



# 2024

## Annual Report

### MYSTIC VALLEY

Public Health Coalition

25 June 2024  
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 Presentations
- 9:55 - 10:00 | Regional Facilitators
- 10:00 - 10:05 | PHYLG Presentation
- 10:05 - 10:25 | Awards
- 10:25 - 10:30 | Our Plans & Close Out

## The Regional Team



Sophie Greenebaum,  
MVPHC Prevention  
Coordinator



Barrie Brown, Regional  
Recovery Facilitator



Cara Dufresne, Regional  
Youth Coordinator



Jason Stone, Regional  
Social Services Facilitator



Megan Rienzo, Regional  
Operations Coordinator

## Our Communities

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

## Contact Us



Mystic Valley Public Health Coalition



@mvphchealth



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www.mysticvalleyphc.com



Use this QR code to sign up for  
our monthly newsletter!

## Accomplishments From This Year

- 4** Free Trainings for Intervention Procedures (TIPS) to increase alcohol safety
- 6** Editions of the MVPHC newsletter, newly launched in 2024. Ask us and we'll help you join the e-list!
- 5** MVPHC Mini Grant awards distributed with the goal of building belongingness
- 5** New Public Health Youth Leadership Group members
- 16** School and local public health representatives gathered to strategize on restorative practices
- 1** Youth Summit in Summer 2023 featuring conversations on healthy relationships, public health careers, and more
- 10** Hours of PHYLG-led sessions that dissect YRBS data to develop meaningful solutions for our young people
- 7** Nicotine Free Generation hearings where our PHYLG & MVPHC members advocated for a healthier future



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# Public Health Youth Leadership Group



Aden  
*Winchester*



Amelia  
*Medford*



Diamond  
*Malden*



Emerson  
*Stoneham*



Jaya  
*Melrose*



Leah  
*Melrose*



Mandy  
*Medford*



Marjia  
*Medford/Stoneham*



Meher  
*Winchester*



Rebecca  
*Melrose*



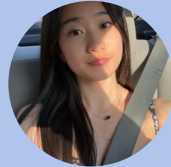
Riya  
*Wakefield*



Sara  
*Melrose*



Sara  
*Winchester*



Sumin  
*Melrose*

## 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:

- Facilitated workshops and presentations at the MVPHC Youth Health Summit
- Presented YRBS data back to their communities through the Getting to Y Program
- Attended trainings/presentations on topics including the Intersection of Public Health and Policy, Data Analysis and Communication, and Diversity, Equity, Inclusion, and Accessibility
- Engaged in capacity building activities and advised on strategic plans
- Attended, spoke at, and wrote letters of support for Nicotine Free Generation public hearings across the region
- Wrote youth features and articles for our new MVPHC newsletter



# The MVPHC Mini Grant & 2024 Awardees

## MVPHC Mini Grant

The MVPHC piloted a mini grant program to fund local projects that build belongingness through authentic partnerships.

These projects meaningfully support diverse community leaders while centering youth and promoting diversity, equity, and inclusion.

We were thrilled to award 5 projects funding this past cycle and look forward to providing more opportunities in the future.

## Mini Grant Projects

**Stoneham Middle and High School GSA** - Building Peer Relationships between the Middle and High School GSA Groups

**Melrose Student Council** - Flag Project: Building Community At MVMMS

**Winchester Student Council** - Unity in Diversity: Empowering LGBTQ+ and Minority Youth Mental Health

**Medford McGlynn Middle School Art Club** - Art is for Everyone

**Wakefield Social Awareness Club/Interact** - Inclusive Library Development

## 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!

### MVPHC 2024 Awardees

Agostinho (Gus) Rego

Barrie Brian

Brian Lewis & Cooper the Comfort Dog

Cara Dufresne

Carolyn Montello

Colleen Martin

Erica McNamara

Jana Gimenez

Jillian Hertig

Karen Andrews

Laurel Gourville

Matt Vatcher & Rusty the Comfort Dog

Maureen Buzby

Meg Delory

Stoneham Bank: Jan Houghton & Lauren Constantine

