

Creating Change  
Through Collaboration



CAMBRIDGE  
PREVENTION  
COALITION

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## In Memory of Rachel Auspitz

*We are deeply saddened to share the news of the sudden death of OPEN Outreach worker Rachel Auspitz. Rachel's tireless dedication to harm reduction and justice, coupled with her infectious laugh, huge presence, intelligence, and joy for life will be so missed.*

*In Rachel's memory, we have decided to reprint her profile, which originally ran in January 2010.*



### **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 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 Subcommittees

## **Environmental Strategies**

Contact: Frank Connelly  
(617) 349.6334

[fconnelly@cambridgema.gov](mailto:fconnelly@cambridgema.gov)

## **Social Marketing**

Contact: Gisela Rots  
(617) 349.6283

[grots@cambridgema.gov](mailto:grots@cambridgema.gov)

## **OPEN Project**

### **Shannon Kelly**

(617) 349.6346

[open@cambridgema.gov](mailto:open@cambridgema.gov)

## **Teens Against Drug and Alcohol Abuse (TADAA)**

Youth Advisor: Lovelee Heller

[tadaaleaders@gmail.com](mailto:tadaaleaders@gmail.com)

## **Parent Navigators**

Contact: Lamos Paul  
[lpaul@challiance.org](mailto:lpaul@challiance.org)

## **CPC Intern/E-News Editor**

Contact: Nikki Lam  
[cpcintern@cambridgema.gov](mailto:cpcintern@cambridgema.gov)

*\*Note: Committee Reports and Director's Desk are taking a summer break! They'll be back next issue.*

## **Prescription Drug Disposal Now in Cambridge!**

Working with the Cambridge Public Health Department and the Cambridge Police Department, OPEN has helped launch an ongoing prescription drop-off program to keep unused prescription drugs out of the water supply and out of the wrong hands. A drop-off box in the front lobby of the Cambridge Police Station Records Unit allows anyone to anonymously drop off their prescriptions 24 hours a day, 7 days a week. Additionally, there will be prescription collection at the city's quarterly Hazardous Waste Disposal days. For those who are unable to bring their medications to either the police station or a Disposal Day, pre-paid mail back envelopes are available.

There will also be a special collection day on September 25 from 10 – 2 at the Police Station, 125 Sixth St (flyer at the end of the newsletter). Contact the Coalition for more information!

## **Unlikely Connection: Beer and Skin Disease?**

Drinking at least five regular beers a week nearly doubles a woman's risk for developing the skin disease psoriasis, reports the Boston Globe. Research led by dermatologists at Brigham and Women's Hospital looked at the drinking habits of over 1,000 women with psoriasis who participated in the Nurses' Health Study, a multiple decade study of more than 80,000 nurses from 15 states. They found that the nurses who drank the most full-calorie beer were also most likely to have the skin disorder, which can leave the skin red, itchy, scaly and painful. The explanation may be the barley in the beer. Previous research has shown a link between psoriasis and sensitivity to gluten, a protein in grains such as barley and wheat. Although the study looked at women, who tend to be healthier and drink less, doctors think the study would hold true for other people as well.

To read the full article:

[www.boston.com/news/health/blog/2010/08/full-calorie\\_be.html](http://www.boston.com/news/health/blog/2010/08/full-calorie_be.html)

# Meetings:

Upcoming  
Quarterly  
Meetings:

Oct 14, 2010

## Quarterly Meetings

are held at:

City Hall Annex  
344 Broadway  
2nd Floor  
Cambridge

## New Time for 2010

Meetings:  
3:30-5:00

## No Special Tax Break for Alcohol: Vote NO on Question #1

On the November Ballot, Question 1 will ask voters to repeal the state's tax on alcohol. Currently, alcohol sold in stores is subject to sales tax (6.25%), just like any other item you may buy. Proceeds from the tax fund prevention and treatment programs. If question 1 passes, however, alcohol sold in stores will be exempt from sales tax and funding for vital prevention and treatment programs will be decimated, jeopardizing the well-being of hundreds of thousands of individuals across Massachusetts. Voters can defeat this effort by voting no. In fact, most voters believe that **alcohol does not deserve a special tax break** and that saving lives by funding vital prevention and treatment services is the right thing to do. For more information on this ballot question, and how you can help by voting NO on Question 1, visit [www.NoOne1MA.com](http://www.NoOne1MA.com).

### Here are 3 more things you can do to help:

1. Copy and paste this into your e-mail and send it to at least 25 friends, colleagues and family members.
2. Visit [www.NoOn1MA.com](http://www.NoOn1MA.com) and sign up as a supporter. Also find NoOn1 on Facebook and Twitter!
3. Donate to the campaign. There's no contribution too small. Visit website for more information.

## Effects of Alcohol Price & Tax Increases on Drinking

A meta-analysis of 112 studies has examined the effects of increases in alcohol pricing and taxation on the consumption of alcoholic beverages. The study finds that raising the cost of alcohol effectively reduces drinking across the broad population of drinkers. The study concludes that alcohol cost affects drinking of all types of alcoholic beverages (wine, liquor, beer) across the entire population of drinkers which range from light drinkers to heavy drinkers.

To get the full text visit:

<http://onlinelibrary.wiley.com/doi/10.1111/j.1360-0443.2008.02438.x/abstract>

# Women Smokers Lose 14.5 Years Off Life Span

November is Lung Cancer Awareness Month, and The American College of Obstetricians and Gynecologists (ACOG) urge women to take advantage of the resources made available to them, reports the Washington Post. The ACOG is urging women to pick a quit date and to start taking steps towards kicking the bad habit. Even though smoking takes an average of 14.5 years off women's lives, almost 20% of American women age 18+ smoke.

For more information and resources such as the Cambridge Health Alliance's Tobacco Treatment Program "Quit For Life," visit The Cambridge Health Alliance online at [www.challiance.org/comm\\_affairs/quit\\_for\\_life.shtml](http://www.challiance.org/comm_affairs/quit_for_life.shtml)

## There's Still Time: Leaders in Prevention Award Nominations!

Every year, the Cambridge Prevention Coalition recognizes individuals and organizations that prevent or reduce drug and alcohol abuse within Cambridge. These individuals and organizations may do so directly (for example through educational campaigns) or indirectly (for example through providing alternatives to drinking or drug use or reducing some of the negative outcomes of drug use). The 5th Annual CPC Recognition Awards will be held on October 14, 2010, at 3:30pm at the City Hall Annex, 344 Broadway, Cambridge, Massachusetts.

Please take a moment to nominate individuals or agencies who have given their time, talent, dedication, and commitment. We encourage applications for organizations and individuals who may not provide traditional programs, such as promoting youth wellness, engaging the community, leading by example, or a peer leadership program.

### The six award categories are:

1. Outstanding Youth Leader
2. Outstanding Youth Organization
3. Outstanding Agency / Organization
4. Exemplary Leadership Award
5. Richard V. Scali Most Responsible Retailer Award
6. Outstanding Substance Free Event

Nominees can nominate more than one person or agency. The award recipients will be chosen by an awards committee made up of coalition members. Award recipients will be notified in early October. The deadline for 2010 nominations is September 17

\*Nomination forms can be found online at:

[http://www.cambridgema.gov/CityOfCambridge\\_Content/documents/CpcForm.pdf](http://www.cambridgema.gov/CityOfCambridge_Content/documents/CpcForm.pdf)

**Mail or fax to: Gisela Rots \* Cambridge Prevention Coalition \* 51 Inman Street \*  
Cambridge, MA 02139 (617) 349-6283 \* Fax (617) 349-6357 \* [grots@cambridgema.gov](mailto:grots@cambridgema.gov)**



# Prescription Drug Take-back Day

September 25, 2010

10:00am—2:00pm

The Cambridge Police Department, in collaboration with the U.S. Drug Enforcement Administration, will be holding a prescription drug take-back day on Saturday, September 25th at the Robert W. Healy Public Safety Facility.

Police personnel will be available to accept your unused or unwanted prescription drugs.

## Why Turn In Unused Prescriptions?

- Children and animals could be harmed if they find and swallow drugs.
- Drugs can be scavenged and sold illegally.
- Unused pharmaceuticals are environmental toxins; flushing them down the toilet can release them into our drinking water and soil.



*For additional information, including a list of accepted prescription drugs, please visit:*

[www.CambridgePolice.org](http://www.CambridgePolice.org)



Cambridge Police Department

125 Sixth Street

Cambridge, MA 02142

617-349-3300



## **Nominate the Cambridge Prevention Coalition's Leaders in Prevention 2010**

Every year, the Cambridge Prevention Coalition recognizes individuals and organizations that prevent or reduce drug and alcohol abuse within Cambridge. These individuals and organizations may do so directly (for example through educational campaigns) or indirectly (for example through providing alternatives to drinking or drug use or reducing some of the negative outcomes of drug use). The 5<sup>th</sup> Annual CPC Recognition Awards will be held on October 14, 2010, at 3:30pm at the City Hall Annex, 344 Broadway, Cambridge, Massachusetts.

Please take a moment to nominate individuals or agencies who have given their time, talent, dedication, and commitment. We encourage applications for organizations and individuals who may not provide traditional programs, such as promoting youth wellness, engaging the community, leading by example, or a peer leadership program.

The **six** award categories are:

1. **Outstanding Youth Leader:** A youth who has given outstanding service in the community or in school to preventing and/or reducing drug and alcohol use in Cambridge. Past winners include students from Cambridge Rindge & Latin and TADAA..
2. **Outstanding Youth Organization:** An organization that focuses on working with youth and has provided unique programs to prevent and/or reduce drug and alcohol use among youth in Cambridge. Past winners include Title IX Girls Running Club, Cambridge Housing Workforce and SMART TV 98.
3. **Outstanding Agency / Organization:** An agency that provides services to any sector of the Cambridge community and has provided superior service in preventing and/or reducing drug and alcohol use in Cambridge. Past winners include MIT SaveTFP, Cambridge Cares About AIDS, Office of Alcohol & Other Drug Services at Harvard University and CCTV.
4. **Exemplary Leadership Award:** An individual who has promoted and supported drug and alcohol abuse reduction and/or prevention efforts in Cambridge. Past winners include Cambridge parents, representatives from the Cambridge Police Department and local universities.
5. **Richard V. Scali Most Responsible Retailer Award:** A bar, restaurant, or package store owner or manager who has worked to implement best practices for responsible retailing to prevent underage alcohol sales in Cambridge. Past winners include owners from the Hong Kong, Redline and the Middle East.
6. **Outstanding Substance Free Event:** An alcohol and drug-free event for youth, hosted by a local agency or group (examples include, but are not limited to: post-prom parties, PTO-organized events, substance free dance parties). Past winners include Area IV Pride Day.

The nomination form is attached. Nominees can nominate more than one person or agency. The award recipients will be chosen by an awards committee made up of coalition members. Award recipients will be notified in early October.

**The deadline for 2010 nominations is September 17, 2010**

### **Mail or fax to:**

Gisela Rots \* Cambridge Prevention Coalition \* 51 Inman Street \* Cambridge , MA 02139  
(617) 349-6283 \* Fax (617) 349-6357 \* [grots@cambridgema.gov](mailto:grots@cambridgema.gov)



# Cambridge Leaders in Prevention 2010 – Nomination Form

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\*\*\*\* The Deadline for 2010 Nominations is **September 17, 2010** \*\*\*\*

Nominee \_\_\_\_\_ Phone \_\_\_\_\_  
Agency/Organization \_\_\_\_\_ Person/Title \_\_\_\_\_  
(If applicable)  
Mailing Address \_\_\_\_\_

Please select the appropriate category for your nomination:

- Outstanding Youth Leader**
- Outstanding Youth Organization**
- Outstanding Agency / Organization**
- Exemplary Leadership Award**
- Richard V. Scali Most Responsible Retailer Award**
- Outstanding Substance Free Event**

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Please explain why your nominee should be selected to receive the award. (attach additional pages if needed)

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How does this person/agency's work promote preventing and/or reducing drug and alcohol use in Cambridge? (attach additional pages if needed)

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Person Making the Nomination: \_\_\_\_\_ Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

**Mail or fax to:**

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(617) 349-6283 \* Fax (617) 349-6357 \* [grots@cambridgema.gov](mailto:grots@cambridgema.gov)