



SAFE

YOU ARE NOT ALONE

News and Events November 2024



We were grateful for the opportunity to meet this month with Senator Ed Markey for a conversation with SAFE board and staff members

NEWS AND NOTICES

A complete list of SAFE [programs](#) and [events](#) can be found on our website.

Support Our Girl Scout Diaper Drive

Stop by SAFE with a pack of diapers, any size, or box of wipes to support the community service efforts of our helpful local girl scout troop! 6-7pm Tues. Nov. 12.

Narcan Training

Interested in learning how to administer lifesaving medicine that reverses the effects of overdose from opioids like fentanyl, heroin, morphine, and

oxycodone? Join an [upcoming SAFE Narcan training](#), free to the public and no registration required.

December 2nd:

- Norfolk Public Library, 9–10am
- Medway Public Library, 10:30–11am
- Fiske Public Library (Wrentham) , 11:30-12pm

Or stop by the SAFE office for a 30-minute training session between 10am–1pm, Mon–Thurs. [Email us](#) to schedule a session.

We Need Diapers!

SAFE Diaper Bank provides diapers and wipes free of charge to anyone in need and our supplies are critically low ([need diapers? click here!](#)). We can also repack opened packs and accepts diapers at every size. All sizes and styles appreciated. [Email us](#) to arrange a drop-off or [purchase on our Amazon wishlist](#) to ship directly to SAFE.

SAFE Radio Discusses *Recovery City*

Tune into the newest episode of SAFE Radio! Join Jim Derick and Anne Bergen while they speak to members of Recovery City, a program dedicated to helping families who have addiction struggles. Listen on [Spotify](#) or [Captivate](#)



Our Doors are Open

Drop by SAFE Cafe on Fridays 8:30am-12pm to share a cup of coffee, see SAFE's space, meet a member of our team, and discover offerings that work for you

SENATOR MARKEY VISITS SAFE



SAFE warmly welcomed Senator Ed Markey in October for a conversation about the state of mental health and substance use in Massachusetts. Shown here, Senator Markey called his wife, Susan Blumenthal, to share news of SAFE's work and mission. Blumenthal has served as a global health advocate senior health advisor to four U.S. presidents and was the first director of the National Office on Women's Health. The intersecting issues of substance use and mental health have been a cornerstone of her career in public health.

Senator Markey has been a longstanding supporter of SAFE, having met with Jen and Jim early in SAFE's inception at the 2016 National Prescription Drug and Heroin Summit. We are so grateful for the Senator's continued interest in SAFE's objectives and operations!

Program Highlight: Up in Smoke



Our Up in Smoke program is back for the 2024-2025 school year! Up in Smoke is an alternative to traditional school suspension used when a student is caught vaping or smoking on campus.

The program allows students to explore the "why" behind their use of substances and helps develop coping skills that they can use in difficult situations instead of turning to nicotine or marijuana.

[Learn More](#)

The 2023 Annual Report Out Now!



FISCAL YEAR 2023 ANNUAL REPORT

Learn more at www.safecoalitionma.org



Read the 2023 SAFE Annual Report

MY CAUSE, MY CLEATS



Patriots' cornerback Marcellas Dial Jr. has chosen the SAFE Coalition in the "MY CAUSE MY CLEATS" NFL Campaign!



Marcellas chose SAFE after looking into our website, watching our social media, and wanting to support a local organization dedication to substance use care.

Look for Marcellas' custom-designed SAFE Coalition cleats in the Patriots' Dec. 1st game vs. Indianapolis Colts!

THE BIG STORY

"Dear SAFE" Helps Teens Answer Tough Questions

DEAR SAFE,

October is:

- Mental Health Awareness Month

This year, we asked teens to submit their mental health questions to us...

Here are their answers


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"Dear SAFE" is an Instagram-based project launched in October as a tribute to Mental Health Awareness Month. The idea was to have adolescents submit their mental health or substance use related questions to be answered by SAFE's clinical social worker, Alli Stokowski, LICSW.

Alli's expertise allowed her to give in-depth answers to questions ranging from "How do pets affect mental health?" to "How do I help someone struggling with addiction?". Through "Dear SAFE", Alli is able to connect those submitting questions with accurate information on topics that may not always be comfortable to talk about.

The project is anonymous, which allows for answers without fear or judgment and Alli noticed that many of the teens had similar questions, showing a lot of common curiosity. "It is important to make sure these kids feel heard and that they know these are really common questions, and for them to know that it is perfectly safe and OK for them to ask," she says. "We'd rather have them ask as a preventative measure".

Alli says it is vital for adolescents to have the information they need to make difficult decisions in the future, especially as high school students. Misinformation, or a lack of information, can be incredibly dangerous, especially to vulnerable populations.

Alli also says the project normalizes the topic of mental illness and substance use in general. When one teen asked if psychedelic mushrooms could help with anxiety, Alli researched the question and found that there isn't any evidence to support that common belief. She says it's critical to supply community members with evidence-based answers to questions like these.

Dear SAFE can not only impact those asking the questions, but teachers, parents, and counselors as well. Alli hopes the program can be used as a starting point for conversations that can sometimes feel uncomfortable for parents or educators to initiate. Normalizing topics like mental health and substance use is essential to gaining insight into potential struggles adolescents face.

Thank you Alli for your excellent work and for sharing your thoughts on the Dear SAFE program!



Grandparents
Raising
Grandchildren


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6:30–7:30 PM
2nd & 4th Thursdays

Free childcare!

Bernon Branch YMCA
45 Forge Hill Rd
upstairs meeting room

Online option available

Email info@safecoalitionma.org
to register or to receive Zoom login

We Need Fall Volunteers!

We need your help to bring care and awareness to our community this fall season. Check out our volunteer events calendar today and sign up for a time and place to make a real difference in someone's life.

[Learn More](#)

FAMILY RECOVERY CORNER



Hard Lessons: A Letter to My Son and Country

by Robyn Heisey

Dear Son,

One year ago, the last thing I thought I would be doing was thanking you. Thanking you for the years of hardship and struggle that, at the time, I believed you were inflicting upon me.

The incessant drug use. The constant reminder of self-harm (fresh cuttings criss-crossing the underside of your right forearm, since you, as your grandpa says, are a south paw like him). The laws you broke. The times you put yourself deep inside of danger's frothing mouth. Every poor choice you made, I saw as a reflection of me as a mother unable to guide and protect her son.

But working the 12 Steps with my Family Anonymous sponsor and group, I was finally struck by my ultimate powerlessness over you and your choices, along with the consequences you faced having made those choices. Actively, I put you in the hands of my GodEnergy, allowing you the dignity to live your life on your terms. I detached myself from your life with bottomless love.

And for the first time, I began living my life with me as the focal point.

Now, I have a job that feeds both my talents and spirit. Now, I have the emotional space to write. Now, I am growing into me. And you are living beautiful, you.

Waking up this morning after election day, I am leaning into my powerlessness. I pray to my GodEnergy that the people of this nation will learn (and not suffer) from what I predict will be a very hard lesson.

Like me, I pray that this country ends up benefiting from this collective struggle and finds itself ultimately righted, on the flip side of darkness, and returning to the light; not swallowed up whole by the frothing danger that may be lurking.

I could be wrong and hope that I am. But if not, maybe, just maybe it is only by living the darkness, that we can navigate our way to the Light.

With Love,

Your mom

PHOTO GALLERY

THIS MONTH AT SAFE

It's been a busy month at SAFE! Thank you to everyone who attended Narcan trainings, Saturday yoga classes, diaper drives, and our landmark *Recovery City* film screening.





Help us continue this life-changing work
Give to SAFE today

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