD PSYCHOTHERAPY ASSOCIATES

Eric Zieff, Psy.D. Licensed Psychologist; Amy Venezia, LICSW; Marta Zora, LICSW
599 North Ave, Wakefield, Ma
(781) 246-8400

- Provides individual and family therapy
- Accepts all insurance with the exception of Masshealth

WILMINGTON FAMILY COUNSELING, INC.

5 Middlesex Avenue, Suite 11, Wilmington, Ma 01887
(978)-658-9889

- Individual psychotherapy, child and family counseling, marital counseling, substance abuse counseling
- Psychiatric evaluation and medication management
- Crisis management
- Work and family stress management
- Accepts most insurances

GRIEF COUNSELING**BERTELON CENTER FOR GRIEF AND HEALING**

78 Liberty Street, Danvers, MA
(978) 774-5100

- children's groups for ages 4-18

THE CHILDREN'S ROOM

1210 Massachusetts Ave, Arlington, MA 02476
(781) 641-4741

- groups for children 3-18
- peer support; teen programming

- parenting while grieving series
- monthly family nights

HALLMARK HEALTH HOSPICE

178 Savin Street, Malden, MA 02148
(781) 338-7861

- Groups for children and parents

VNA HOSPICE CARE

100 Sylvan Road, G-500, Woburn, MA 01801
(781) 569-2888

- Free, but limited individual and group interventions for kids and families

DR. FAITH BENTON, PHD

94 Pleasant Street, Arlington, MA 02476
(781) 648-9202

PARENT/GUARDIAN SUPPORT**EMERGE**

(617) 547-9879

2464 Massachusetts Avenue, Suite #101, North Cambridge, MA

- Education group for fathers who want to improve parenting skills
- Fatherhood class free of charge and open to the public
- Abuser education and anger management classes a small fee

PARENTAL STRESS HOTLINE

800-632-8188

www.parentshelpparents.org

- Open 24 hours a day for support with children up to 18 years old
- Trained volunteers provide support for parents using active listening and problem solving strategies for issues at hand

REFERRAL SERVICES:

Social Work Therapy Referral Service

800-242-9794

www.therapymatcher.org

- A FREE public service of the National Association of Social Workers, Massachusetts chapter
- Providing telephone referrals for individual, family, and group therapy. Counseling referrals are matched for specialty, location, and insurance or fee requirements

FEDERATION FOR CHILDREN WITH SPECIAL NEEDS

1135 Tremont Street, Suite 420, Boston, MA 02120
800-331-0688
www.fcsn.org

- Free service providing information, support, and assistance to parents of children with disabilities, their professional partners, and their communities
- Resource for educational advocates
- Health resources for after school programs and support groups

EMARC

26 Princess Street, Wakefield, MA
(781) 942-4888

- Mission is to support, serve, and advocate for people with developmental disabilities and their families to ensure they

are valued, respected and have the opportunity to fully participate in their communities

- Wide variety of services, including family support groups and recreation activities

NORTH SUBURBAN CHILD AND FAMILY RESOURCE NETWORK

www.hallmarkhealth.org
(listed under Clinical Programs, a newsletter is available)

Woodville School Room 118,
Farm Street, Wakefield
(781) 246-5187

- This resource is funded by a grant from the Massachusetts Department of Early Education and Care through the Wakefield Public Schools

- Supports all parents and caregivers of children (prenatal through entering kindergarten) who live in Lynnfield, Melrose, North Reading, Reading, Stoneham, Wakefield and Winchester

- Provides parent education workshops, playgroups, support groups, family activities and information on parenting and community resources

SUBSTANCE ABUSE PREVENTION & TREATMENT INFORMATION**MELROSE SUBSTANCE ABUSE PREVENTION COALITION**

562 Main Street Melrose, MA 02176
781-979-4128

MASSACHUSETTS SUBSTANCE ABUSE HOTLINE

1-800-327-5050

YOUTH SUBSTANCE ABUSE INFORMATION & REFERRAL HOTLINE

(617) 661-3991 or toll free
1-866-705-2807

MA Substance Abuse Education and
Information Helpline
www.helpline-online.com

The following sites allow you to search by city, state and region for treatment programs.

Substance Abuse Treatment Locator
<http://findtreatment.samhsa.gov>

SAMHSA's 24-Hour Toll-Free Treatment
Referral Helpline 1-800-662-HELP
(1-800-662-4357)

VIOLENCE/BULLYING/SUICIDE

Melrose Police Department
Anonymous tip line: 781-665-TIPS
(8477)

Or Text "Melrose" & Tip to 847411

Melrose Alliance Against Violence
235 W Foster St, Melrose, MA 02176
(781) 662-2010

Respond, Inc.
www.respondinc.org
Ph: 617-625-5996
24hr: 617-623-5900

Suicide Prevention Samaritans
www.samaritanshope.org/index.php
Samaritans statewide toll free:
877-870-4673
Samariteens: 800-252-8336
24hr helplines: 617-247-0220

LOCAL SUPPORT GROUPS

These groups offer education, resources, peer support and hope for parents and family members coping with a loved one's substance abuse

AL-ANON FAMILY GROUPS OF MA

Visit www.ma-al-anon-alateen.org for area meeting locations & times

FAMILIES ANONYMOUS

121 Washington St Medford, MA
Tuesdays 7pm
800-736-9805
www.familiesanonymous.org

LEARN TO COPE

Visit www.learn2cope.org for area meeting locations & times

PARENTS HELPING PARENTS, PARENTS ANONYMOUS, AND PARENTAL STRESS LINE

800-632-8188
www.parentshelpingparents.org

HEALTH AND WELLNESS

Mass in Motion, Melrose/Wakefield
781-979-4123
<http://mimmelrosewakefield.com>

MELROSE FAMILY YMCA

Main Street Melrose, MA 02176
781-665-4360
<http://ymcametronorth.org/locations/melrose>

MELROSE RECREATION DEPT.

562 Main Street
781-979-4179

BOYS AND GIRLS CLUB OF STONEHAM,

Wakefield location also
781-438-6770



Youth Action Team members Miranda Lombardo, Maria Tramontozzi and Thea Burke handing out resources at the 2015 Winter Festival.



**Get well,
without the wait.**

**Most patients seen in 15 minutes or less.
Just walk in.**

Flu/cold symptoms • Infections • Seasonal allergies
Back pain/muscle sprain • Broken bones
Lacerations/cuts/scrapes • Playground/sports injuries

Urgent care treats minor injuries right away without an appointment - from bumps and bruises to aches and pains. To learn more about our brand of urgent care - personalized, prompt and without an emergency room co-pay- visit urgentcaring.org.

Hallmark Health Urgent Care

NOW OPEN

Lawrence Memorial Hospital, Medford
170 Governors Ave. , Exit 33 off Rt. 93
M-F 9 a.m. - 9 p.m.
Sat. and Sun. 9 a.m. - 5 p.m.
(781) 306-6100

Rt. 128 Reading
30 Newcrossing Road, Exit 39 off Rt. 128
M-F 7 a.m. - 7 p.m.
Sat. and Sun. 9 a.m. - 5 p.m.
(781) 213-5500

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Melrose High School PERMANENT SCHOLARSHIP FUND



Proudly supporting Melrose youth for over 50 years by providing college scholarships for MHS graduating seniors.

Over \$250,000 will be awarded this year!

The MHS Permanent Scholarship Fund is primarily supported by contributions from local citizens, businesses, and organizations. Your involvement is always greatly appreciated and welcomed.



website: www.mhsfund.org
email: treasurer@mhsfund.org

MHS Permanent Scholarship Fund
P.O. Box 760695, Melrose MA 02176