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## MEETING MINUTES

City of Melrose  
City Hall  
562 Main Street  
Melrose, MA 02176

Committee/Board: Board of Health

Meeting Day/Date/Time: Thursday, January 15, 2026

Location: Melrose City Hall, 562 Main St

Basement Conference Room

Call to Order: Frank Brincheiro

Time Called: 6:36 PM

Second by: Lillian Kelly

### In Attendance/Roll Call

Board Members: Frank Brincheiro, Lillian Kelly, Carol Ann Licitra

Health Department: Director Anthony Chui; Administrative Assistant Christy Bolduc

### Approval of Minutes for October 23, 2025

Lillian made a motion to accept the minutes

Carol Ann second the minutes

Further Discussion: None

Frank Brincheiro– Yes

Carol Ann Licitra – Yes

Lillian Kelly – Yes

PASSED 3-0-0

### Kratom and Synthetic THC Policy Discussion

Anthony Chui explained that Kratom and THC are both non-FDA-regulated substance increasingly available in convenience stores, smoke shops, and some health food stores. Kratom is sold in multiple forms, including powders, drinks, teas, and edibles. Synthetic variants, including 7-OH forms, are reported to be more potent and pose increased overdose risk. Kratom has been associated with 1 overdose in Methuen, and it is not confirmed that it can be treated with Narcan. Synthetic THC products are commonly infused into gummies, baked goods, drinks, and vape products. These products are more concentrated than naturally occurring THC and pose a higher overdose risk. The Board requested more information on regulations from the communities that banned both Kratom and synthetic THC at the next meeting. **See attached information packets**

### Health Directors Report

Flu clinic season was very successful with strong community participation, though flu rates remain elevated regionally. Routine food and housing inspections are ongoing, and preparations for the upcoming camp season are underway.

### Other Business

Carol Ann Licitra announced plans to step down from the board. However, she will remain on the Board until a replacement is appointed or as needed to maintain quorum. The Health Director will coordinate with the Mayor's Office regarding the appointment process.

### No Public Comment

Next BOH Meeting in Melrose is February 19, 2026

### Carol Ann Licitra made a motion to adjourn the meeting

Lilian Kelly second the motion to adjourn

Further Discussion: None

Vote to adjourn the meeting:

Frank Brincheiro– Yes

Carol Ann Licitra – Yes

Lillian Kelly – Yes

PASSED 3-0-0

Meeting Adjourned at 7:05 PM