

Creating Change
Through Collaboration



CAMBRIDGE
PREVENTION
COALITION

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Cambridge Prevention Coalition E-Newsletter

January 2010

Sports & Substance Abuse

A roundtable discussion about athletics and substance abuse in Cambridge

Join the Cambridge Prevention Coalition for a roundtable discussion about Sports and Substance Abuse in Cambridge.

We've invited coaches and athletes from all levels in Cambridge to join us to talk about some of the challenges and the great programs that exist in our community!

**When: Thursday, January 14, 2010
3:30 – 5:00PM**

Where: 344 Broadway, 2nd floor conference room

All are encouraged to attend and to participate! We hope this will be the first of more discussions on the topic!

Refreshments will be served!

CPC Member Spotlight: Rachel Auspitz

What do you do in your role as an overdose educator?

I do overdose prevention education. I train people in the use of Narcan, an overdose medication that is available and has saved a lot of people's lives. Since fatal opioid OD is a large problem in MA, this is a wonderful program. And I've used it on people before and it is a miraculous drug.

Why did you become a member of the Cambridge Prevention Coalition, and how does it relate to what you do?

I've been involved in HIV prevention, specifically harm reduction for more than 2 decades, both formally and informally. I've done underground harm reduction in NYC back in the '80's and it is something I care deeply about. And it saves lives. Helping the CPC with its OD prevention program is a natural fit for me.

What are some of your interests outside of work?

Literature, theatre, art. I was a theatre major. This work is performance based – connecting with your audience is so important. You get the same kind of buzz from it!

What are some things you would like to see the CPC accomplish?

Firstly, very happy the federal needle ban was lifted. There is still a lot of vague language around where it will be allowed, but I really hope especially to address the stigma of drug use so that people are not ashamed to help themselves. That is a real barrier for many people, and they've internalized their shame, and they shouldn't be.



CPC Program Spotlight

21 Proof: Working with bars, restaurants and package stores to reduce underage drinking.

Dear CPC Members,

In the December 2009 newsletter, I highlighted the structure of the Coalition, our committees and their work. Beginning this month, I'll begin highlighting specific projects and programs that the Coalition supports.

This month's program is *21 Proof*. *21 Proof* is the result of a great collaboration between the CPC, the Cambridge License Commission and the Cambridge Licensee Advisory Board, and provides training on how to best serve and sell alcohol.

In the late 1990's, the Cambridge community was concerned about our young people, under 21, getting alcohol from local bars, restaurants and package stores. This concern coincided with an opportunity from the Bureau of Substance Abuse Services (within the MA Department of Public Health) for funding to reduce underage drinking.

The CPC and its partners worked closely with Social Science Research and Evaluation (who provide evaluation for prevention programs and still provide our main evaluation today) to research and identify appropriate responsible beverage service trainings (or RBS). An RBS is a training program for people who work in bars, restaurants and package stores (such as bartenders, waiters and waitresses, as well as clerks, managers and owners). RBS helps those who are responsible for serving and selling alcohol to understand the laws around serving and selling alcohol, their rights and some tips on how to make sure they don't over-serve someone over 21, or serve someone under 21, in addition to the health effects of alcohol consumption.

While there are a number of RBS programs that seemed to work, none of them incorporated all of the best practices, or suited our needs. And so *21 Proof* was born – with the help of managers, owners and bartenders and the expertise of the License Commission staff – we were able to create a program that really supports our community's goals to reduce underage drinking.

Since its creation, *21 Proof* has grown dramatically. Now there are four different kinds of trainings (including ones for managers and owners specifically) and we are working closely with a variety of other communities who are interested in using *21 Proof*, including Melrose, Weymouth and Providence.

So who is *21 Proof* for? Any employee of an alcohol serving or selling establishment in Cambridge, any new-to-Cambridge manager or owner and any manager or owner who thinks her or his staff should be trained. In the past few years, we have trained hundreds of people. In fact we average two trainings per week in Cambridge.

Today, we still heavily evaluate *21 Proof* and its success. In fact, because we have such a strong evaluation for *21 Proof*, we received the 2007 Exemplary Award for an Innovative Prevention Program from the National Association of State Alcohol and Drug Abuse Directors (NASADAD), one of the highest honors a Prevention Program can receive in the US.

Stay Warm!
Gisela

CPC Subcommittees:

Environmental Strategies

Contact: Frank Connelly
(617) 349-6334
fconnelly@cambridgema.gov

Social Marketing

Contact: Gisela Rots
(617) 349-6283
grots@cambridgema.gov

OPEN Project

(617) 349-6346
open@cambridgema.gov

Teens Against Drug and Alcohol Abuse (TADAA)

Youth Advisor:
Lovelee Heller
tadaaleaders@gmail.com

Parent Navigators

Contact: Lamos Paul
lpaul@challiance.org

2010 Quarterly Meetings:

January 14, 2010

April 15, 2010

June 10, 2010

October 14, 2010

Quarterly Meetings are held at:

City Hall Annex

344 Broadway

2nd Floor

Cambridge

New Time for 2010:

3:30-5:00

Environmental Strategies Update

The Environmental Strategies Subcommittee focuses on the prevention of underage drinking, primarily through reduction of commercial access, and increasing enforcement and education

During its December 2009 meeting, the Environmental Strategies Committee reviewed and made recommendations for the upcoming Law Enforcement Survey. The survey, first implemented with the Cambridge Police Department in 2006, will be used again in early 2010 to assess officer attitudes and behaviors in a number of areas.

In addition, it also reviewed its upcoming schedule of meetings.

At its January 2010 meeting, the committee heard a report from Lt. Lenny DiPietro on the city's Diversion program. It also brainstormed how it could support the upcoming CPC meeting on Sports & Substance Abuse.

If you are interested in any of these initiatives, please join the ESSC at their monthly meeting, held on the first Monday of the month at 3:30pm at 51 Inman Street.

OPEN Project Update

The Overdose Prevention and Education Network is a CPC initiative to reduce the number of fatal and non-fatal opioid overdoses in Cambridge

OPEN is hiring a new Project Coordinator!

Are you or someone you know interested in joining the CPC in its endeavors to reduce opioid overdoses in Cambridge? Check out the job advertisement, and pass it along to your networks!

To see the job announcement, visit:

http://www.cambridgema.gov/viewjoblisting.cfm?Job_ID=779.

The next OPEN Committee meeting will be on Thursday, February 4, 2010 from 11:00 – 12:30 at the Regional Center for Healthy Communities, 552 Mass Ave. Cambridge.

Reality Check Update

The Social Marketing Committee develops and promotes campaigns that encourage adult engagement in preventing underage drinking.

The Reality Check campaign hit the streets of Cambridge in early December. Ads could be seen in the MBTA's redline trains and at bus stops around Cambridge. The new website, www.realitycheckworks.org, is up and running and has lots of information for parents!

Interested in our Tip-a-Week via text or email? Either text RealityCheck to 69302 or visit <http://trumpia.com/exsignup/RealityCheck/Signup>.

We also have posters of our campaign at various places around Cambridge. Are you interested in having some information or a poster in your neighborhood? Contact Gisela for more information: 617.349.6283 or grots@cambridgema.gov.

TADAA - Teens Against Drug and Alcohol Abuse Updates

TADAA is a project of the CPC, in cooperation with the Moore Youth Center, that empowers youth to reduce drinking and drug use among their peers

Martha Temesgnen

What school do you go to, and what grade are you in?

I go to Prospect Hill Academy Charter School, and I am in 10th grade.

What are some activities you are involved in at school?

I am on the basketball team, which is something that I do every year.

What are some of your interests outside of school?

I like to play basketball and watch movies. I also like to sing, dance, and go shopping.

What would you like to do after high school?

I would like to go to college and study to become a lawyer.

What made you want to join TADAA?

I like what it stands for: getting kids away from the streets where they might do drugs and use alcohol.



Yovanni Vincent



Martha Temesgnen

Yovanni Vincent

What school do you go to, and what grade are you in?

I go to CRLS, and I am in 11th grade.

What are some activities you are involved in at school?

I am on the track team, and I also take classes on commercial design.

What are some of your interests outside of school?

I am interested in graphic design, and use my computer to create designs.

What would you like to do after high school?

I would like to attend college and study graphic design. I would like to go to school either down south or on the west coast.

What made you want to join TADAA?

I joined TADAA so I could help people who are addicted to drugs and alcohol. I also want to educate people who smoke cigarettes about what they are really smoking.

NIDA Launches Substance Abuse Resources for Medical Education

Article from Join Together – A program of CASA – December 1, 2009

The rigors of medical training sharpen a doctor's ability to diagnose and treat a wide variety of human afflictions. However, drug abuse and addiction are often insufficiently covered in medical school curricula, despite the fact that drug use affects a wide range of health conditions and drug abuse and addiction are themselves major public health issues.

To improve drug abuse and addiction training of future physicians, the [National Institute on Drug Abuse \(NIDA\)](#), part of the National Institutes of Health, unveiled a series of new teaching tools, through its [Centers of Excellence for Physician Information Program](#) (NIDA CoEs), at the Association of American Medical Colleges 2009 Annual Meeting's "Innovations in Medical Education" Exhibit in Boston.

The new NIDA CoE curriculum resources provide scientifically accurate information on substance abuse, addiction and its consequences to help meet the educational needs of medical students, residents and medical school **faculty. The first seven curriculum resources include lectures, problem-based case studies, a faculty workshop, and a web module**, any of which can be incorporated into existing medical curricula.

To learn more and read the whole article, click [here](#).

Job Opening:

Research Assistant, NDRI Cambridge

The Center for Technology and Health at National Development and Research Institutes (NDRI) is looking for a part-time Research Assistant for a two-year study of parent-adolescent communication about drug use, supported by the National Institutes on Drug Abuse. The study is based at the Cambridge Massachusetts office of NDRI.

Founded in 1967, NDRI is a non-profit research and educational organization dedicated to advancing scientific knowledge in a broad range of public health areas, including substance abuse treatment and recovery, HIV, AIDS and HCV, mental health, criminal justice, and disease prevention and epidemiology.

This is a part-time (52%) position. Salary range: \$39,000 – \$42,500 (full time equivalent.) Eligible for medical, dental and vision benefits.

RESPONSIBILITIES: The Research Assistant will coordinate study field operations including participant recruitment, study activities, community liaison communications, and study budget, supply inventory and security. Specific responsibilities include:

- Coordinate recruitment of research subjects
- Coordinate focus group schedules at study sites
- Co-lead parent and adolescent focus groups
- Edit and code focus group narratives and assist in constructing code books
- Assist in development, programming and debugging of online questionnaires
- Implement online surveys and ensure participant follow up
- Work with website developers and media vendors to create prototype program
- Develop and maintain subject databases
- Ensure participant payments for study activities
- Prepare monthly reports of study activities
- Work with data analyst to prepare datasets for analyses
- Participate in manuscript preparation
- Meet regularly with Principal Investigator to review study activities and budget
- Perform other related tasks as required

REQUIREMENTS: The ideal candidate will have at least a BA/BS or equivalent experience. Prior experience conducting behavioral health research will be considered a plus. The ideal candidate will demonstrate an ability to work independently and to self-initiate project activities. **OTHER QUALIFICATIONS:** Experience with Microsoft Word and Power Point; experience with Excel, Access, or other databases a plus; experience with statistical packages (SPSS or SAS) a plus; facility with social media (e.g., Twitter, Facebook) a plus.

To apply send cover letter and resume to: Sarah Lord, Ph.D., NDRI Cambridge Office, One Broadway, 14th Floor, Cambridge, MA 02142; lord@ndri.org.

**The West Cambridge Youth & Community Center presents:
Gymcraftics...a community event.**

Bend your body and mind

When: Friday, January 15

Time: 6:30pm – 8:30pm

**Where: 680 Huron Ave.
Cambridge, MA. 02138**

***Please note:** For our community events all children under the age of 14 are required to be accompanied by an adult.

Contact: Sean
617-349-6314
smclaughlin@cambridgema.gov

Directions: Take the 72 from Harvard Station, get off at Aberdeen Ave. and walk up Huron Ave.

Take the 73 from Harvard Station, get off at Cushing St. and walk up Cushing, and then make a left onto Huron.

Take the 75 from Harvard Station and get off at 700 Huron Ave./ VFW Post 8818.



Gymcraftics helps connect the mind and body through physical movement forms. Participants will work together in a creative way to discover individual, as well as group potential. Some participants have described it as "making sculptures with your body."

Please join us for a night of fun as we explore the wonderful world of gymcraftics. All ages are welcome to join us.

The Cambridge Department of Human Services does not discriminate in providing services to youth and their families based on race, religion, national origin, cultural heritage, political beliefs, sexual orientation, marital status, or disability. The DHSP will provide auxiliary aids, services, and written materials in alternative and reasonable modification, in policies and procedures to qualified individuals upon request. TTY/TDD (617) 492-0235