



SAFE

YOU ARE NOT ALONE

News and Events January 2025



Wishing you a wonderful new year from all of us at SAFE Coalition

NEWS AND NOTICES

A complete list of SAFE [programs](#) and [events](#) can be found on our website.

New! Sober Moms Support Group

SAFE is hosting a new drop-in support group for sober moms and those curious about sobriety! Join us for conversation and connection. Every Friday, 5:30-6:30 at SAFE. Free to attend, no registration required. No registration required, [sign up for updates and announcements here](#).

Narcan Trainings and Drop-In Hours

Visit our open office hours to meet with a SAFE clinical social worker for resources, questions and concerns related to mental health and substance use. First 30 minutes of every office hour will have public training on how to administer lifesaving medicine that reverses the effects of overdose from opioids like fentanyl, heroin, morphine, and oxycodone. Free to the public and no registration required.

Medway – first Weds of every month 10:00-11:30am

Norfolk – first Thurs of every month 10:00-11:30am

Wrentham – first Thurs of every month 1:00- 2:30pm

Or stop by the SAFE office for a 30-minute training session between 10am–1pm, Mon–Thurs. [Email us](#) to schedule a session.

We Need Diapers and Wipes!

SAFE Diaper Bank provides diapers and wipes free of charge to anyone in need and we need your help to keep our shelves stocked. ([need diapers? click here!](#)) **We are critically low on sizes NB, 3, 4, 5, 3T and 5T and completely out of wipes.** All sizes and styles appreciated and we can repackage open packs. [Email us](#) to arrange a drop-off or [purchase on our Amazon wishlist](#) to ship directly to SAFE.



Our Doors are Open

Drop by SAFE Cafe on Fridays 8:30am-12pm to share a cup of coffee, meet a member of our team, and discover offerings that work for you

THE BIG STORY

SAFE KICKS OFF ALL-NEW ONLINE SUSPENSION DIVERSION PROGRAM



Teaching the science of addiction, impact on physical and mental health, and works with students to build healthy coping strategies, strong decision-making, and a resilient mindset.

SAFE recently launched its “Up in Smoke” online course, a one-day, completely virtual program for students at risk of substance use and mental health challenges. Schools can elect to offer the course as an alternative to traditional suspension, and students can access the course on any computer with an internet connection.

The online course is built on the same curriculum as SAFE’s in-person diversion program, which has run since 2019 and helped over 150 teens across Massachusetts. The all-new online option eliminates one of teens’ biggest barriers to support: reliable transportation.

“We listened to community feedback and created an offering that can reach even more students regardless of whether they have a license, car, or a reliable ride,” says Jen Levine, CEO of SAFE. “This course is here for you when and where you need it.”

The effect of diversion can be powerful. Schools everywhere are seeing higher levels of positive change from formal consequences that engage learning. “Life is full of challenges and opportunities, and the goal of this program is to help build the tools and confidence to navigate both,” says Emma Kelley, SAFE’s Director of Adolescent Wellness. The program seeks to move beyond traditional suspension methods to one that develops concrete coping strategies.

Up in Smoke encourages students to reflect on choices leading to their current situation and empowers them to make healthier, more informed decisions. The course discusses the impact of substances like cannabis and nicotine on the brain and

body, science of addiction, and long-term impacts of unhealthy stress responses and decision making.

It also equips students with strategies for managing stress using interactive exercises, self-reflection prompts, and peer engagement. "This isn't about judgment or punishment," says Kelley. "It's about growth, understanding, and creating a path that aligns with the goals and values that students care about."

The program also provides next-step resources for students and families as well as signed attendance records for the school.

Up in Smoke is the only [Tier II support](#) of its kind in Massachusetts for substance use and mental health. It's DESE-backed and helps schools comply with Massachusetts state law (2022 MGL c.71), which mandates education-based suspension alternatives.

Up in Smoke Online is completely free and referrals can be made by school staff, clinicians, or parents. For more information, [contact SAFE](#) or visit [our website](#).

Support.
Connection.
Friendship.

SOBER MOMS CLUB

Fridays 5:30pm - 6:30pm

If you are living or exploring an alcohol free lifestyle, you're in the club!

JOIN US!

Navigating the world of sobriety and recovery as a Mom can be SO hard! You are not alone! Join us every Friday for connection, support, and friendship!

**SAFE Coalition Office
31 Hayward St
Unit 2c
Franklin, MA 02038**

FAMILY RECOVERY CORNER

FAMILIES ANONYMOUS: RECLAIMING OUR PEACE



Families Anonymous is a 12-step support group for family members and loved ones of individuals experiencing substance misuse and/or behavioral concerns. The Steps provide family members with a pathway to reclaim peace amid chaos.

Step One provides a foundation for beginning this healing journey. The following is an excerpt from the Families Anonymous 12-Step Workbook:

We admitted we were powerless over alcohol, drugs and other peoples' lives – and that our lives had become unmanageable.

This first important Step requires all our courage. To release our loved ones from efforts to control, protect and direct their lives is a frightening prospect. Letting go is particularly difficult in relation to mind-altering substances or behavioral problems.

Surely, we argue, we as concerned people have an obligation to do everything we can to get our loved ones to live healthy, responsible lives. We are willing to try anything. We feel completely unselfish in our desire to help; after all, it is for their own good.

Yet haven't we already done everything in our power to bring about change? We tried sincere talks, lectures, nagging, sarcasm, threats, restrictions, denying money, providing money, bailing them out of their troubles – all in an effort to exert constructive control.

The net result was chaos in the family – fights, tears, laying the blame on father, mother, brother, sisters, friends, schools, police, the government. Everything we tried only seemed to trigger further hostility and rebellion... Yes we had truly tried everything – everything, that is except taking the spotlight off of the other person and concentrating on ourselves.

The First Step does not mean we are to lie down and play doormat, give up all hope, or abandon our responsibility in complete rejection of our loved ones. But it does mean surrendering ourselves to an admission that the only life over which we have direct control is our own.

Step One is the beginning of a process designed to help us focus on the things we can control. The 12 Steps and the Families Anonymous fellowship provides the support we need to cope with the resulting fear and anxiety we feel as we acknowledge the things we cannot control.

Families Anonymous meets at SAFE Coalition offices every Tuesday evening from 6:30-8:00 PM (both in person and virtually). Email jderick@safecoalitionma.org for more

information and for the link to the virtual meeting.

Grandparents
Raising
Grandchildren

SAFE
YOU ARE NOT ALONE

6:30–7:30 PM
2nd & 4th Thursdays

Free childcare!

Bernon Branch YMCA
45 Forge Hill Rd
upstairs meeting room

Online option available

Email info@safecoalitionma.org
to register or to receive Zoom login

SAFE SPOTLIGHT:
Derek McGuire



Derek is our high school intern coming to us from Tri-County Regional Vocational Technical High School where he is a senior in the Legal and Protective Services co-op. Always professional, Derek remains unruffled through crises big and small. We love his ability to meet every challenge with warmth and a calming presence.

Derek supports our community members directly on the front lines, greeting guests and clients at the front desk and meeting everyone's needs with sincerity that people always notice.

And it's not just the SAFE team who thinks so. Derek's Tri-County teacher Brenna Ferrick commends Derek for his hard work, professionalism, compassion, and even his strong speaking skills. She says he is reliable and consistent, earning his co-op's annual excellence award twice!

Derek has also been a huge help in our effort to produce youth programming directed toward high schoolers. He always provides great perspective and solid feedback.

In just a few short months, he has already made a huge impact on our organization. Thank you, Derek, for bringing your light and enthusiasm to everything you do for SAFE!

Perinatal Support Group



Noon–1:30 p.m.
Wednesdays
6-week program
starting Jan. 22

Bernon Branch YMCA
45 Forge Hill Rd, Franklin



This free support group combines peer support and therapy to foster healing, connection, and community for expectant and postpartum moms.

Registration required: tinyurl.com/SAFEperi

[Join the wait list here](#)

We Need Volunteers!

We need your help to bring care and awareness to our community. Let us know if you have even a little time to step in and offer your support.

[Learn More](#)



SAFE is proud to offer support services to community members facing housing insecurity. From needs assessments to housing placement, medical and Social Security benefits, SMOC referrals and more, we are working to help people find safe and stable housing that works for them.

[Learn More or Request Support](#)

PHOTO GALLERY

THIS MONTH AT SAFE

It's been a busy start to the new year at SAFE! Thank you to everyone who attended Narcan trainings, Saturday yoga classes, adolescent WhyTry courses, and SAFE Cafe drop-in hours. A huge thank-you to Tri-County RVTHS students who made adorable gifts for SAFE Coalition clients. And it was wonderful catching up with New England Patriots player Marcellas Dial, stopping by SAFE Coalition to show off his SAFE cleats in person!





Help us continue our life-changing work
Make your gift to SAFE today

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