



HDAAC

The Holliston Drug & Alcohol Awareness Coalition

2025-2026 YEAR IN REVIEW

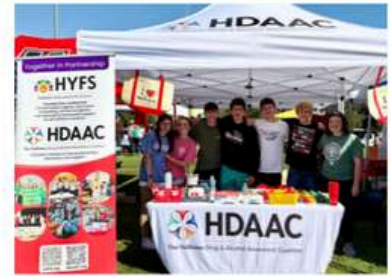
*HDAAC is housed at Youth & Family Services (HYFS)
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THE SEVEN STRATEGIES TO AFFECT COMMUNITY CHANGE

01

Provide information—Tabling at school and community events, media posts and campaigns to spread awareness of HDAAC as a resource in town.



02



Enhance skills—Educational workshops for youth, parents, coalition members, and the general community around substances and related prevention and wellness topics; such as Hidden in Plain Sight (HIPS) for parents, educational speakers for HHS, and training the Jr. Police Academy students on refusal skills and protective factors.

03

Provide support—Creating opportunities for people to participate in drug-free activities; such as an afterschool drop in art event at the middle school.



04



Enhance access/reduce barriers—Improving systems for access to mental health and substance use supports; such as providing financial support for someone in recovery to access a treatment facility, or the distribution of Narcan to the general community.

05

Change consequences—Strengthening enforcement of drug-related laws, such as performing compliance checks of alcohol retailers to make sure they card young people.

06



Change physical design—Changing the physical design of the environment, such as parks clean ups, no tobacco signage, and lighting or camera surveillance.

07

Modify/change policies—Formal change in written procedures, rules, or laws in the schools or community, such as advocating for the new Tobacco Free Generation law that would eliminate tobacco sales to anyone born after it went into effect.



FY26 Year in Review

DFC Goal 1: Increase Community Collaboration

★ **Objective 1: Increase Adult Participation in the Coalition**

- 22 coalition members, 9 new (goal was 2 new)
- 23 events attended (goal was 6)



★ **Objective 2: Increase Member Knowledge**

- Provided a training on Kratom during a monthly meeting, 9 in attendance)
- Pre- and post- survey to be evaluated over the summer



★ **Objective 3: Increase Participation in the Youth Action Team**

- 41 YAT members, 26 new (goal was 2 new)
- Collectively, the YAT volunteered over 300 hours on HDAAC events and initiatives



★ **Objective 4: Increase YAT Knowledge**

- Provided a public speaking training during a regular meeting, 36 in attendance
- 9 attended CADCA
- 7 attended a policy training series (3 trainings)
- Pre- and post- survey to be evaluated over the summer

Strategies hit: provide information, enhance skills, provide support, change physical design, motify/change policies.

FY26 Year in Review

DFC Goal 1: Increase Community Collaboration

★ **Objective 5: Secure Funding Outside DFC Grant**

Initiatives done with the opioid funds (we have collected \$79,000 so far to HDAAC from July 1, 2024 – June 2026)

- CAF Financial Assistance: \$10,000 given to 9 individuals/families affected by opioid use
- Narcan Trainings: 8 Narcan trainings, 119 people impacted, 215 Narcan kits (430 doses) given out
- Detera bags: Available at 1750, Town Hall, HPD, The Center, and the Food Pantry
- Scholarships: 3 scholarships given to graduating seniors who have been impacted by OUD/SUD and are pursuing a health-related career
- Fatima Shrine Butterfly Anniversary: 50 people impacted.
- Remembrance Tree: 17 people/families impacted

Strategies hit: provide information, enhance skills, enhance access.

Special thanks to the following partners for making these events possible: John Drohan/CAF, HYFS, Sgt. Matthew Waugh/HPD, The Center, The Food Pantry, Father Carl/Fatima Shrine.



FY26 Year in Review

DFC Goal 2: Reduce Substance Use Among Youth

★ **Objective 1 & 2: Substance Education for Youth**

High School Education:

- Speaker for Mental Health & Brain Development: 55 students impacted
- Speaker for Tackling Fear: 80 students impacted
- Speaker for ACEs: 36 students impacted
- Wellness Field Day: Around 400 students impacted
- iDECIDE Alternative to Suspension Program: 3 students completed (2 referrals for the summer)
- Coach Training: 12 winter sports coaches educated about HDAAC, HYFS, and signs of substance misuse and mental health struggles to look out for



Middle School Education:

- Challenge Day: 93 students impacted
- Jr. Police Academy: planned this summer, typically around 50 students impacted



★ **Objective 3: Alcohol Education for Parents**

- Wellness & Safety Night w/ HIPS: 3 parents impacted
- Jessica Lahey Webinar: 6 parents impacted
- Trivia Night: 6 adults impacted
- Bird & Bear Parent Meet Ups: 27 parents impacted
- Sticker Shock: 100 stickers put at 6 stores



Strategies hit: enhance skills, provide support, physical design.

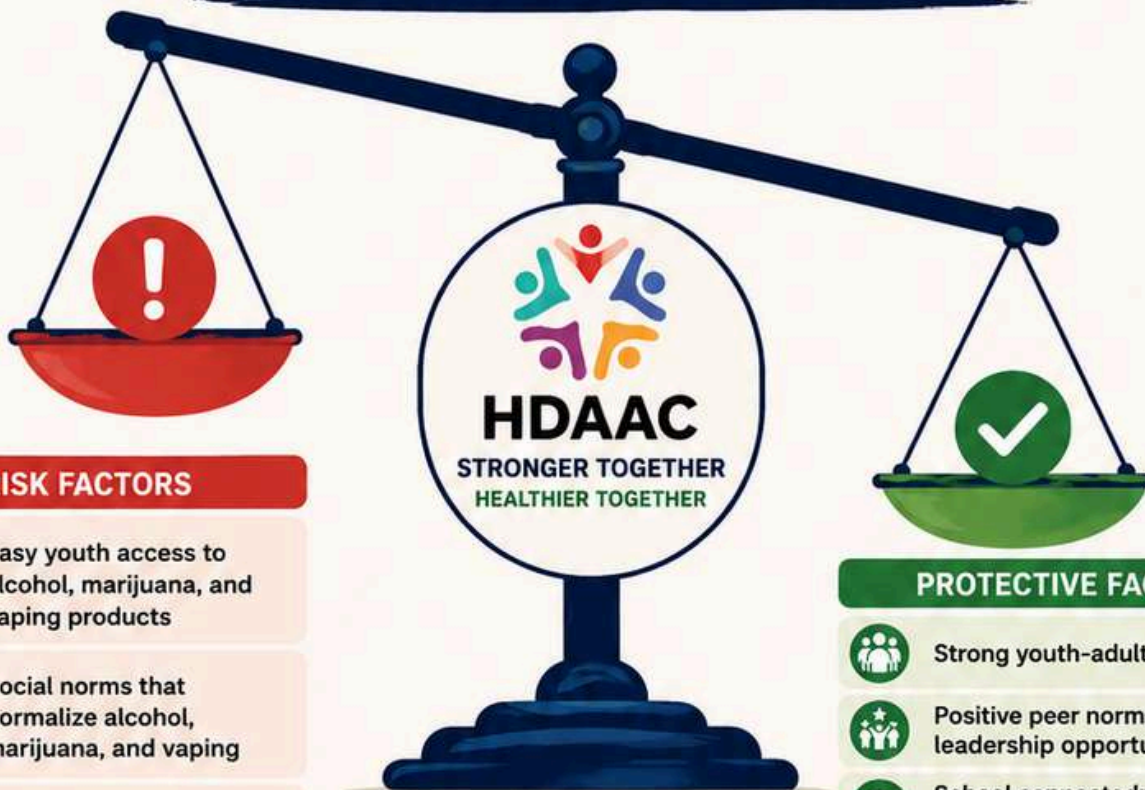
Special thanks to the following partners for making these events possible: David List, Minding Your Mind, Darryl Bellamy, Christina Mancebo-Torres, HPD, HFD, Kenny Priest, Rich Powers/Henry's Studio, Boston Medflight crew, HYFS, Matt Baker, Karen Manning, Rushford & Sons', Maeva Thomas, and Erin Defoyd/Bird & Bear Collective.

BUILDING A HEALTHIER FUTURE TOGETHER

Protective Factors We Provide **OUTWEIGH** the Risks Our Youth Face



TOGETHER, WE ARE CREATING A COMMUNITY
WHERE YOUTH CAN THRIVE—
**MAKING HEALTHY CHOICES TODAY
FOR A STRONGER TOMORROW.**



RISK FACTORS



Easy youth access to alcohol, marijuana, and vaping products



Social norms that normalize alcohol, marijuana, and vaping



Stress, anxiety, and mental health challenges as reasons for use



Parental permissiveness and inconsistent messaging



Peer pressure and peer distribution networks



Bullying, low self-esteem, and difficult home environments

PROTECTIVE FACTORS



Strong youth-adult connections



Positive peer norms and leadership opportunities



School connectedness and engagement



Healthy coping and mental wellness skills



Parent communication and monitoring



Community involvement and civic engagement



Increased perception of substance-related risk



Access to prevention, mental health, and recovery resources



Reduced access to alcohol, nicotine, and other substances



Hope, purpose, leadership, and future orientation among youth

OUR PROTECTIVE
FACTORS
OUTWEIGH
THE RISKS—
THAT'S HOW WE
BUILD A HEALTHIER,
STRONGER HOLLISTON.



STRONGER
CONNECTIONS



BRIGHTER
FUTURES



SAFER
COMMUNITY



BETTER
TOGETHER

Thank you for being part of the change. ♥ HDAAC



Data Review

MetroWest Adolescent Health Survey (MWAHS)

- Middle school use continues to be extremely low in all substances.
- Alcohol remains the most used substance.
- E-cigarettes are now 2nd highest substances (used to be cannabis).
- E-cigarettes are the most perceived risk.
- Peer disapproval of both e-cigarettes and marijuana has gone up.
- Overall, substance use continues to trend down and perception of risk and disapproval continues to increase.
- We will be using the summer to dive into crosstabs for more risk factors.

Opioid Needs Assessment: Survey and Focus Groups

- Survey: 98 responses, highlights:
 - Strong interest in opioid education, particularly Narcan training and safe medication disposal.
 - Strong support for continued education and prevention efforts, especially for youth.
 - Many respondents are unaware of existing opioid-related efforts.
 - Residents with personal or family opioid experience report lower confidence in their knowledge and a greater desire for expanded community response.
- We are currently recruiting and scheduling focus groups for the summer with both people with lived experience, and family member/loved ones for more feedback on this topic.

Parent Survey

- As of 6/16 we have 56 responses to our Parent Survey; we extended the deadline to 7/10 with the hope analyzing it over the summer.
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