

City of Newton
“13 Villages, One Community”
Mayor’s Crime Prevention Commission
[Alternatively referred as CPC or the Commission]



**PROGRAMMING HIGHLIGHTS FOR
THE FIVE YEARS ENDED JUNE 30, 2017**

[To see where we have been so we can revise our Mission Statement to reflect the new realities of where we will go.]

PREFACE

The City of Newton Crime Prevention Commission, established in the late 1960s, is an organization of civic and business leaders committed to focusing attention on the quality of community living through improved safety and security initiatives. It operates with education and outreach programs, collaboration, leadership and advocacy. Membership in the group ranges widely across the business, education, civic, law enforcement and legal communities. In order to accomplish its civilian objectives, it works in tandem with the uniformed City of Newton Police Department (referred to below as NPD).

NPD is represented by Lieutenant Bruce M. Apotheker, an accomplished veteran of the Department. Since 2005, he has been in command of the Community Service Bureau, where he oversees the department’s youth officers, domestic violence officer and elder affairs officer. The Community Service Bureau investigates hate crimes, youth issues/crimes, domestic violence and elder affairs/abuse. Additionally, the Community Service Bureau is in charge of all juvenile incidents and investigations within the City, which includes being responsible for all our children in the Newton public and private schools. The youth officers have direct contact and an excellent rapport with the

superintendent, principals, counselors, psychologists, and support staff of the public schools. Lieutenant Apotheker is also designated as the Civil Rights Officer for the City of Newton.

The Chairman, speaking for the Commission's members, is grateful for the hard work and meaningful contributions of the following NPD Officers, CPC Commissioners and CPC Advisory Council Members for their efforts in achieving the following record. Each had his or her own favorite issues, yet they are all part of the team that makes CPC work. Each of them understands very well that there is dignity and pride in trying to make the community a little better.

Accordingly, each of them is commended for his or her service. They were:

NPD Lt. Bruce Apotheker, representing NPD
NPD Auxiliary Dep. Chief Jeff Silton
Commissioner Richard Catrambone
Commissioner Debra Darcy
Commissioner Marc Epstein
Commissioner Bernard Goulding
Commissioner Colleen Rosenbaum
Commissioner Scott Rosenbaum
Commissioner Fred Winer
Commissioner Frank Wolpe (Chair)

Advisory Council Member Barbara Wong
Advisory Council Member Steve Hassan
Advisory Council Member Deborah Budd
Advisory Council Member Margie Kern
Advisory Council Member Sami O'Reilly
Advisory Council Member Bill Renke
Advisory Council Member Terry Sauro

CONTENTS

The following Commission highlights are discussed in detail below. Each was part of CPC education and outreach during the past five (5) years.

- 1.** Gun Safety
- 2.** Teen Dating Violence
- 3.** Elder Affairs
- 4.** Tour of 911 Dispatch
- 5.** Review of NPD Role in the Marathon Bomber
- 6.** Announcement of NPD Underage Alcohol Enforcement Initiative
- 7.** Presentation of “Boston Strong Pins” to Newton Police Department Officers
- 8.** Feasibility of a Prospective Newton Buyback and/or Prospective Newton Gun Lock Programs
- 9.** NPD Auxiliary Chief
- 10.** Sarah Perry, Executive Director, Second Step
- 11.** Neighborhood Organized Resource Groups (NORGs)
- 12.** Newton Police Explorer Post #300
- 13.** QPR training/*NewtonCares*, our City’s suicide prevention program
- 14.** Marian T. Ryan, Middlesex County DA
- 15.** NPD Captain Marc Gromada, President, Newton Police Memorial Association (NPMA)
- 16.** Dealing with ISIS and Other Extremist Groups as Mind Control Cults
- 17.** NPD Domestic Violence Officer (DVO)
- 18.** The Growing Opioid Problem
- 19.** What is NPD Community Outreach
- 20.** Insider Report on the FBI National Academy

MISSION STATEMENT

The City of Newton Crime Prevention Commission, established in the late 1960’s, is an organization of civic and business leaders committed to focusing attention on the quality of community living through improved safety and security initiatives. It operates through research, collaboration, citizen programs, leadership and advocacy. Membership in the group ranges widely across the business, education, civic, law enforcement and

legal communities. Our guiding principle is to work collaboratively with other City of Newton stakeholders toward reducing and preventing crime and enhancing public safety. There is considerable pride, of course, in being consistently voted as among the safest, in some years the safest, city in the United States. Nevertheless, members engage in meaningful agenda building each year to implement or support programs and services which address developing problems of concern. In the near term, interest is focused on such matters as:

- **Hate Crimes and Bias Incidents** – The Commission is pledged to be proactive in support of programs and legislation designed to prevent hate crimes and bias incidents. It recognizes that many bias incidents, though not all rising to the level of criminality, also need to be vigorously discouraged. Such offensive acts may involve physical assault, damage to property, bullying, harassment, verbal abuse/insults, offensive graffiti and/or written messages (hate mail). In the United States, frequently reported bias motivations have included anti-black, anti-white, Jewish, gay, Muslim, Asian, Native American, and Hispanic sentiments.
- **Domestic Violence** - The Commission is pledged to be proactive in support of activities that center on learning and teaching others about violence against women. It monitors various government agencies to discover how they can be made more effective within the community; promotes responsible citizen anti-violence programs; and supports the providing of accurate information for the public and the news media. Members are also concerned with the adequacy of shelters, legal aid and other services for girls and women at risk, and counseling/rehabilitation for perpetrators. Abuse can be physical, mental, and/or emotional. Violence against anyone in any form is a wrong, whether the abuser is a family member, a date, a current or past spouse, boyfriend, girlfriend, an acquaintance, or a stranger. Unfortunately, violence against women in the family has long been considered a private matter by bystanders, including neighbors, the community and government, yet such private matters have a tendency to become public tragedies. People need to learn how to reduce the risk of becoming a victim. The Commission supports

appropriate measures in the field of education to modify bad patterns of conduct among some men and women.

- **Elder Fraud** – The Commission is pledged to be proactive about better informing the population to ensure that older Newtonians will live with dignity, integrity, independence, and without abuse, neglect, and exploitation. Being informed is the best defense against the many scammers and fraudsters who are out to rob seniors of hard-earned income and assets. Sophisticated and sneaky malfeasors can trick even the smartest folks. The Commission supports programs to help people learn how to spot their scams and how to refuse and report them. Often seniors do not have enough information to protect themselves so they must take the time to be educated on how to recognize the pitches that scammers make, and to know the latest twist on the scam that’s been around a while. Once they’ve seen the scam, they need to report it to law enforcement authorities so that others will know enough to avoid falling into the same traps. Members are committed to work with The National Center on Elder Abuse. This national resource disseminates elder abuse information to the public, and provides technical assistance and training to community-based organizations.
- **Youthful Offenders** – The Commission is pledged to be proactive in support of programs designed to prevent and remedy youthful bad behavior. It will work with the Youth Commission and the Newton Public Schools to advocate formal activities such as Restorative Justice (healing). Offensive acts which invite some form of healing may involve physical assault, damage to property, bullying, harassment, verbal abuse/insults, offensive graffiti and/or written messages (hate mail). Restorative justice emphasizes repairing the harm. Of course, it is not a substitute for appropriate police and prosecutorial activity when warranted. It is simply something different. The purpose is to heal through cooperative processes, which include all stakeholders. When victims, offenders and community members meet, the results can be transformational. Such programs are characterized by creating opportunities to collectively discuss bad behavior and its aftermath. One way this is

done is the “restorative circle” where all involved parties tell their side of the story respectfully in a structured format. The circle has assumed prominence as a preferred approach for working with children and youth at risk.

- **Unsafe Use of Cell Phones** – The Commission is pledged to be proactive about a remedy for obvious driver inattention as a leading factor in crashes where hand-held cell phone use and texting are some of the most common driver distractions. Under consideration are suggestions to call for state and/or local action to ban non-emergency hand-held cell phone/texting for drivers; to call for media campaigns to alert the public to the dangers of distracted driving; to call for model policies to ban non-emergency hand-held cell phone/texting by public employees (except police officers) driving on government business; to call for private sector action to ban non-emergency hand-held cell phone use/texting by private employees driving for business purposes; and to call for parental action to set a good example for children by not using a cell phone while driving.

EXPANDED HIGHLIGHTS

- 1. Gun Safety** – A co-sponsored public “Conversation on Gun Control and Mental Health
- 2. Teen Dating Violence** - NSHS (co-sponsored event by CPC)
- 3. Elder Affairs** – A planned community workshop on “Elder Scams” with Middlesex County Sheriff Peter J. Koutoujian as the featured speaker at the Jewish Community Center (JCC) in Newton.
- 4. Tour of 911 Dispatch Center** – Lt. Bruce Apotheker graciously agreed to provide a tour, and explain the operation, of the 911 Dispatch Center.
- 5. Review of NPD Role in the Marathon Bomber Investigation** – First responder reports of suspicious packages in the area of Commonwealth Avenue; runners taken to two sites in Newton to help reconnect with friends and families; shelters set up at City Hall and Boston College, etc.
- 6. Announcement of NPD Underage Alcohol Enforcement Initiative** – This is a new effort to help combat underage drinking in the City, which is funded by a Federal grant. It will involve teams of undercover officers in cooperation with business owners and store managers.

- 7. Presentation of “Boston Strong Pins” to Newton Police Department Officers** - The Commission invited Emily Kern, a Newton North High School (NNHS) student, to make her presentation of "Boston Strong pins" to the NPD. She raised money to buy the pins by selling tickets at school for enough pins to provide one for every member of the police force. She told the whole story after we commended her as an accomplished representative of Newton’s young people. What was perhaps most appealing about the presence of this bright teenager is that she was the first "student representative" to appear at any of our Commission meetings. Next year, beginning in September, the Commission will discuss regularly inviting young people from both Newton high schools to every meeting. We may call them “Student/Associate Members of the Crime Prevention Commission.” After all, folks, like her, represent a significant and growing slice of our City population. Since they are even be more vulnerable than some of their elders, we discussed their concerns for personal safety.
- 8. Feasibility of a Prospective Newton Buyback and/or Prospective Newton Gun Lock Programs** - Inasmuch as Newton is a safe suburb with a low crime rate and virtually no gun crime, we considered whether we were a typical setting for either program. Would such efforts make a difference in the remote threat of Newton gun violence? Topics considered were (1) the cost/benefit **of staffing** with designated NPD officers and CPC volunteers to receive the guns and distribute the gun locks at NPD Headquarters, (2) guidelines for immunity, or lack thereof, for those who deliver the guns since some of such weapons and/or owners may not be licensed or have a questionable history, (3) funding for NPD manpower along with cash to buy the gun locks and pay for the gun buybacks., and (4) “education and outreach” as a pro-active community service about gun safety.
- 9. Featured Speaker – Jeff Silton, NPD Auxiliary Chief** graciously agreed to speak about the inner workings of his office as well as public safety issues where we might work together. His approach was informal with an interactive presentation woven with questions and comments. He explained how the Newton Auxiliary Police are a completely volunteer group consisting of about 40 members, initially organized in the 1960s as part of the Civil Defiance Act. Coming forward to the present, they can be regularly seen working crowd and traffic control at special events

and for special duty during natural disasters and inclement weather (like floods, blizzards, windstorms and blackouts). Additionally, they patrol the City in marked cruisers to assist full-time police officers as extra "eyes and ears." Thus, the presence of the Auxiliary, in uniform, has been proven to reduce vandalism and other crimes within the community. Their street duties also includes work at the Boston Marathon, Walk for Hunger, July 4th, and other community events as well as assisting in other "city sponsored" and/or charitable public safety-related functions.

- 10. Featured Speaker – Sarah Perry, Executive Director, Second Step,** graciously agreed to speak about the inner workings of her office as well as public domestic violence issues. Her approach was informal with an interactive presentation woven with questions and comments. Sarah came to us from a wonderful organization that collaborates with adult and child survivors of domestic violence. They work hard to identify pathways for victims who need healing, housing, and financial security. They believe that all people have a right to safety and dignity in relationships; so they are dedicated to responding to each family at the individual, community and societal level to end domestic violence. Their vision is a world free from intimate partner violence; a place where every home is a safe home; and a community where those who may be suffering abuse can access the resources they need to safely make other choices. We all heard many Survivor Stories about the diverse women and families served by The Second Step. Each one is unique, but they had in common the powerful desire to move beyond domestic violence.
- 11. Neighborhood Organized Resource Groups (NORGs)** were introduced Commission Advisory Council Member Sami O'Reilly's idea for helping the community offer NORGs. [



Why NORGs? Clearly, they raise a legitimate question about whether neighbors might accept the challenge to be stewards of certain neighborhood resources. Since the presence of traditional "watches" has come to mean, "Crime is here;" many communities, like Newton, for

obvious reasons will not accept such a message. Indeed, some traditional "neighborhood watches" in low crime cities have already migrated to becoming what are called "neighborhood interest groups," with a broader mission. Moreover, it may be easier to cultivate activists within neighborhoods to "watch" over the usual community resources, thus ensuring they are safe and well maintained. Parks, streets, open spaces, and community buildings are typically the resources we speak of when we discuss what they are "watching". Then, the next logical question is why not extend the effort to troubled young people who are also resources?

We already know that early intervention in the life of a youngster-in-need correlates to crime prevention. Might not youngsters-in-need also be a special type of community resource that needs watching? Could we enlist such youngsters to help with NORGs? Can we help to keep these youngsters "safe and well-maintained" by their own efforts? A well-used, well-watched park is, after all, a foundation for neighborhood safety. How about a volunteer program that matches youngsters-in-need with neighbor-volunteers for exercise programs in parks or community gyms? Since there may be such models as this in other communities, why not do some research? How about seeking a grant?

12. Newton Police Explorer Post #300: We discussed inviting this fine group to share a meeting with the Crime Prevention Commission to discover ways in which we might join in mentoring, education and outreach with interesting young people. Their mission statement provides that the Newton Police Explorer Program is to develop responsible, educated, and capable youth in our community. The program strives to offer the explorers the opportunity to build the characteristics and qualities needed to become an effective law enforcement officer. Through involvement in our program explorers will obtain an awareness of the complexities of police service. Utilizing the acquired knowledge our explorer post members we will productively serve the community and instill the basic tenets of civic responsibility, which will reflect positively on the Newton Police Department and the Exploring Program.

Among other goals, Explorers increase the understanding between the youth of the community and the NPD

- a. To promote law enforcement as a potential career choice for qualified young men and women.
- b. To provide the opportunity for citizenship, service, fitness, outdoor, social and career experiences necessary for young men and women to succeed as productive members of society.
- c. To provide training that will encourage a sense of pride in our community and country and teach individual responsibility.

13. QPR training was provided members by *NewtonCares*, our City's suicide prevention program was a featured event at one meeting. The Program was described as: Suicide Prevention and QPR Training - Learn 3 Simple Steps That Anyone Can Learn To Help Save A Life

a. **QPR stands for Question, Persuade, and Refer** -- 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to *question, persuade, and refer* someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in the Gatekeeper course in as little as one hour.

In One Hour, you too can become a gatekeeper - According to the Surgeon General's National Strategy for Suicide Prevention (2001), a gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

Gatekeepers include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide

b. **QPR stands for Question, Persuade and Refer, an emergency mental health intervention for suicidal persons.** It was created by Paul Quinnett and first described in 1995 in a number of presentations and publications by the QPR Institute. One cannot

overemphasize the need for early recognition of suicide warning signs. In a cardiac crisis, the difference between recognizing and acting where there is chest discomfort, before it becomes crushing chest pain, can mean the difference between life and death.

- c. **QPR** is a simple educational program, which teaches ordinary citizens how to recognize a mental health emergency and how to get a person at risk the help they need. It is also an action plan that can result in lives saved.

14. Featured Speaker – Marian T. Ryan, Middlesex County DA has graciously agreed to speak. She will talk about the inner workings of her office as well as public safety issues where we might work together. Her approach will be informal with an interactive presentation woven with questions and comments. On April 23, 2013, Governor Deval Patrick named her to fill the vacancy created by the departure of Middlesex County DA Gerard Leone. In a Press Release, Governor Patrick on Tuesday, April 23, 2013, said that: “Marian brings a great wealth of experience as a prosecutor generally and in the Middlesex County DA’s office in particular. I am confident she brings the rigor, tenacity, integrity and compassion to take an already strong team to even greater heights.” With over 30 years of experience in the DA’s office, Ryan had served as General Counsel and Chief of the Middlesex DA’s Elder and Disabled Unit. She has extensive and varied experience in both the prosecution of homicide and other felony cases as well as in the development and implementation of prevention and outreach initiatives in communities throughout Middlesex County. She has also tried hundreds of cases in the District and Superior Courts and briefed and argued over 40 cases in the Appeals Court and the Supreme Judicial Court. During her 34 years of service at the Middlesex County DA’s Office, Ryan forged strong professional relationships with the criminal defense bar, the judiciary, community groups, police departments and other public safety personnel, the probation department, mental health professionals, social service agencies and other advocacy groups throughout the county. She is a graduate of Emmanuel College and Boston College Law School. She lives in Belmont with her husband and has two children.

- 15. Featured Speaker: NPD Captain Marc Gromada, President, Newton Police Memorial Association (NPMA)** - The Association was established in March of 1938. All members are active full-time sworn police officers of the Newton Police Department. The daily operations of the association are coordinated by a board of nine elected officials. It's a not for profit *IRC §501(c)(9)* voluntary employees association, which provides payment of certain benefits to members. Among other activities of the group are the annual Policeman's Ball from which ticket sales support assistance to sick or injured officers; an annual memorial service and flowers for deceased members and their immediate family; and academic scholarships to daughters and sons of Newton Police Officers as well as other activities for the better of the organization.
- 16. Featured Speaker: Subject - Dealing with ISIS and Other Extremist Groups as Mind Control Cults - Steven Alan Hassan M.Ed. LMHC, NCC , Advisory Council, Mayor's Newton Crime Prevention Commission , Freedom of Mind Resource Center Inc.** Steve discussed the workings of pyramid structured, authoritarian groups which use deceptive recruitment (no informed consent) and use BITE (Behavior Control, Information Control, Thought Control, Emotional Control) to break a person's identity down and to rebuild a new cult identity, which is dependent and obedient. This cult identity thinks, feel, acts the way he or she is programmed to do: typically as a clone of the cult leader.

ISIS is a political cult, which uses religion as a tool to create legitimacy, but like other cults, the ideology is twisted perversion of the message of love, truth compassion and doing goodness. They promote a simplistic, black and white, us versus them, good versus evil paradigm. Be with us: you are good. You are with Allah. Otherwise, die.

- 17. The Growing Opioid Problem**
- a. What are opioids?** Opioids are medications that relieve pain. They reduce the intensity of pain signals reaching the brain and affect those brain areas controlling emotion, which diminishes the effects of a painful stimulus. Medications that fall within this class include hydrocodone (e.g., Vicodin),

oxycodone (e.g., OxyContin, Percocet), morphine (e.g., Kadian, Avinza), codeine, and related drugs. Hydrocodone products are the most commonly prescribed for a variety of painful conditions, including dental and injury-related pain. Morphine is often used before and after surgical procedures to alleviate severe pain. Codeine, on the other hand, is often prescribed for mild pain. In addition to their pain relieving properties, some of these drugs—codeine and diphenoxylate (Lomotil) for example—can be used to relieve coughs and severe diarrhea.

b. What are the possible consequences of opioid use and abuse? Taken as prescribed, opioids can be used to manage pain safely and effectively. However, when abused, even a single large dose can cause severe respiratory depression and death. Properly managed, short-term medical use of opioid analgesics rarely causes addiction—characterized by compulsive drug seeking and use despite serious adverse consequences. Regular (e.g., several times a day, for several weeks or more) or longer-term use or abuse of opioids can lead to physical dependence and, in some cases, addiction. Physical dependence is a *normal* adaptation to chronic exposure to a drug and is not the same as addiction.

c. Warning Signs of Prescription Abuse or Misuse among Youth

- Fatigue, red or glazed eyes, and repeated health complaints;
- Mood changes, including irritability, negative attitude, personality changes, and general lack of interest in hobbies or activities;
- Secretiveness and withdrawing from family;
- Decreased or even obsessive focus on school work;
- Missing prescription medicines from your medicine cabinet;
- Changes in behavior or relationships that make you uncomfortable; and
- Additional filled prescriptions on your pharmacy record that you did not order.

d. Treatment

- **Massachusetts Substance Abuse Information and Education Helpline 1-800-327-5050.** The Massachusetts Substance Abuse Information and Education Helpline provides free and confidential information and referrals for addiction treatment as well as other recovery support services. Referral specialists are available by telephone Monday through Friday from 8:00 AM to 10:00 PM on Saturday and Sunday from 9:00 AM to 5:00 PM.
- **SAMHSA Substance Abuse Treatment Locator**
The Substance Abuse and Mental Health Administration (SAMHSA) Substance Abuse Treatment Facility Locator provides an on-line resource for locating drug and alcohol abuse treatment programs across the nation.
- **Massachusetts Buprenorphine Helpline 1-866-414-6926 or 1-617-414-6926** – Referral specialists are available by telephone Monday through Friday during normal business hours to assist persons in finding buprenorphine treatment, sometimes known as suboxone treatment, in an outpatient setting.
- **Youth Central Intake 1-617-661-3991:** Provides information and facilitates access to a range of services for Massachusetts youth with substance use issues, including residential and outpatient treatment. Access Coordinators orient parents and professionals to care services, conduct phone assessments, make referrals to residential or outpatient treatment, work closely with referral sources, and provide support to youth and their families throughout the process.
- **Pregnant Women Central Intake 1-617-661-3991:**
Pregnant Women with addictions are a BSAS priority population and have priority access to all BSAS funded treatment services. The Institute of Health and Recovery (IHR) is the central intake for family residential treatment and provides interim services for pregnant women who are waiting for a residential placement as well as referrals for all levels of care.

- 18. What is NPD Community Outreach?** No two neighborhoods (or villages) in Newton are the same. NPD outreach is designed to address the needs of each. The program takes a three-prong approach, which brings community engagement, crime data and police services together for meeting the individual needs of all Newtonites. It's a unique approach, which is owned by the community.
- a. Why Are Perceptions Of Crime Important?** Every citizen's perception of crime and public safety matter. When used in conjunction with crime data and citizen perceptions at the micro-community level; it provides a more accurate picture of the reality of crime and public safety than can be seen through crime statistics alone. This is what makes NPD strategy unique.
 - b. How Are Newton's 13 Villages Defined For Outreach?** Newton's 13 villages (i.e. neighborhoods) are defined through police-citizen engagement including community meetings, focus groups, survey data and the realities of geographic boundaries. This way neighborhoods are routinely reevaluated with attention to the ways in which citizens who live in all parts of Newton define their own area.
- 19. NPD Domestic Violence Officer (DVO) - "Dealing with Abuse" -**
- a. Make every home a safe home.** In her role as the DVO Officer Donahue, not only responds to calls for help, but she also strives to raise awareness, educate and create programming to assist the public in addressing the issue, and especially, to support those impacted by such **violence**.
 - b. Test adequacy of shelters, legal aid and other services for girls, women, children and others at risk.** We will also hear about counseling and rehabilitation for perpetrators. Abuse can be physical, mental, and/or emotional.
 - c. Violence against anyone in any form is a wrong,** whether the abuser is a family member, a date, a current or past spouse, boyfriend, girlfriend, an acquaintance, or a stranger.
 - d. Unfortunately, violence against women in the family has long been considered a private matter by bystanders,** including neighbors, the community and government, yet

such private matters have a tendency to become public tragedies.

- e. People need to learn how to reduce the risk of becoming a victim.** The Commission supports appropriate measures in the field of education to modify bad patterns of conduct among some men and women.

20. Insider Report on the FBI National Academy

Respectfully submitted,

Frank Wolpe

Frank Wolpe, Esq., Chair
Mayor's Crime Prevention Commission