



SAFE

YOU ARE NOT ALONE

News and Events July 2024



This month, SAFE welcomed U.S. House Representative Jake Auchincloss and State House Representative and SAFE Board Member Jeff Roy to our HQ to discuss our current community initiatives. We are so grateful for Congressman Auchincloss's support of SAFE and dedication to substance use care.

NEWS AND NOTICES

SAFE After Dark

Calling all musicians, poets, comedians and artists! Please join us for a night of open mic entertainment. Saturday, August 3rd 6:30-9:30pm at SAFE. [Email](#) for more info and to sign up to perform.

Overdose Awareness Day: Volunteers Needed

August 31st is International Overdose Awareness Day and SAFE will be hosting vigils and flag placings in several area towns all week long. Volunteers can [email SAFE](#) to let us know your availability and interest. And stay tuned to [FB](#), [IG](#), and the [SAFE events webpage](#) as we announce event days and times.

Narcan Training

Interested in learning how to administer Narcan, a lifesaving medicine that reverses the effects of opioid overdose like fentanyl, heroin, morphine, and oxycodone? Join an upcoming SAFE Narcan training, free to the public and no registration required!

Aug. 1, Sept. 3, Oct. 1, Nov. 1, and Dec. 1 at:

- Norfolk Public Library, 9–10am
- Medway Public Library, 10:30–11am
- Wrentham Public Library, 11:30am–noon

Or stop by the SAFE office for a 30-minute training session between 10am–1pm, Monday–Thursday. [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!](#)). Hosting a cookout, campfire night or pool party? Consider making it a Diaper Drive event by asking guests to bring donated diapers and wipes for SAFE. We can also repack opened packs and accept diapers at every size. [Email us](#) to arrange a drop-off.

Join Us

All our programs are free and confidential.
Drop by Fridays 8:30am-12pm to see SAFE's space, meet a member of our team, and discover offerings that work for you.

FREE SUMMER PROGRAMS for Teens

Drop-In Center

Unwind, connect with peers, and discover wellness tools while enjoying **free coffee** in a safe, inclusive space.



Mentorship Programs

Get answers and advice while engaging in judgment-free discussions about relationships, confidence, leadership, reaching goals, resilience.



tinyurl.com/safeteenreg

Schedule

Male Mentorship Program
3-4 p.m.
Mondays

Starts July 8

Female Mentorship Program
3-4 p.m.
Tuesdays

Starts June 25

Drop-in Center
10 a.m.-noon
Thursdays

Starts July 11



AT SAFE COALITION

31 HAYWARD STREET, SUITE 2C
FRANKLIN, MA 02038

Send questions to info@safecoalitionma.org

SAFE SPOTLIGHT

Donna Spigarolo: Donor and Contributor

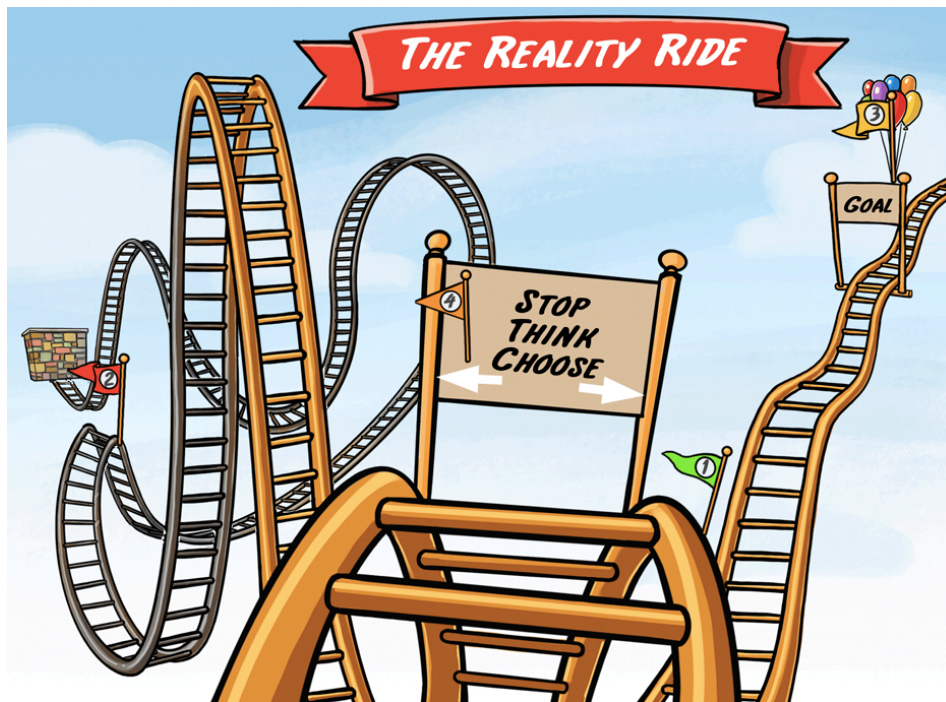


Long before SAFE was founded, Donna was a sounding board for co-founder Jen Levine's vision to create a space for families impacted by mental health and substance use. Again and again, task after task, Donna responded with a resounding "YES." Yes, to making the phone calls. Yes, to sending the emails. Yes, to developing a response to a crisis shrouded in stigma.

Donna's unwavering confidence and support of our programs over the last 8 years has left a permanent impact on our organization. We are forever grateful for her guidance and her commitment to the SAFE Coalition.

THE BIG STORY

SAFE WhyTry Program Helps At-Risk Youth Build Resilience



Using simple visual metaphors, activities, conversation, self-reflection and play, SAFE WhyTry builds a better understanding of complex social-emotional concepts.

Try this: Think of a major problem in your life. Now, imagine that tonight, while you are sleeping, a miracle happens and your problem disappears. How would your life be different when you awaken? Be specific: what changes would you experience?

Reading that scenario, maybe you felt your sense of personal motivation triggered: you found your "why". For many, it works almost immediately, illuminating reasons that keep them focused through the demanding work of overcoming challenges and achieving goals.

As part of SAFE's WhyTry program, this question is a building block in a curriculum helping local teens find their "why" and move through and beyond their own hurdles.

SAFE CEO and co-founder Jen Levine first encountered the WhyTry curriculum in her work serving teens in San Diego, young people surviving everything from gangs to human trafficking, substance use, the foster system and more. "I witnessed the program's ability to inspire unbelievable growth in emotional regulation," says Levine.

Launching this fall, SAFE WhyTry teaches strategies for building decision-making skills, self-esteem, emotional regulation, and a sense of responsibility as a path to overcoming challenges and developing resilience. Ultimately, the goal of SAFE WhyTry is to prevent vulnerabilities that lead to substance use and other harmful behaviors.

Building on the nationally recognized [WhyTry curriculum](#) in use for 20 years in thousands of educational settings, SAFE WhyTry uses straightforward object lessons, games, group discussions and activities to help students build their emotional intelligence and add to their emotional toolkit.

SAFE WhyTry program director Oomiya Kawas says the benefit of WhyTry is its researched-backed, straightforward approach.

"Science and research tell us that our prefrontal cortex, the part of the brain that governs emotions and impulse control, isn't finished developing until around 25 years old," says Kawas.

"Knowing that, we see the importance of teaching young people about emotional regulation through curriculum that has a low barrier to entry including play, familiar graphics, and metaphors."

It has been long proven that emotional regulation plays a significant role in adolescent wellbeing, and when it's lacking, it can contribute to wellness factors like low self-esteem, isolation, aggression, and impulse control. SAFE WhyTry teaches tools for intervening in the negative defense mechanisms that inhibit emotional regulation.

Emma Kelley, Director of Adolescent Wellness, sees students' perspectives and sense of hope thrive once they realize the power good choices plays in being able to navigate complicated emotional circumstances. "You actually get to make a choice in every situation," says Kelley. "You can choose to do something different. You can choose to do something positive." The course emphasizes ways to replace negative behaviors with positive ones to reset harmful behavior patterns, overcome obstacles, and achieve goals.

Kawas is hopeful that the course will also provide downstream benefits to the entire community. "Offering a program like this creates invaluable protective factors in our community," says Kawas. "When one student attends the program...they will share some of their experience, and that will impact their friend group which will impact their friends' friend groups and so on." The cumulative outcome is a more protective and proactive community for every teen.

SAFE WhyTry is free to attend and now open for enrollment. For more information, contact info@safecoalition.org

FAMILY RECOVERY CORNER



Families Anon: Thoughts from a Real Participant

Immediately after attending my first Families Anonymous meeting at SAFE, I attempted what I thought at the time was a deep dive into the program.

I read The Big Book of AA cover to cover, highlighting parts that I, as a lifelong codependent, related to. I offered to lead a meeting within a couple of months of becoming a member. And added my phone number to the contact list straight away.

Always the good student, I thought that just by due diligence, learning the program as if it were an "Intro to Codependence" college seminar, my codependent ways would vanish into thin air.

Boy, was I wrong.

About a year-and-a-half later, my loved one got into terrible trouble. In true codependent fashion, I hit my own emotional bottom. Only after moving slowly and sluggishly through the program this time, with tons of therapy and emotional support from family, friends, and FA community, was I ready to begin real step work. This involved doing something that I, as someone who believed that I kept others' hearts beating by the love I showered them with, had believed wasn't necessary for me: getting a sponsor.

When I first started attending FA meetings and studied myself through "The Big Book", I thought that only certain steps applied to codependents. Think of Step 1: "Admitted we were powerless". Yes, I was powerless over my loved ones' actions, that became clear to me. Or Step 2: "Came to be aware that a power greater than ourselves could return us to sanity". Yes, believing in a higher power, an energy outside of myself to lean in on to guide me, lessen my load, was a game changer.

But Step 4, "making a searching and fearless moral inventory of myself", seemed not to apply to me but rather my loved one. Same with steps 5, 6, 7, and 8--especially 8: "Made a list of all persons we had harmed and became willing to make amends to them all". I mean, who had I, the one who was valiantly saving everyone around her who was suffering, harmed? I was the harmed one, right? Wrong again.

I am learning, not dissimilarly to the addict who needs to redefine themselves via recovery, that as the codependent, I need to redefine myself. For fifty years, I have been living my life for *others*. Pretty much my entire self-worth has been fueled by the belief that I have either improved or even saved the lives of those in my vicinity who suffer from mental illness and/or addiction. Without me there with a safety net to fish them out of shark-infested waters, they wouldn't have had a chance. Wrong again!

Now is the time for me to sail into my future with my needs, dreams, and hopes in tow. Lately, I feel like a ship without an ocean: a bit stuck in the mud without yet having found my own space to navigate. But it's there. I know it is. And each FA meeting or solo meeting I attend with my sponsor, I am growing closer to that ocean. Today with the breeze just right I

can smell the salt. The ocean where I will live for myself, with my dreams steering me to lands unknown.

In the meantime, I flounder some, finding my wings (or fins, as it were). And my FA group, sponsor included, are there catch me, buoy me. For in this FA community, we are never alone.

Thank you so, so much to our generous and thoughtful FA participant for their contribution.

Volunteer with SAFE

Want to be a part of SAFE's mission to bring care to our community? Have a skill to share? Email us and let us know you'd like to be a part of our volunteer outreach network. All ages, all skills, any donation of time welcome!

[Learn More](#)

PHOTO GALLERY

THIS MONTH AT SAFE

This month SAFE received a generous donation from local business Botera Franklin, attended the Uxbridge Community Engagement Event, and conducted Narcan training for the Norfolk County Sheriff's Office. We also welcomed Reed Reynolds as our newest team member. Reed is a Wrentham native with a long background in mentorship and support. We are THRILLED to have him join our SAFE team!



YOU WERE GIVEN
this life
BECAUSE YOU ARE
ENOUGH

BOTERA 1256 W Central St, Suite 6
Franklin, MA 02038
508-298-7199 | Boterama.com Date 06/17/2024

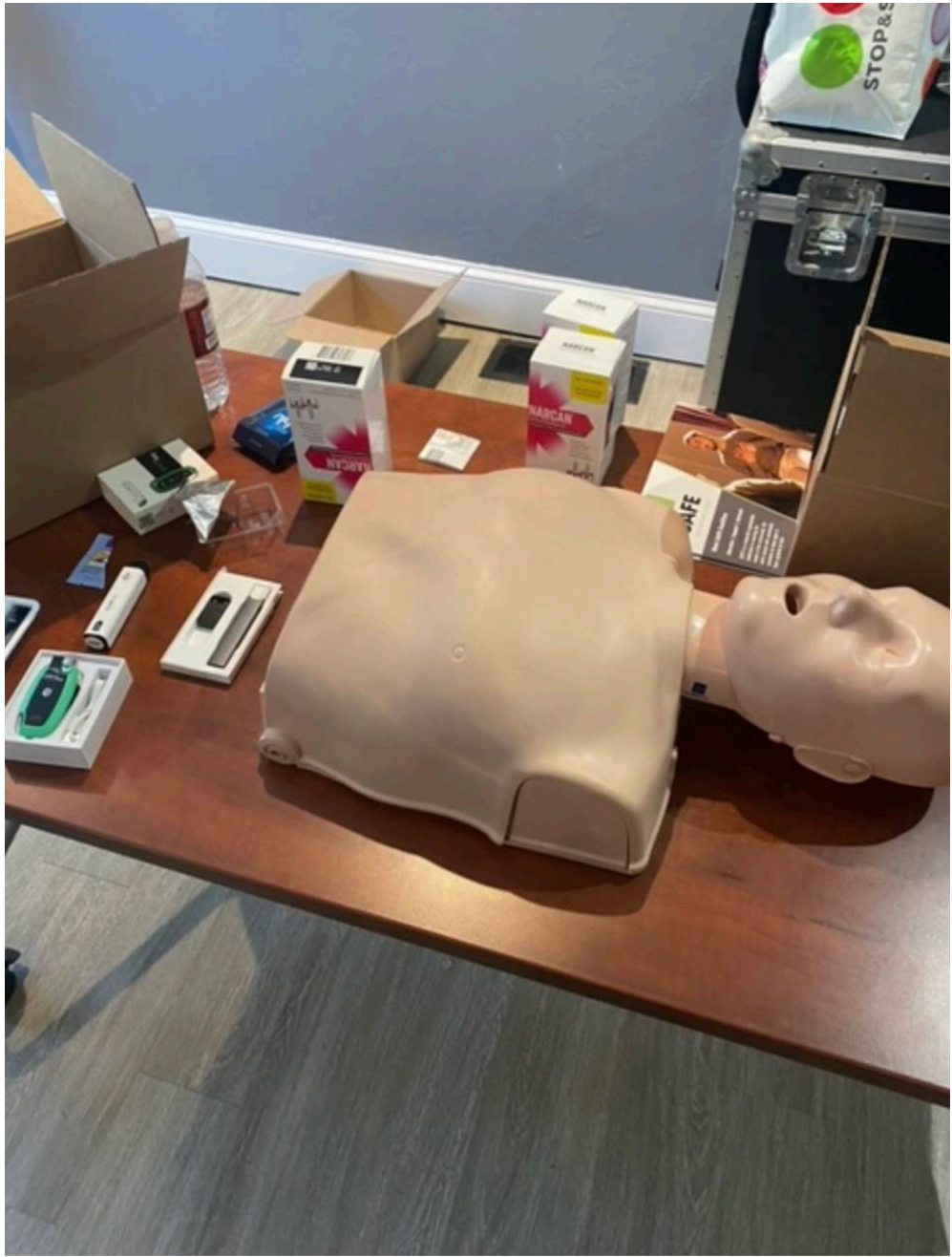
Pay to the Order of SAFE Coalition \$ 5,000
Five Thousand 00/100 Dollars

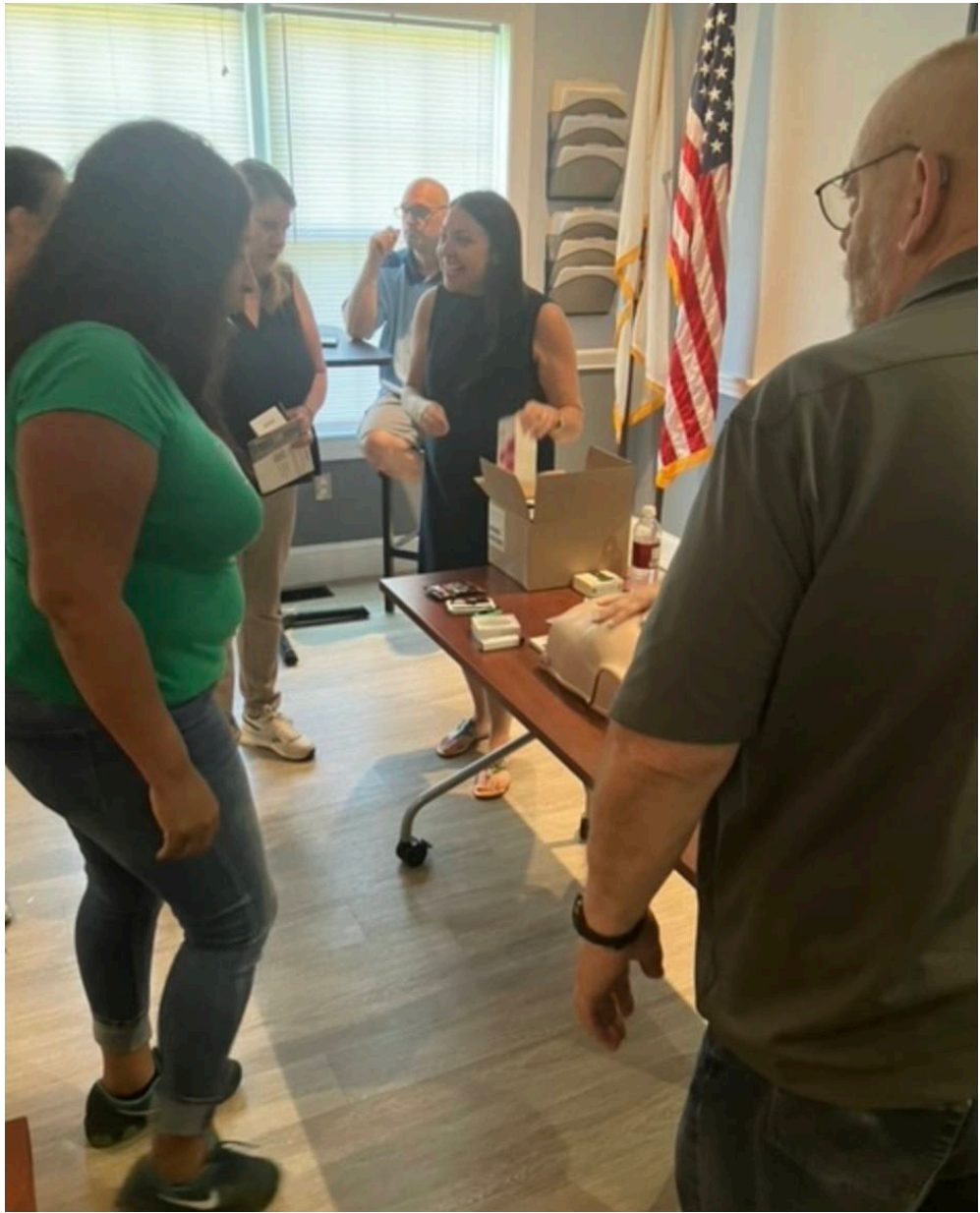
Memo Annual Donation CP
Authorized Signature

⑆123456789⑆ 12345678 1234











Our Contact Information

{{Organization Name}}
{{Organization Address}}
{{Organization Phone}}
{{Organization Website}}

{{Unsubscribe}}



DONATE