



2023

Annual Report

MYSTIC VALLEY

Public Health Coalition

16 August 2023

9:00 am - 10:30 am

Wright-Locke Farm

Malden | Medford | Melrose | Reading | Stoneham | Wakefield | Winchester

Vision

We envision a collective Mystic Valley community that not only promotes and protects one another, but prevents negative health occurrences.

Mission

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.



@mvphhealth



mvroap@gmail.com

Key Information

Agenda

- 9-9:30 | Breakfast
- 9:30 - 9:35 | Welcome
- 9:35 - 9:55 | Community Highlights
- 9:55 - 10:05 | Youth Presentation
- 10:05 - 10:20 | Awards
- 10:20 - 10:30 | Our Plans & Close Out

The Regional Team



Sophie Greenebaum, MVPHC Prevention Coordinator



Cara Dufresne, Regional Youth Coordinator



Megan Rienzo, Regional Communications Coordinator

Our Communities

The Mystic Valley region is made up of 7 communities: Malden, Medford, Melrose, Reading, Stoneham, Wakefield, and Winchester.

Contact Us



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www.mysticvalleyphc.com

Accomplishments From This Year

14 Participants in Training for Intervention Procedures (TIPS) for alcohol safety

47 Key stakeholder interviews and 14 focus groups to learn about substance use in the community

1 HOPE training for all community members with over 30 attendees

4 Youth Risk Behavior Surveys co-sponsored by the MVPHC

5 Subcommittees created: Budget Working Group Youth Coordinators Recovery

10 New Public Health Youth Leadership Group members

284 Instagram accounts reached in just three months. Follow us!

5 Strategic planning sessions to create a robust, data-informed plan that aims to best meet community needs



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Public Health Youth Leadership Group



Rebecca
Melrose



Jaya
Melrose



Riya
Wakefield



Tammi
Malden



Jess
Winchester



Meher
Winchester



Leah
Melrose



Minh
Malden



Sara
Winchester



Emerson
Stoneham

Mission

The Public Health Youth Leadership Group (PHYLG) of the Mystic Valley Public Health Coalition is a diverse group of passionate teens who are dedicated to health promotion, including mental health. The PHYLG seeks to transform school environments, advocate for local policy, use holistic and strengths-based approaches to health, and center youth voices on the margins. Through these actions, the PHYLG fosters a more well-connected community where all youth can thrive.

Vision

A Mystic Valley where youth and young adults of all backgrounds and identities feel valued, supported, and empowered to reach their full health potential.

Projects

Over the past year, the PHYLG participated in and initiated a number of projects in partnership with the MVPHC:

- Conducted focus groups for our regional assessment
- Created materials for our new Instagram account (@MVPHChealth) including a weekly question series and educational posts about topics such as anti-bullying, mental health, and stress
- Presented data back to their communities through our Conversations on Youth Health
- Attended trainings/presentations on topics including health equity, the social determinants of health, public health mapping tools, and the strategic prevention framework
- Engaged in capacity building activities and advised on strategic plans
- Collaborated on the upcoming Youth Summit and prepared workshops and presentations

The MVPHC Plan & 2023 Awardees

What is a strategic plan?

As a part of the MassCALL3B grant, we collected data on local substance use trends through focus groups, interviews, and surveys. These data points informed our understanding of regional assets and needs. We used this information to develop a strategic plan, which is a series of evidence-based initiatives that will promote health and allow us to track our progress.

The MVPHC Plan

Alcohol retailer engagement

Increased community connectedness

Restorative justice framework across community spaces

Want to learn more about these initiatives or provide feedback? Scan the code below!



Mystic Valley Community Champion Awards

We recognize our awardees for their exemplary partnership and leadership to advance prevention efforts. Nominations included community organizations, youth-serving organizations, schools, social services, advocacy groups, and more. Each awardee was nominated by local coalition members.

While we aren't able to recognize every incredible contributor today, we are honored to work with so many exceptional collaborators. Thank you for all that you do for the community!

Individuals

Suzanne Burns
Marie Cassidy
Andrew Cedrone
Michelle Hopkinson
Krystal Mellonakos-Garay
Josh Murphy
Megan Samborski
Maura Sullivan

Organizations

Melrose Alliance Against Violence
Mystic Valley YMCA
The Boys and Girls Club of Stoneham and Wakefield