

MassCALL3

Massachusetts Collaborative for Action, Leadership, and Learning 3

What Is MassCALL3?

The Massachusetts Collaborative for Action, Leadership, and Learning 3 (MassCALL3) is the third iteration of prevention grants awarded by the Massachusetts Department of Public Health Bureau of Substance Addiction Services. Lowell was awarded MassCALL3 in July of 2021. This grant provides funding for communities to build or strengthen a local prevention coalition, assess for youth substance misuse trends and disparities, and plan policies, practices, or programs to reduce and/or prevent misuse among adolescents.



Mill City Prevention Network, founded in December of 2021 and comprised mostly of local youth-serving professionals, educators, and school administrators, is Lowell's prevention coalition responsible for big picture planning related to the MassCALL3 grant. Our members strive to incorporate racial equity, intersectionality, cultural humility, restorative justice, and other guiding principles in the work we do to accomplish the following goals:

1. Prevent and reduce misuse of alcohol, nicotine, and cannabis among youth in Lowell.
2. Adopt a systemic approach to substance misuse prevention and community planning.
3. Increase access to and use of evidence-informed programs, policies, and practices.
4. Increase and enhance collection and analysis of local data sources to assist in the planning and implementation of substance misuse prevention initiatives.

More Info on Mill City Prevention Network



drugfreegreaterlowell.org/our-communities/lowell/mill-city-prevention-network/



Lowell MassCALL3 supports the availability of the following programs in Lowell:

Breathe for Change



Up to ten educators and public health professionals throughout Lowell offer Breathe for Change's SEL, Mindfulness, and Yoga to local young people. Our certified teachers can offer youth, families, and direct care providers throughout the city classes that promote social emotional learning and prepare community members with healthy coping skills when faced with challenges in their work, schooling, and personal endeavors.

CATCH My Breath



CATCH My Breath is a four class vaping prevention curriculum that can be offered in classrooms and/or after school programs for young people in grades 5-12. Certification to become a CATCH My Breath instructor is available for free online at CATCH.org. To learn if your child's school offers CATCH My Breath, please contact the educator responsible for their health education.

Guiding Good Choices

Providers from Coalition for a Better Acre, Latinx Community Center for Empowerment, Lowell Health Department, and LPS Family Leadership Institute are available to facilitate Guiding Good Choices – a 6-week workshop series for parents and caregivers to learn how to promote healthy youth development at home and reduce the likelihood their teens will engage in risk behaviors. These courses are available in English and Spanish and may be eligible for live translation in other languages upon request.

INDEPTH



The American Lung Association's INDEPTH Alternative to Suspension program is offered in some of Lowell's schools as an alternative intervention for students who are caught vaping on campus. INDEPTH helps our district move away from punitive responses to substance misuse to get to the root of the behavior and work toward minimizing harms for youth and young adults experimenting with vapes. To learn if your school offers INDEPTH for students, please contact your child's school directly.

Youth Mental Health First Aid

Providers from Coalition for a Better Acre, Latinx Community Center for Empowerment, Lowell Health Department, and LPS Family Leadership Institute are available to facilitate Youth Mental Health First Aid – a 6-hour workshop for parents and caregivers. YMHA certifies adults living or working with adolescents to recognize and respond to signs or symptoms of a mental health challenge or crisis situation. These classes are available in English and Spanish and may be eligible for live translation in other languages upon request.

Sign Up for or Schedule a Class

To sign up for a class or schedule a class for your agency or school, contact Devin Gilmore, Substance Use Prevention Grant Coordinator, at **978-674-1078** or dgilmore@lowellma.gov



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