



# MYSTIC VALLEY

Public Health Coalition

## February Newsletter

The Mystic Valley Public Health Coalition works to build the collective responsibility of creating and sustaining environments where communities can thrive in supportive and healthy spaces.

### Upcoming Events

Are you hosting an event that serves our students or families? Could folks benefit from the work that you're doing? Would you like to get the word out to collaborators in the region?

Submit your upcoming events here and we'll feature them in future editions of our newsletter. Use the button directly below.

[Submit Events for a Future Feature!](#)

## Stoneham Events

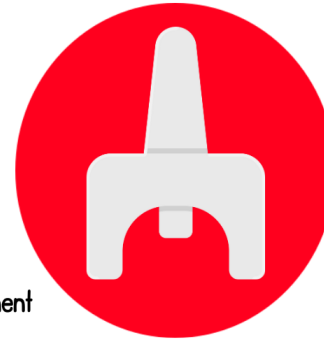
# NARCAN DISTRIBUTION

## WHAT IS NARCAN?

Narcan (Naloxone) is a substance used to combat an opioid overdose

## WHAT DOES IT WORK ON?

Narcan only works on opioids, such as fentanyl, OxyContin, methadone, Vicodin, and heroin.



## HOW DOES IT WORK?

Narcan works by knocking opioids off of the opioid receptor in the brain.

It is key to know that Narcan is only effective for 30-90 minutes.

Always call 911 if you administer Narcan so the person can be monitored by professionals.

## WHERE CAN I GET NARCAN?

The Stoneham Health Department in town hall - 35 Central St, Stoneham, MA is authorized to distribute Narcan.

If you are interested in being trained in how to administer Narcan - reach out to Becca Lewis at:

[rlewis@stoneham-ma.gov](mailto:rlewis@stoneham-ma.gov)

## MISCONCEPTIONS

"Narcan removes opioids from a person's system"

- Narcan does not get rid of the opioids that are currently in a person's body. It displaces them, but they are able to reattach once the Narcan has worn off. It is key to always call 911 if you have to administer Narcan.

"Narcan has negative side effects"

- When people who consistently use opioids are given Narcan, they may quickly have withdrawal symptoms, but Narcan has no negative interactions with any known drugs

"If you administer Narcan and a person is not overdosing, it will negatively impact them"

- Again, administering Narcan if someone is not having an opioid overdose, it is not going to hurt the person. It will bind onto the receptors, but it will not have any symptoms or side effects

"If you call 911 when someone is overdosing, you will get in trouble."

- The Massachusetts Good Samaritan Law protects victims and people who call 911 for help from charge, possession, and conviction for possession or use of controlled substances.

## MVPHC Youth Leadership Group

Each issue, our Public Health Youth Leadership students put together information on topics that they agree are important for youth and the community to know.

Continue reading below for Aden's piece on Heart health and Meher's piece on Teen Dating Violence Prevention!

## **American Heart Month: A Beating Bet for a Better Future**

**By Aden Huang**

Whenever you look at a Cheerios box, it is hard not to miss the massive branding that advertises it as part of a heart-healthy diet. But what makes it so? Cheerios contain fiber-rich grains which can help lower cholesterol. Cholesterol is a key contributor to heart disease, if levels reach too high.

Did you know heart disease and stroke are two leading causes of death in the United States? The shocking statistic from the CDC has led the month of February to be dedicated as American Heart Month and is an important time to reflect on the many impacts daily lifestyles contribute to a healthy heart. Eating Cheerios may be one thing, but keeping your heart healthy far extends beyond what you eat every day.

Cardio is one of the most infamous ways to boost cardiovascular health as the CDC emphasizes that “getting at least 150 minutes a week of moderate physical activity can put you at a lower risk for [cardiovascular disease and stroke].” Physical activity can be anything from going for a walk outside, running sprints around the track, or swimming laps in the pool. Although for some it may seem daunting to take on a large activity goal each week, making plans with friends or setting mini rewards can boost motivation to get out and move! Each form of cardio has its merits and all help contribute to a healthy heart.

Other things that affect a healthy heart include environmental factors. For example, smoking exacerbates the risk of heart disease immensely, so not smoking and avoiding secondhand smoke, when possible, is essential to improving heart outcomes. The CDC heavily reinforces this idea by stating that “secondhand smoke causes nearly 34,000 early deaths from coronary heart disease each year in the United States among nonsmokers.” It is crucial to scope out the environment you are in and aim to live, work, or learn in a position free from smoking and work towards creating safe, smoke-free communities everywhere.

There are countless resources to learn more about how to maintain a healthy heart and prevent cardiovascular diseases. The CDC and American Heart Association provide immense information online regarding any and all about the heart! Not only that, you can reach out



- Having a low self-esteem
- Not being able to set boundaries
- Not using effective communication
- One person feeling isolated
- Feeling pressured by the other person to use alcohol or drugs
- One person having all of the control in the relationship
- One person being blamed for all the problems in the relationship
- One person feeling scared of the other
- Violence or bullying of any kind

These red flags can be seen in many types of relationships, and it is important to notice them and to be aware of the resources available to help address the situation.

On the other hand, here are some characteristics of a healthy relationship that one should look for:

- Open communication
- Respect towards each other
- Making mutual choices
- Enjoying personal time away from each other
- Both members feeling like their opinions matter and that their voice is heard
- Honesty
- Both members being able to set boundaries
- Trust
- Both partners accept that they may have differences

If you find yourself in an unhealthy relationship, or you know someone that is, it is important to analyze the depth and severity of the situation, and if immediate action is needed. The first step of addressing the issue is to talk to the other person about your feelings and thoughts about the relationship. If the other person responds badly or is not responsive at all, it may be time to leave the relationship. There are many ways to go about this, and it may vary depending on the type of relationship you are addressing. Regardless of the situation, it is important to seek advice and support from the trusted adults and people around you.

Trusted adults include:

- Parents and other adult family members
- Teachers
- School Guidance or Adjustment Counselors
- Coaches
- Club Advisors

With this knowledge and resources, we can quickly recognize when relationships may be unhealthy, and effectively address them.

Looking for more resources about teen relationships? Check these out!

[Respond Inc.](#)

[Love is Respect](#)

[Melrose Alliance Against Violence](#)

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