



Decisions At Every Turn Coalition (DAET) Community Newsletter



AN ASHLAND COMMUNITY RESOURCE TO HELP SUPPORT YOUNG PEOPLE, PARENTS & CAREGIVERS IN CREATING A SAFE & HEALTHY ASHLAND FOR ALL.

Upcoming events

April 2026:
Alcohol Awareness
Month

May 2026:
Mental Health
Awareness Month

August 2026:
Aug. 31-International
Overdose Awareness
Day

September 2026:
National Recovery
Month

We welcome new members and community input. Interested in joining our DAET Coalition or sharing ideas? Contact Araya Landry at alandry@ashlandmass.com

A letter to the Ashland community

Spring is a time of growth and renewal, and here at the DAET (Decisions At Every Turn) Coalition in Ashland, prevention work is always growing and evolving. Our efforts support youth, families, and the community through education, engagement, and guidance. Over the past months, we have hosted speakers at the high school, engaged parents in conversations about the concerns of vaping, and heard directly from youth about their perspectives and concerns. Through these efforts, we continue to encourage health, resilience, and positive choices for everyone in Ashland.

We are proud to share that our Youth Prevention Council has expanded to include both middle and high school students. This council focuses on age-appropriate activities that develop skills in prevention, peer support and decision making. Looking ahead, we are excited to bring the "Talk. They Hear You." campaign to Ashland, encouraging early and ongoing conversations between parents and youth about the risks of alcohol use. We are also working to bring *The 84 Chapter* program to Ashland youth, providing additional opportunities for education, engagement, and leadership development around prevention.

Our coalition is also implementing a Strategic Action Plan informed by data on Ashland's most under-resourced populations. This work helps us meet people where they are and ensures fair access to resources, services, and prevention education.

If you are already part of our DAET network through our e-newsletter or stakeholder group, you know the activities and work we are carrying out. If you are new and want to join the conversation about prevention in Ashland, please join our mailing list or reach out to join our coalition.

We are excited about the work ahead and welcome everyone to be part of it with us!

Araya Landry, Director of Prevention & Human Services

ALCOHOL AWARENESS MONTH

HELP &
RESOURCES
ARE AVAILABLE

Recognizing Alcohol Awareness Month

Alcohol Awareness Month is observed every April to raise public awareness, increase understanding, reduce stigma, and help communities to address alcoholism and alcohol-related issues. The following resources are available to support Ashland residents who may need help accessing alcohol-related services and support.

**MA Bureau of
Substance Use
Services Helpline
(800)-327-5050**

**Massachusetts
Organization for
Addiction Recovery
(MOAR) (617)-423-6627**

Section 35 Helpline (844)-843-6221 *Section 35 refers to a law, Massachusetts General Law chapter 123, section 35, that allows a court to order the involuntary commitment and treatment of individuals with alcohol or substance use disorders who pose a likelihood of serious harm to themselves or others.

**Alcohol Anonymous
(AA) meetings in
Ashland**



**Al-Anon of MA Support
for caregivers of those
with an Alcohol Use
Disorder (508)-366-0556**



**Adcare Treatment
Center 1-(800)-252-
6465**



Behavioral health and substance use treatment services:

*Genesis Counseling (508)-620-2992 Spectrum Outpatient Program 1-(800)-464-9555
x1161 Spectrum Detox Center 1-(800)-366-7732 Spectrum Clinical Stabilization
Services 1-(800)-366-7732*

MAY IS MENTAL HEALTH MONTH

YOUR MIND MATTERS

#BREAKTHESTIGMA



COMMUNITY MENTAL HEALTH RESOURCES FOR OUR ASHLAND RESIDENTS

**CALL TO TALK CRISIS
LIFELINE, AVAILABLE
24/7 (508)-532-2255**

**SUICIDE PREVENTION
LIFELINE 1-(800)-273-
8255**

**ELDER AT RISK
HOTLINE 1-(800)-922-
2275**

**NATIONAL DOMESTIC
VIOLENCE HOTLINE 1-
(800)-799-7233**

**SAFE-LINK DOMESTIC
VIOLENCE SHELTER
(877)-785-2020**

**CONTACT EMOTIONAL
LISTENING HELPLINE
1-(800)-932-4616**

**MASS COUNCIL ON
COMPULSIVE
GAMBLING (617)-426-
4554**

**EATING DISORDER
ASSOCIATION
(617)-558-1881**

**LGBTQ+ HELPLINE
(617)-267-9001**

**METROWEST LEGAL
SERVICES (508)-620-
1830**

**THE RIGHT TO
IMMIGRATION
INSTITUTE (781)-209-
0183**

**MASSHIRE CAREER
GUIDANCE (508)-861-
7993**

TALKING TO KIDS ABOUT ALCOHOL AND OTHER DRUGS:



CONVERSATIONAL GOALS

Developing a strong, open relationship with your child is one of the most important factors in keeping them safe and healthy. It's important to start talking with them early and often about alcohol and other drugs before they are exposed to them, which can occur as early as 9 years old. When talking, it's important to remember the following.

GOAL 1

Show you CARE about their health, wellness, and well-being.

GOAL 4

Pay attention and ENCOURAGE healthy decisions.

GOAL 2

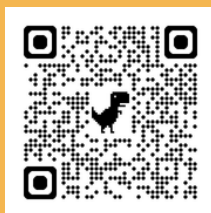
Emphasize your POSITION on underage alcohol and substance use.

GOAL 5

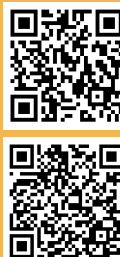
Help build SKILLS and strategies for avoiding drinking and other drug use.

GOAL 3

Be a good source of INFORMATION about alcohol and other drugs.



Get Involved Today & Join DAET



FOLLOW US ON FACEBOOK- DECISIONS AT EVERY TURN

@ASHLANDDECISIONS

LINKS:

[ASHLANDDECISIONS.ORG](https://www.ashlanddecisions.org)

<https://www.instagram.com/ashlanddecisions/>

<https://www.facebook.com/ashlanddecisions/>