

2021-2022 Year in Review

During Fiscal Year 2022 (October 1, 2021-September 30, 2022), the Charlestown Coalition continued overseeing programs and initiatives focused on promoting the community's overall health, to bring about change, and helping to end the cycles of addiction, poverty, violence, and racism. The coalition added 3 new staff: Ciara, Mel, and Zaire, and one intern: Dareen.

Working with community partners, the Coalition aims to make systemic and environmental changes using a comprehensive approach. The Coalition does this through:

- **Providing afterschool activities for youth,**
- **Positive role modeling and mentoring,**
- **Holding educational events and trainings** on issues impacting residents,
- **Providing direct outreach and short term counseling,**
- **Trauma response assistance,**
- **Upstream and preventative services for substance use and recovery,** and
- **Increasing awareness of the Coalition in the community** through social media and community events.

Youth Prevention and Education

Turn it Around (TIA)

35

Youth participated in the Turn it Around (TIA) group through weekly meetings and community events. They were also featured weekly through their social medial channels.

Community Events Included:



Partnered with the Collier Family for the 3rd Annual John Collier, Sr. Giveback. **Handed out nearly 100 bags of warm clothes and toiletry items** (donated by Hope and Comfort) to those in need in downtown Boston.

Engaged in 11 monthly Race Dialogues



5 TIA members participated at a Spring event at the Harvard-Kent to promote wellness with fun activities.

Sold their original artwork at the Art in the Park and the St. John's Annual Harvest Festival. **Over \$300 in art sales.**



Participated in Bunker Hill Week events, including Charlestown March Against Drugs, Block Party educating kids and youth about mindfulness, and Parade Day where they walked with City Councilor Coletta



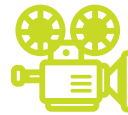
10 Year Celebration



Turn it Around celebrated 10 years at the Museum of Science

70

Community partners, youth members, and family were in attendance



Dante Luna produced a documentary, TIA-10, highlighting the impact TIA has had on the community and youth.

Fundraised \$20,800 through community raffle, MGH fundraising page, and small business donations.

At TIA meetings,

- **Welcomed City Councilor and Suffolk County DA candidates**
- **Learned different techniques for mental health,** including Shibori (Japanese tie-dyeing technique) and butterfly hugs for self-regulation
- **Poetry/spoken word boot camp** to learn how to write and perform their own original poems
- **Attended 2 plays** at the Huntington Theatre in Boston
- **Selfie scavenger hunt** around Charlestown community



Held a graduation celebration for 5 middle and 3 high school TIA members



Partnership with the National Parks Service. It was the 2nd year of summer-long projects to connect Charlestown residents to the National Parks Service.



TIA Student given a scholarship by the Friends of the Navy Yard at a celebration for Senator Lydia Edwards in June 2022.



Summer Enrichment Program ran for 6 weeks with 6 youth. Participated in activities including hiking at Blue Hills, swimming, fishing, ICA Watershed, Harvard Museum, Piers Park, TreeTop Adventures, trip to Spectacle Island, an overnight camping trip in New Hampshire, spent a day with Save the Harbor at Constitution Beach, and canoeing.



Continued the Healthy Alternatives Group with approximately 7 participants (3 graduated high school). The group helps young people avoid school suspensions while teaching alternative methods to cope and manage stress. To celebrate the completion of the group, went to TreeTop Adventures to learn trust, perseverance, and resiliency.

\$11,000

Awarded in grant funding, which includes support to start up TIA JR programming and the TIA Summer Youth programming.

Of the 6 youth who completed the post-survey,



5 reported the group gave new ways to manage stress.
1 respondent skipped this question.



5/6 reported the group helped them understand how marijuana affects them.



1 participant stopped smoking marijuana completely as a result of the group.

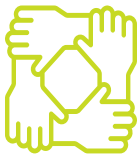
Trauma Response Team



Monthly meetings with 6-12 members in attendance.

Meetings included group supervision, self-care exercises, therapeutic exercises, team-building, and work plan development.

Created a trauma line for the community.



Organized community-wide events to support trauma loss, including: 3 leaf sessions, Paint night and the Overdose Vigil.

Trainings Trauma Team Members Completed:

Psychological First Aid (8 hour training) by Dr. Robert Macy, a world-renowned expert in trauma--specifically the development and use of PFA during natural disasters, terrorist incidents, mass shootings and other forms of community violence.

This evidence-informed approach supports people immediately after an incident of trauma.

After the shooting near the CHS graduation, Trauma Team responders provided 4 hours of Psychological First Aid to graduates and their families.

Suicide Prevention Training-learned about how to recognize the signs and symptoms of suicide, what to do if someone is expressing suicidal ideations or a plan, and how to connect them to supports and services.

Toxic Stress training- to help identify and assess stressors within trauma work and daily lives. Learned several techniques to reduce toxic stress and increase resilience as individuals and as a team.

Over 263

Community members were supported through individual and community outreach, including

information on resources/services, providing grief resources, supporting residents accessing mental health and substance use treatment, and outreach to youth and families after community violence.

Community Outreach included Community Circle (15 participants), Basketball tournament (50 youth), Mental Health Wellness Fair (100 kids and 50 adults), & Balloon release/cornhole tournament.

Navigation Assistance through Alcohol and Drug Recovery

20

Recovery Court participants during FY22. **Coalition attended monthly meetings and supported 2 graduation ceremonies for 3 graduates.**

Graduates completed 18 months of Recovery Court.

Awarded \$5,000 from RIZE Massachusetts to continue the Coalition's substance use prevention in the community.

The Coalition created a new position in FY22, a Community Resource Specialist to begin transitioning to an upstream approach to substance use prevention.



Services Provided to Clients:

- Community service assistance (57%)
- Emergency funding applications assistance (37%)
- Obtaining insurance (6%)
- Job search/resume assistance (6%)
- Advocacy and support for court related issues (6%)
- Obtaining ID assistance (3%)
- Getting into treatment assistance (3%)
- Connecting to GED/Education (3%)
- Connecting to workshops/classes (3%)
- Other (63%), included housing support, health care, translation, child support enforcement resources, technology assistance, social security card replacement

Interventions provided included: care coordination, counseling, provided resources, assisted with paperwork, provided emotional support, research and/or placed referrals, and scheduled appointments.



Held Events during Recovery Month:

- Overdose Awareness Day
- Art healing project to inscribe initials and dates into copper leaves
- Sober Dance
- 14th Annual Candlelight Vigil



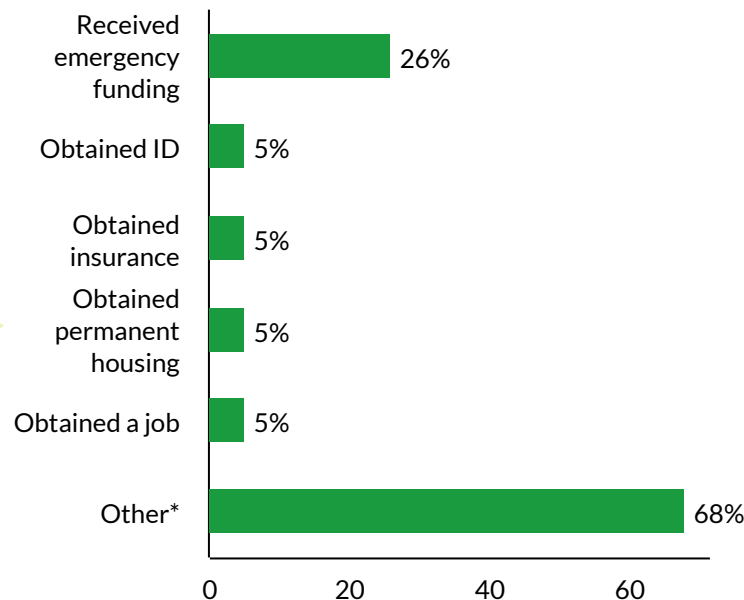
Charlestown's 14th Annual Overdose Vigil for all those who lost their battle to addiction and to give hope to those still suffering at the Charlestown Peace Park.

Vigil was marked by:

- Singing performance by Christian Assembly's Robin Tagliferro and Cassady Sullivan
- A reflection by Shannon Lundin-White
- Poem entitled 'We light this candle for you' by Ronnie Doe.

The Boston Fire Department rang the bell as the Turn It Around youth members, Grief Group members, and community members read the names of those gone too soon. **As the candles burned on, a video played for nearly 15 minutes with photos of those lost.**

Client Outcomes (N=19)



**Other included: Documents translated, SSI support, Accessed technology, Rental payment assistance, Documentations submitted, Received at home/in-home therapy Client received \$500 gift card provided by the Kennedy Center; received ongoing advocacy support that aided in receiving a denial letter from DCHD (needed to apply for "community rooms; for individuals who are houseless and make 'too' much money); provided detailed responses/results from: Child Support Enforcement Division, Department of Transitional Assistance, Greater Boston Legal Services, Middlesex Law Library*

129 Contacts

(Email, office, phone calls, home visit or virtual) with the 35 clients. During these contacts, liaised between client and providers frequently. In addition, provided Spanish translation services to 47% (17) of the clients.

Support Services for Youth & Family



Family Support Circle staff **trained with the Benson-Henry Institute in SMART Stress Management and Resilience**

Bimonthly **community resource newsletter** to highlight resources and services in the area. In FY22, 25 eblasts were sent to listserv.



Health Fairs and Community Events

- 1. Harvard Kent Fair with TIA Youth-promoted healthy coping strategies** for kids. Made calm down kits and glitter jars.
- 2. Table at the Block Party to teach kids and youth about mindfulness and training their inner dragons.** Kids were invited to make dragons with the intention of using their dragons when upset, teaching them regulation skills.
- 3. MGH Open House**-made breathing sticks with hospital patients, shared physical activity coping strategies and shared fresh fruit, vegetables and herbs as part of the MGH Dept. of Medicine Community Garden Grant with Dr. Linda Forsythe
- 4. Collaborated with Charlestown Boys and Girls Club to lead discussion on stress management and mindfulness**

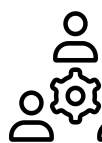
Collaborated with Charlestown Providers during Mental Health Awareness Month

to raise awareness, reduce stigma, and stress the importance of the community's mental health while also sharing resources and enhancing community connections. 17 partners participated in the mental health awareness fair.

15 community residents and/or providers were connected to outgoing referrals to community organizations.



Family Support Circle (FSC) Task Force



Held monthly meetings with average of 11 providers in attendance for each meeting.

Meetings involved discussing trends in the community and opportunities for support.

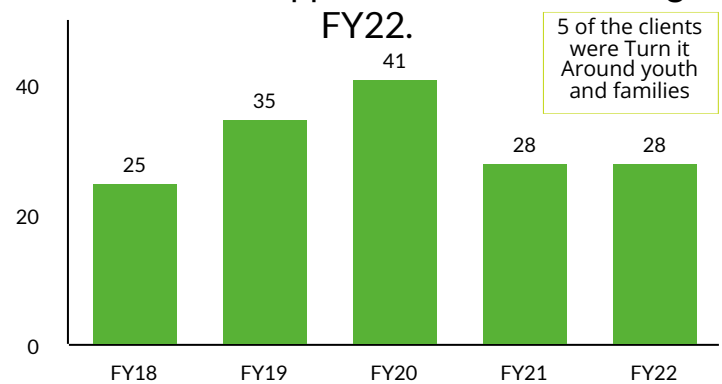


Conducted a social network analysis to understand how the taskforce has changed since 2018.

Increase

In Task Force members **being connected to each other, working with organizations** to obtain new resources, and **referring clients/residents** to the organization in 2022 compared to 2018.

FSC Clinician supported 28 clients during



Of the 28 clients served in FY22, **there was a total of 497 contacts** to support them. **12 cases were closed during FY22.**

Over 70% of client contacts involved needing to support their mental health concerns.

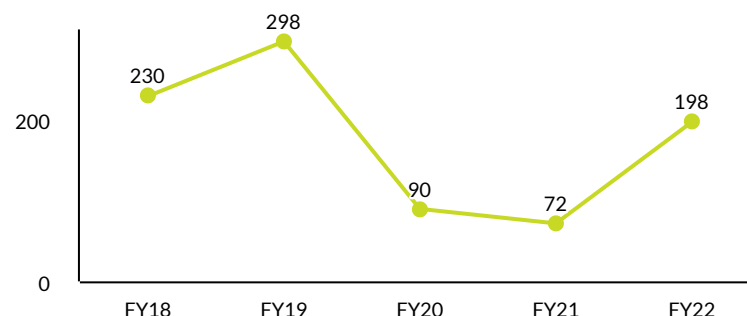
Interventions provided included: care coordination, counseling, provided resources, assisted with paperwork, provided emotional support, research and/or placed referrals, and scheduled appointments.

12 Clients set goals towards their basic needs, healthcare, housing, mental health, and resources.

70%
Of Goals

were completed, with 26% still in process of completion.

Program met with 198 students at the Adult Learning Center (ALC) to address concerns of mental health, housing, healthcare access, and basic needs.



Top Interventions Provided to ALC Students:

- Group counseling/workshop (71%)
- Emotional support/validation (67%)
- Psycho-education (63%)
- Counseling (43%)
- Resources (20%)

Communication

Moved the bimonthly steering committee meetings from Zoom back to in-person with approx. 12-18 participants.

Representatives from: MGH Healthcare Center, New Health Charlestown, BPL Charlestown Branch, School Based Health Center, MGH Evaluation team, Boston Police, Kennedy Center, Charlestown Resident Alliance, Charlestown Adult Education, Charlestown Mothers Association, along with other community orgs & guest speakers



Mailed 300 holiday greeting cards and magnets



Created 150+ designs & flyers for social media and to be hung up around town to promote programming events.



Monthly newsletter sent to 707 contacts. This year, highlighted 12 community partners, 10 Voices of Recovery, along with community and coalition updates.

Monthly Turn it Around newsletter sent to ~215 parents/caregivers of members and to community partners updating them on the work the youth are doing, announce the Youth of the Month, and Where Are They Now?-Alumni updates.

YouTube Channel:

- 42 subscribers (up from 31; a 35% increase) with 4,210 lifetime views
- Views in 2022**
- TIA-10: 522 views
- Gun violence prevention: 461 views
- Celebrating Shannon's departure from the coalition: 116 views
- Video partnership with Hope & Comfort reposted 13 views



New Social Media Accounts



Charlestown Coalition Twitter

Account created in March 2022, currently with 13 followers.



Charlestown Coalition LinkedIn

372 current followers, up 165 since January (a 46% increase)



Charlestown Coalition Instagram

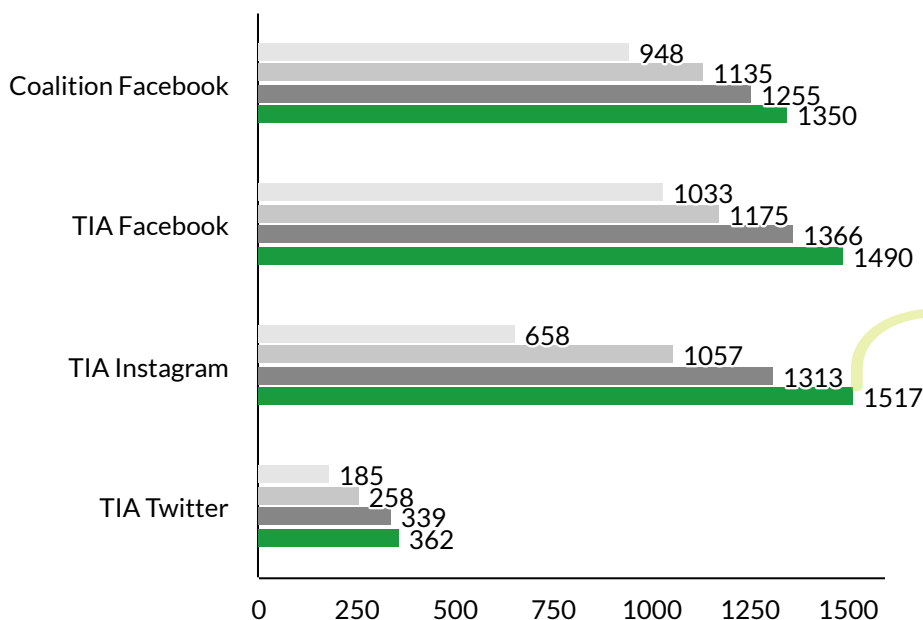
Created in July 2021-778 followers, up from 426 in Jan. since Ciara joined.



The account's reach was 2,357; a 233% increase from the previous year. Instagram reach is the number of unique accounts that saw any of the posts or stories at least once.

As the chart below shows, the number of followers increased in FY22 across all social media.

FY19 FY20 FY21 FY22



4,774

Users accessed the Coalition website in FY22. Monthly updates made to the youth files, resources, photos, etc.




The TIA Instagram's reach was 11,387; a 123% increase from the previous year. Instagram reach is the number of unique accounts that saw any of the posts or stories at least once.

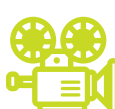
Community Involvement & Advocacy

CHARLESTOWN IN SOLIDARITY: DISCUSSION ON RACE & EQUITY

May 2022 marked 2 years of the **Monthly Race and Equity dialogue series**. This forum is co-sponsored by the Charlestown Coalition, Turn It Around Youth Program, Senator Lydia Edwards, and City-Councilor Gabriela Coletta and team. **Each month, the discussions explore important topics about the impact of race, policing in urban settings, and equity.**




Supported the 10th Annual (biodegradable) balloon release to celebrate the life of Steven Jones who died at the young age of 21 in a senseless act of gun violence in Charlestown on May 7th, 2013. Each year on the anniversary of his death, his friends and family gather together to remember his life and support one another as they release balloons in his memory.



Created a short film on gun violence prevention in partnership with: Dante Luna for production; the Transformational Prison Project, Eric Anderson, Bobby Iacoviello, MGH Charlestown, Dr. James Morrill, Dr. Linda Forsythe, and to the MGH Center for Gun Violence Prevention for the funding and support.

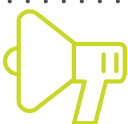
Community Meetings, Panels, Presentations, & Support

- Phenice & Ciara **attended an after Sunday Service discussion with the congregation of St. Johns.**
- **Mswati participated in a powerful panel with two community partners,** Maverick Landing Community Services and the Transformational Prison Project, to **discuss community violence, gun violence prevention and the importance of collaboration.**
- **Mswati spoke at Creative Mornings** with Sophia Moon of Essem Studio to **share about TIA and it's work.**
- **TIA went to BPDA to see the model of Boston, learn about city planning and development and PLAN Charlestown.**
- **Participated in Art & Healing with Councilor Mejia's office and artist Amanda Bravo.** Over 100 local residents attended and participated.
- **Attended the New England Streetworker Conference** at Gillette Stadium.
- **Sponsored MOAR for another year in honor of Recovery Month;** celebration began at the Boston Commons and ended at Faneuil Hall.

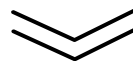


Held time for students to meet one on one with social workers and counselors at Charlestown High School the morning after the shooting near the graduation. 10 support persons were available from Coalition Staff, Trauma Team staff, and Social workers/Clinicians from New Health and MGH Charlestown HealthCare Center.

Approx. **10-15 youth participated in flying the community** multiple times to promote events and spread awareness during the year.



Held the 3rd Annual Overdose Awareness Day at the Peace Park where community members pinned ribbons in honor of their loved ones to remember without stigma and acknowledge the grief of the family and loved ones left behind.



This began the art project with The People's Academy, allowing community members to create their own "leaves" out of copper, inscribed with initials or dates of those they have lost.

These leaves will be installed in a permanent art installation at the Peace Park. Partners included: Charlestown Probation, Chapters Recovery, MGH Charlestown healthcare Center, The People's Academy, DJ Smokey Cain, and Charlestown Trauma Response Team.



The leaf art project created 78 leaves in 3 sessions



Hung over 100 Purple Ribbons on Main Street with name tags of those who died from overdose with ties to Charlestown Community.

Mel and Ciara attended meetings with State Reps. Ryan and DiDomenico to discuss legislature.



Held community processing circle in response to gun violence attended by CRA, Coalition, Trauma Team, Boston Police.



Mswati, Ibrahim, and Serenity held a restorative justice circle for Martin Luther King Jr. Day for Americorps Fellows at Northeastern University.



Peace Park

In early 2021, a large grant to completely revitalize the Peace Park was received. Since the funding award, a landscape architect was hired and created a full detailed plan. A "Friends of the Peace Park" Nonprofit was created to oversee the project and construction.

- **2 Peace Park Clean-up Days held** with community partners on Earth Day (in partnership with the Kennedy Center) and in July. Community partners who participated and/or donated supplies and food: Baby Boyle Bouquets, Charlestown YMCA, MGH Charlestown & Dr. Linda Forsyth, Gina Endres from Councilor Mejia's office, and the Transformational Prison Project.
- **Monthly meetings with approx. 6 attendees** to discuss updates and park maintenance until construction begins