

# West Suburban Community Health Network Area (CHNA) 18

Brookline Dedham Dover Needham Newton Waltham Wellesley Weston Westwood

## CHNA 18 Newsletter

APRIL  
2017



*CHNA 18: Working together to build healthier communities through community based prevention planning and health promotion.*

[www.chna18.org](http://www.chna18.org)



Like us on Facebook

Follow us on **twitter**

### CHNA 18 News

*Still registering for*

#### **CHNA 18 Spring Workshop Series: "BUILDING CONNECTIONS"**

This series provides several perspectives and strategies to help people struggling with mental health issues - from ways to offer help, to having a planned response to suicidal thinking or understanding the complexities of mental health issues in an immigrant community. See below for the full series, and register for one or all.

All events are free and **CEU's** are available for social workers, nurses, and mental health workers when appropriate. We hope to see you there!

VISIT OUR WEBSITE

[www.chna18.org](http://www.chna18.org)

Check out our site for updates, announcements, funding opportunities and more!

### In This Issue

Upcoming Events

New Resources/Jobs

CHNA 18 website  
CHNA 18 Grantees  
Needs Assessment Report

[Join our Mailing List!](#)

### UPCOMING EVENTS AND ANNOUNCEMENTS

**Q.P.R. Training:  
Question,  
Persuade, Refer**

**Becoming a Mental Health  
Ally: Reducing Stigma,  
Breaking Barriers, and  
Improving Access to Care.**

**The Secret Lives  
of Teens**

**Becoming a Mental Health Ally: Reducing Stigma, Breaking Barriers and  
Improving Access to Care. 2 CEU Units available!**

*May 11, 9:00-12:00, Center at The Heights, Needham MA*

In collaboration with Beth Israel Deaconess Hospital/Needham, Newton Wellesley Hospital, Walker, and CHNA 18. Keynote Speaker: Trenni Kusnierek , Comcast Sports New England. Two CEU's will be offered to those in attendance.

Join our panel of experts as we explore the stigma and barriers many communities face in seeking and receiving mental health care. Keynote speaker Trenni Kusnierek , reporter at Comcast Sports New England, will share a personal testimonial of her struggle with mental illness and what she does on a daily basis to stay healthy. Our panelist's specialties include elder, youth, and non-English speaking/immigrant populations, although they will discuss ideas that can be applied generally as well.

Finally, an open forum of recovery resources will be available for browsing and information, along with sample workshops from alternative medicines such as yoga and art therapy. This training is designed for public health and human services organizations, including but not limited to: Social Workers, Licensed Mental Health Counselors, Nurses (including School Nurses), other medical professionals, and elderly services providers.

**QPR Training. Question, Persuade, Refer. (5 spaces left as of 4/19)**

*Presented by Minding Your Mind*

*April 25th, Waltham Library, 9:30-11:30*

The 3 simple steps anyone can learn to help save a life from suicide.

Q.P.R. stands for Question, Persuade, and Refer - the 3 simple steps anyone can learn to help save a life from suicide. Q.P.R. is sometimes referred to as CPR for a Mental Health Crisis.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in Q.P.R. learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help

The Secret Life of Teens

Wednesday, June 7, 2017

9:30-11:00

Needham Library, Needham MA

**The Secret Lives of Teens**

*Presented by Jon Mattleman, Director of Needham, MA Youth Services*

"The Secret Lives of Teens" is a high-energy presentation that actively focuses on what teens are really thinking, what they fear, why they do not share more, and how adults can effectively support the teens in their lives. This presentation covers areas such as depression, suicide, 'acting out' behaviors, drug and alcohol use, and more.

Participants will leave the workshop with: Strategies they can implement immediately, New ways of understanding teens and their behaviors, Innovative techniques for engaging teens, Confidence, courage, and new language to use with teens.

This workshop is great for anyone who lives, works, or engages with teens on a regular basis.

[REGISTER FOR ONE OR ALL THREE FREE WORKSHOPS HERE](#)

---

### **UPCOMING PROGRAMS FROM THE WELLESLEY HEALTH DEPARTMENT**

#### **Hello Wellesley and friends!**

Women's Health-Myths and Misconceptions - Wednesday, April 12, 2017 6:30 - 8:00 pm, Wellesley Free Library (530 Washington Street, Wellesley)

Hazards in the Home (with a live fire demo) - Wednesday, May 3, 2017, 6:30 - 8:30 pm (rain date May 4), Warren Building and Field (90 Washington Street, Wellesley)

Landscapes for Living - Saturday, May 13, 2017 10:30 am - 3:00 pm, Wellesley Free Library (530 Washington Street, Wellesley)

Dog Contest - Saturday, May 20, 2017 10:00-11:30 am, Warren Field (90 Washington Street, Wellesley) Volunteers Needed - 9:15-11:45 AM. Please respond to this email if you can assist

**This is a reminder that many free programs from the Wellesley Health Department are planned in the months ahead; several offering Continuing Education Units. Please send RSVP to (unless otherwise noted), Cheryl Lefman: [clefman@wellesleyma.gov](mailto:clefman@wellesleyma.gov) or 781-235-0135.**

---

**YOUTH TRAINING/WORKSHOP:** [Interact Training Day](#), Saturday April 29, in Providence, RI.

After the workshop, participating youth ages 12-18 will know of projects they can launch in your community, including Peer Leadership & Depression Prevention (PLDP). The PLDP resource was developed by Adolescent Wellness, Inc. and is taught to the Rotary sponsored teen group, Interact. First launched in Wellesley three years ago, PLDP is now live in the United States, Puerto Rico and India.

---

**WEBINAR:** FREE Teen Depression Webinar on Wednesday, May 3 at 3PM ET. Learn how to identify depression in teens and intervene with effective communication techniques, while also addressing special areas of concern: self-injury, bullying, suicide, and live-streaming social media. The webinar features Jessica Feinberg, LICSW, and Dana Sarvey, MD, experts in teen depression from McLean Hospital.

What parents need to know - and the new danger of social media and live-streaming

You'll hear - and be able to ask questions - from experts Jessica Feinberg, LICSW and Dana Sarvey, MD from McLean Hospital

- how to recognize depression in teens
- special areas of concern: self-injury, bullying, suicide, and live-streaming social media
- when and how to get help
- what's involved in depression treatment
- what to do when a teen is reluctant to seek help
- resources that are available to you and your family.

Why is teen depression an important issue?

- At least half of all cases of depression begin by age 14
- 20% of young adults will have experienced depression during their teen years
- More than 85% of teens improve with appropriate treatment
- Untreated depression can lead to substance abuse, self-harm, and in some cases, suicide.

Register at [familyaware.org/trainings](https://familyaware.org/trainings)

Not available for the live webinar? Register today and watch it on demand, at your convenience. Families for Depression Awareness is a national nonprofit organization helping families recognize, address, and cope with depression and bipolar disorder to get people well and prevent suicides.

---

## UPCOMING EVENTS FROM THE METROWEST HEALTH FOUNDATION

### **Community Health Film Series - Heroin: Cape Cod, USA**

Monday April 24th, 6:00 PM - 9:00 PM

The Morse Institute Library is partnering with the MetroWest Health Foundation for a series of films and panel discussions on health issues facing the community.

Passing On tells the sensitive, powerful stories of people facing their own mortality, of the family and friends caring for them, and of the medical professionals trying to ease their patients' pain and the families' burdens. Each experience serves as a reminder of the importance of making our own wishes known to our loved ones and our healthcare providers, thus relieving them of the need to guess when our time comes.

There will be a panel discussion on end-of-life care following the film.

This event is free and open to the public. Doors open at 6:00pm, and film starts at 6:30pm. Light supper will be served.

Part of the Community Health Film Series presented in partnership with the MetroWest Health Foundation. Program funded by a grant from the Leonard Morse Grants Panel.

LOCATION: [Morse Institute Library](#), Lebowitz Meeting Hall, lower level

---



**HEALTH CARE FOR ALL**

**PLEASE JOIN US!**

**THURSDAY  
MAY 11<sup>TH</sup>  
2017  
BOSTON, MA**

*"You just can't beat the person that never gives up."*

*— Babe Ruth*

**Reception - Networking - Auction - Dinner - Jazz Music**

[Click here for tickets!](#)

**Thursday, May 11, 2017**

**6:00 PM - 9:00 PM EST**

**The Westin Copley Place, Boston**

**10 Huntington Avenue**

**Boston, MA 02116**

---

## **WORKSHOP: Effectively Implementing a Community Health Improvement Plan**

April 27th

(Framingham, MA)

[Register here!](#)

Topics: Overview of Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP) processes; and resource requirements.

Description: This training further explores the concepts introduced in the introductory webinar. This training will highlight resources and guidelines provided by MA DPH. Through interactive discussions, participants will also have the opportunity to discuss CHIP Implementation challenges and solutions. Attendees will be encouraged to share questions and scenarios from their work for discussion. Participants will explore topics such as: What are effective

implementation approaches? What amount of time, expertise, and other resources does CHIP Implementation process? How does an organization complete the process effectively and in a fiscally sound manner? How can an organization manage politics and competing agendas among partners? Teams will create an action plan detailing next steps.

Audience: Individuals and teams in healthcare, community health, public health, and other key stakeholders including community development corporations, regional planning groups, and community leaders/members who want to work collaboratively on community health assessments (CHAs) and community health improvement plans (CHIPs) to improve population health outcomes.

Participants completing this webinar will be able to:

1. Describe the Community Health Improvement Process
2. Describe the key elements of the CHIP Implementation process
3. Identify tools and resources that will assist in effective CHIP Implementation
4. Identify strategies and resources for operationalizing MA DPH's community engagement principles

NOTE: To participate in this training, attending or viewing the first webinar, "[Overview of the Community Health Improvement Process](#)," is required.

---

### **WORKSHOP: NASWA presents-After The Storm: Conversations on Diversity and Community Building (5.5 CEs)**

Keynote Speaker: Paul Watanabe, PhD in Political Science, Harvard University, Professor of Political Science, UMass Boston, Director, Institute of Asian-American Studies, UMass Boston

Panelists: Vincent Lau, Esq. Immigration Attorney, Shannon Al-Wakeel, JD, Executive Director, Muslim Justice League; Board of Directors, MA ACLU, Amy Grunder, Director of Legislative Affairs, MIRA (Massachusetts Immigrant and Refugee Advocacy Coalition), Liza Ryan, Director of Organizing, MIRA

Moderator: Carol Bonner, EdD, MSW, MBA, Associate Dean, Salem State University School of Social Work

As we experience a new White House administration, the MA Chapter's Commission on Racial and Ethnic Diversity is inviting social workers, educators, community leaders, and activists to come together to identify constructive next steps. The program offers information and strategies for social workers who are concerned about the administration's short- and long-term impacts on vulnerable communities, and who are apprehensive about potential reversals of US social policy affecting women, people of color, people with disabilities, religious, LGBT, and immigrant communities. Panelists will discuss strategies for promoting social justice and diversity, and for protecting civil rights. How are we as social workers poised to respond proactively or reactively to the changing tides? Join us to hear a distinguished lineup of thought leaders as we work together to create a vision for our collective future.

Participants will learn to...

1. Strengthen their capacity to engage in solidarity work and intersectional organizing.
2. Empower ourselves and our clients to advocate for equal rights for all.
3. Identify constructive strategies that center on racial justice in a movement for immigrant rights.
4. Identify next steps in cross-movement organizing to cover integration of faith-based, so

Friday, May 5, 2017  
9:00 a.m. - 4:30 p.m. (Registration 8:30 a.m.)  
Regis College (Upper Student Union)  
235 Wellesley St.  
Weston, Massachusetts 02493

[MORE INFO OR TO REGISTER](#)

---

### **WEBINAR: Addressing Challenges and Barriers to Implementing a CHIP**

Wednesday, May 03, 2017, 11:30am - 01:00pm

Presented by the Community Health Training Institute

Topics: Community Health Improvement Plan (CHIP) process common challenges and barriers  
Webinar (90min)

[Register](#)

Description: This webinar will build on the introductory webinar and in-person training by addressing common barriers and challenges that arise when implementing Community Health Improvement Planning processes. Case studies will be used to demonstrate practical application of concepts. Participants will have an opportunity to share common challenges in order to receive tips and strategies to address those barriers.

Audience: Individuals and teams in healthcare, community health, public health, and other key stakeholders including community development corporations, regional planning groups, and community leaders/members who want to work collaboratively on community health improvement plans (CHIPs) to improve population health outcomes.

Participants completing this webinar will be able to:

1. Identify 1-2 challenges/barriers they have faced or anticipate facing implementing a CHIP
2. Identify 1-2 strategies to address their challenge/barrier

Trainers: Rose Swensen and Amanda Ayers (HRiA)

This training meets the following DPH coalition guidelines:

- \* Shared vision including a focus on reducing health disparities and promoting health equity
- \* Consistency with MA DPH's goals and priorities
- \* Participation from key stakeholders (individuals and organizations that have a vested stake or interest in a program or policy initiative, e.g. it will impact them directly)
- \* Effective utilization of data to inform goal and activity selection, implementation, and evaluation
- \* Statement of purpose and shared activities

---

### **WEBINAR: Communication Tips and Tools to Strengthen Your Impact**

Wednesday, May 24

1:00 pm - 2:30 pm

Topics: Developing, implementing, and evaluating a marketing/communications plan

Description: Participants in this webinar will learn about the elements of a communications strategy and how it can increase the effectiveness of your organization or project. They will also understand the value of doing research in the community as part of a communications effort

and how it can inform the design of the strategy, including identifying appropriate audiences, communication approaches, and channels. Methods for evaluating the outcomes and impact of a communications strategy will be briefly described.

Audience: Coalition leaders and partners; individuals working towards community health.

Participants completing this webinar will be able to:

1. Describe the value of developing a communication plan for an organization or project.
2. List the key elements of a communication plan.
3. Explain how to go about creating a plan including goals, objectives, audience, channels, and measuring success.

[REGISTER HERE](#)

---

#### **UPDATE FROM THE JEWISH FAMILY AND CHILDREN'S SERVICES:**

1. Balancing Act is an ongoing monthly support and discussion group for adults whose parent(s) lives with dementia. We meet on the second Thursday evening of the month at JF&CS in Waltham. The group is co-facilitated by two social workers experienced with Alzheimer's and related disorders. Suggested donation of \$10; no one turned away due to cost. Please contact Beth Soltzberg, MSW, for information at [atsoltzberg@jfcsboston.org](mailto:atsoltzberg@jfcsboston.org) or 781-693-5628.

2. There are many new memory cafés in Greater Boston! Memory cafés are welcoming social gatherings for individuals living with dementia and for their family, friends and professional caregivers. Please visit [www.jfcsboston.org/MemoryCafeDirectory](http://www.jfcsboston.org/MemoryCafeDirectory) for a listing of Massachusetts cafés by town.

3. Jewish Family & Children's Service and the Massachusetts Association of Councils on Aging are happy to offer a free online toolkit for those interested in starting a memory café. It will soon be available in Spanish. Please visit [www.jfcsboston.org/MemoryCafeToolkit](http://www.jfcsboston.org/MemoryCafeToolkit).

4. The Dementia Friendly Massachusetts Initiative is a collaborative effort to support, link and accelerate efforts across Massachusetts to make communities safer, more respectful and inclusive for those living with dementia and their care partners. It is co-convened by the Executive Office of Elder Affairs and JF&CS, with leadership from the Alzheimer's Association, LeadingAge, the Massachusetts Association of Councils on Aging, the Multicultural Coalition on Aging, and advised by over 40 organizations across the state. To join the mailing list, please email Beth Soltzberg at [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org).

#### ***ONGOING: MEMORY CAFE***

The next JF&CS Memory Café will be held on Friday, May 5, from 10 a.m. to noon

. Our guest artist will be Nick Page, Founder and Artistic Director of the Mystic Chorale, who will lead us in singing. No experience necessary!

Please share the attached invitation with your patients, clients and colleagues. Providers are welcome to come experience the JF&CS Memory Cafe firsthand. As always, our activities are facilitated so as to engage individuals with dementia due to any underlying condition and at any stage, as well as their care partners, and no experience is necessary. We are located at 1430 Main Street, Waltham.



Please see [www.jfcsboston.org/MemoryCafeDirectory](http://www.jfcsboston.org/MemoryCafeDirectory) for a full list of memory cafés across Massachusetts. JF&CS has developed a free memory café toolkit in collaboration with the Massachusetts Association of Councils on Aging, available at [www.jfcsboston.org/MemoryCafeToolkit](http://www.jfcsboston.org/MemoryCafeToolkit) or in Spanish at [www.jfcsboston.org/GuiaCafeDeMemoria](http://www.jfcsboston.org/GuiaCafeDeMemoria)

Feel free to contact me with questions at [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org) or 781-693-5628. Thanks so much for your support of the JF&CS Memory Café.

---

## Updates from the Framingham/Waltham WIC:

[April Newsletter](#)

## Resources

[Health Care for All blog](#)

[Health Care for All Newsletter: April 14 2017](#) News about Health Care For All and other health-related items

[Health Care for All Newsletter: MARCH 2017-Up to Date information on health policy, legislation, and health care reform.](#)

### **New Diabetes Prevention Guidance for Community Health Workers**

Evidence from a systematic review shows that programs using Community Health Workers (CHWs) to target populations at increased risk of type 2 diabetes actually improved health outcomes, including blood sugar control (HbA1C, fasting blood glucose) and weight reduction. These efforts also reduced rates of new-onset diabetes. In February, the Community Preventive Services Task Force released

[Diabetes Prevention: Interventions Engaging Community Health Workers Improve Risk Factors and Health Outcomes](#), a series of recommendations

for engaging community health workers for diabetes prevention. CHWs are able to provide patients with culturally appropriate information and education on diabetes prevention, lifestyle counseling, and informal counseling and social support. They are also able to conduct home visits to ensure patients get the services they need. Diabetes was the seventh leading cause of death in the United States in 2013 (CDC, 2016). Diabetes also has a large economic impact, as more than 20% of health care spending is for people with diagnosed diabetes (CDC, 2016).

### **New Report Focuses on Pathways to Health Equity**

The burdens of poor health and the benefits of good health and well-being are unevenly distributed in the U.S. due to factors that range from poverty and inadequate housing to structural racism and discrimination. This is the finding of a new report, [Communities in Action: Pathways to Health Equity](#), from the National Academies of Sciences, Engineering, and Medicine. Communities in Action: Pathways to Health Equity, describes nine determinants of health that are drivers of health inequities: income and wealth, housing, health systems and services, employment, education, transportation, social environment, public safety, and physical environment. With support from the Robert Wood Johnson Foundation, the National Academies of Sciences, Engineering, and Medicine convened an ad hoc, expert committee to consider

solutions that could be identified, developed, and implemented at the local or community level to advance health equity. In *Communities in Action: Pathways to Health Equity*, the committee identifies the major elements of effective or promising solutions and their key levers, policies, stakeholders, and other elements needed to be successful.

## **FUNDING OPPORTUNITIES**

### [Minority Youth Violence Prevention II \(MYVP II\): Integrating Social Determinants of Health and Community Policing Approaches](#)

Announcement Number: MP-YEP-17-001

Estimated Funding Level: \$3.6 million per budget period

Application Deadline: April 4, 2017, 5:00 pm ET

### [Partnerships to Achieve Health Equity \(Partnership\)](#)

Announcement Number: MP-CPI-17-001

Estimated Funding Level: \$4.7 million per budget period

Application Deadline: March 31, 2017, 5:00 pm ET

---

## **ARCHIVED RESOURCES**

### **MINDING YOUR MIND-FREE mental health speaker series.**

Minding Your Mind's primary objective is to provide mental health education to adolescents, teens, and young adults, as well as parents, teachers, and school administrators. Our goal is to break the silence, to reduce the stigma and destructive behaviors often associated with mental health issues and illnesses, and to move away from crisis-based response to prevention through education.

Our educational programs provide information regarding signs and symptoms of mental health issues and illnesses, in addition to stressing that they are treatable and help is available. It is essential that the proper information be brought to the attention of secondary school educators, counselors, students, and their parents.

Our speakers - dynamic young adults who have struggled with mental health issues - visit schools and community organizations to share their stories and recovery. The presentations, which are free of charge to the school, occur during school assemblies, health classes, and workshops. Issues that are addressed in these presentations include: mood disorders, suicide ideation, eating disorders, addictive behavior, self-harm, and bullying.

Through our Speaker Program, Minding Your Mind has reached hundreds of thousands of college, high school and middle school students. Our speakers all have received training to ensure that their presentations are delivered in a professional and knowledgeable fashion. Inspiring sessions with our speakers provide students with a better understanding of the signs and symptoms of mental disorders, emphasizing that they are treatable and that help is available.

In addition to our student presentations, our program includes an evening platform that provides an opportunity for parents, teachers, and other school personnel to meet and listen to the same speaker that the students heard earlier in the day. While the speakers are very knowledgeable, they are not licensed mental health professionals. Many times, parents want answers to questions for which the speaker is not qualified; therefore, mental health

professionals are present at the evening sessions.

Website: <http://mindingyourmind.org>

---

### **Jobs NOT Jails Coalition:**

Campaign to Reduce Incarceration and Increase Jobs, Treatment, Safety

Statewide coalition to redirect costly prison spending towards jobs, training and support for Massachusetts' lowest income communities.

Website: <http://jobsnotjails.org/>

---

### **Massachusetts Council on Compulsive Gambling**

THE MASSACHUSETTS COUNCIL ON COMPULSIVE GAMBLING IS A PRIVATE, NON-PROFIT HEALTH AGENCY DEDICATED TO REDUCING THE SOCIAL, FINANCIAL AND EMOTIONAL COSTS OF A GAMBLING DISORDER.

Founded in 1983, the Council has been instrumental in bringing the issue of gambling disorder to the attention of the public and policymakers, offering resources to people experiencing problems with gambling, their loved ones, and concerned members of the community.

The Massachusetts Council on Compulsive Gambling is dedicated to providing leadership to reduce the social, financial, and emotional costs of a gambling disorder, and to promote a continuum of prevention and intervention strategies including: information and public awareness, community education and professional training, advocacy, referral services, and recovery support for problem gamblers, their loved ones, and the greater community.

Website: <http://www.masscompulsivegambling.org/>

\*

[http://www.mahealthcouncil.org/Information about the sequestration and health:](http://www.mahealthcouncil.org/Information%20about%20the%20sequestration%20and%20health)

[http://blog.oup.com/wp-content/uploads/2013/05/Sequestration\\_Infographic.pdf](http://blog.oup.com/wp-content/uploads/2013/05/Sequestration_Infographic.pdf)

**ARTICLE:** [How to access Advocacy efforts \( what are the measures of success\).](#)

Click [here](#) to see the article.

**REPORT :** [MMWR, Mental health Surveillance Among Children 2005-1022](#)

This report summarizes information about ongoing federal surveillance systems that can provide estimates of the prevalence of mental disorders and indicators of mental health among children living in the United States and presents estimates of childhood mental disorders and indicators from these systems during 2005-2011 . Click [here](#) to see the report.

BOSTON - April 25, 2013 - For Immediate Release - To assist in the mental recovery from the recent Boston Marathon attack, the Boston-area nonprofit, Screening for Mental Health, Inc. is partnering with Mass 211 and the Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Hotline to provide the public with online mental health assessments and treatment resources at [www.StayStrongBoston.org](http://www.StayStrongBoston.org). The website, created with support from an initiative with the Massachusetts Department of Public Health Suicide Prevention Program, will take individuals to a mental health assessment and information on how to contact the SAMHSA Disaster Distress Hotline.

"StayStrongBoston.org will help individuals assess if they are struggling with a mental health concern, educate friends and family members on what to do if a loved one is at risk, and provide individuals with the resources to talk to a mental health professional about their own or a loved one's situation," said Douglas G. Jacobs, M.D., associate clinical professor of psychiatry at Harvard Medical School and the founder of Screening for Mental Health, Inc. "Traumatic events can trigger signs of distress in those affected by a crisis. It doesn't matter what your relationship was to the bombings in Boston-it is important to reach out for help if you are showing any signs of distress."

According to SAMHSA, signs of emotional distress following incidents of mass violence may include:

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains like constant stomachaches or headaches
- Feeling helpless or hopeless
- Excessive smoking, drinking or using drugs (including prescription medication)
- Feeling unusually confused or forgetful
- Yelling or fighting with family or friends
- Having thoughts or memories you can't get out of your head
- Thinking of hurting or killing yourself or someone else
- Unable to perform daily tasks like taking care of your kids or getting to work or school

These changes-both physical and emotional-are normal and most often temporary. Following the recent bombings, some individuals will be more vulnerable to these effects than others. Survivors of the attack, loved ones of the victims, first responders and community members living in close proximity to the bombings and lockdown are at a greater risk. These signs of distress can appear immediately following a traumatic event and usually improve over time. If the symptoms interfere with daily life or if the symptoms become worse, it is important that individuals seek professional help.

"Trauma reactions such as stress and anxiety or depression are normal at this time," said Lynne Pizette, director of Mass 211. "It's important to allow yourself permission to experience these reactions. Take care of yourself the best you can, and ask for help from others if you need it."

Anonymous self assessments for PTSD, depression, anxiety and other mental health concerns are available at [www.StayStrongBoston.org](http://www.StayStrongBoston.org). After completing a confidential screening, individuals will receive feedback and a referral to treatment resources if warranted.

Screening for Mental Health Inc. (SMH) is the non-profit organization that first introduced the concept of large-scale mental health screenings with its flagship program, National Depression Screening Day, in 1991. SMH programs include both in-person and online programs for depression,

bipolar disorder, generalized anxiety disorder, posttraumatic stress disorder, eating disorders, alcohol problems, and suicide prevention. SMH programs have been used by hospitals, mental health centers, social service agencies, government agencies, older adult facilities, primary care clinicians, colleges, secondary schools, corporations and military installations reaching individuals ranging from adolescents to older adults.

Mass 2-1-1 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources. Always a confidential call, Mass 2-1-1- maintains the integrity of the 9-1-1 system saving that vital community resource for life and death emergencies. It is available 24 hours a day, 7 days a week, and is an easy way to find or give help in your community. Mass 2-1-1 responds immediately during times of crisis, to field calls regarding the crisis and to direct callers to services most appropriate for their needs.

###

Contacts:

Screening for Mental Health, Inc.

Angela Devereaux: [Adevereaux@mentalhealthscreening.org](mailto:Adevereaux@mentalhealthscreening.org)  
(781) 591-5234

Katherine Cruise: [Kcruise@mentalhealthscreening.org](mailto:Kcruise@mentalhealthscreening.org)  
(781) 591-5239

Mass 211

Lynne Pizette: [lynnep@mass211.org](mailto:lynnep@mass211.org)  
(508) 370-4862

## Starter Maps

This is a great web-based tool that can customize and explore the new various data sets to make dynamic, multi-layer maps for your state, county, city, or neighborhood. Examples include SNAP data, healthy food access, and much more. [Clickhere.](#)

## OBESITY PREVENTION

HBO's *The Weight of the Nation*<sup>™</sup> was a national conversation in 2012 but the work to address the root causes of obesity is far from over. Confronting America's obesity epidemic requires ongoing action in every community across the country. Recognizing this, Kaiser Permanente and Community Initiatives partnered to create [The Weight of the Nation Screening to Action: Quickstart Guide](#) to help individuals and organizations plan and work toward collective action. Take a short "[tour](#)" of the new resource and then download a copy to begin this important work in your own community.

## SOCIAL DETERMINANT VIDEO FROM THE WELLESLEY INSTITUTE

The Wellesley Institute made a new, 4 minute video on societal health in Canada. This might be a good tool for helping a community better understand the Social Determinants of Health (SDOH) and consider developing programming and initiatives around them. Click [here](#) to see the video web site.

## HEALTHY VENDING MACHINES

Did the new year bring you new resolve to eat healthier, only to have it sidetracked when vending machines

at work contain candy, chips and soda?

- The National Alliance for Nutrition and Activity created healthier model vending machine standards and a model policy to implement them. Click [here](#) to view them.
- Community Commons features [Healthy Vending Machines](#). Click [here](#) to see more.

### **Commonwealth Care Now Covers Tobacco Cessation Medications and Counseling**

Beginning July 1, 2012, Commonwealth Care covers all FDA-approved smoking-cessation medications and counseling support. Evidence-based studies have shown that a combination of behavioral counseling and pharmacotherapy gives smokers the greatest chance of success in quitting.

The benefit is basically the same as MassHealth's tobacco cessation benefit:

- Two 90-day treatment regimens per year with FDA-approved medication, including nicotine-replacement therapies (patch, gum, and lozenge), bupropion, and Chantix (varenicline).
- Up to 16 face-to-face counseling sessions per 12-month cycle. These 16 sessions can include any combination of two 45-minute intake/assessment sessions per year and 14 sessions of individual or group counseling. A fact sheet detailing the Commonwealth Care and MassHealth tobacco cessation benefits can be ordered or downloaded [here](#).

The National Coalition on Health Care (NCHC) has released a plan, [Curbing Costs, Improving Care: The Path to an Affordable Health Care Future](#), that "pairs nearly \$500 billion in spending reductions and health-related revenues with longer-term policy changes designed to make health care affordable in the public and private sectors" -

The Massachusetts Department of Public Health (MDPH) is committed to the integrated delivery of health care through alignment of outpatient primary care, substance abuse services, and mental health care services. The Integration Initiative builds upon the successes of our state's health care reform work and the numerous efforts to increase access to patient-centered medical homes.

MDPH has formed an Integration Initiative Committee (IIC) to help identify and, whenever possible, overcome any potential barriers to health care integration in the licensing process. The IIC will assist outpatient primary care, mental health, or substance abuse providers that propose to add one or more of these services. The IIC will review the integration proposal, customize a process that best suits each provider, and streamline the application process.

Report: In the report, released last week by the California Endowment, de Beaumont Foundation, Robert Wood Johnson Foundation and W.K. Kellogg Foundation, an IOM committee outlines a new, recommended framework for assessing the value of public health programs. Click [here](#) for more information.

### **Policy Link Announces New Tool for Advocates!**

GEAR (Getting Equity Advocacy Results) is the new online suite of benchmarks, methods, and tools to help advocates, organizers, and their allies track the results of their equity campaigns. Click [here](#) to see the tool.

### **New Community Action Guide To Support Infants and Young Children**

Supporting Infants, Toddlers, and Families Impacted by Caregiver Mental Health Problems, Substance Abuse, and Trauma: A Community Action Guide

presents resources that service providers, advocates, and practitioners can use to better understand and respond to young children whose caregivers are negatively affected by these issues. The Guide offers information, resources, and tips useful for engaging the wider community to come together for children and families in need of support. Click [here](#) to see and download the guide.

### **A Dialogue about the Future of Health and Health Care.**

Inspired by the recent 2012 American Public Health Association (APHA) Annual Meeting in San Francisco, the Robert Wood Johnson Foundation (RWJF) highlighted key issues and talked with national health leaders about promising strategies to improve our nation's health and health care.

Click [here](#) to see more.

### **Report:**

[2012 National Strategy for Suicide Prevention, a report of the Surgeon General and the National Action Alliance for Suicide Prevention \(Action Alliance\)](#). Click [here](#) to see the report.

**Updated Data Source:** [County Health Rankings and Roadmaps](#). The Robert Wood Johnson Foundation collaborates with the University of Wisconsin Population Health Institute to bring this groundbreaking program to cities, counties and states across the nation.

**Report:**

**[Primary Care and Public Health: Exploring Integration to Improve Population Health.](#)**

Primary care and public health have critical roles in providing for the health and well-being of communities across the nation. Although they each share a common goal, historically they have operated independently of each other. However, new opportunities are emerging that could bring the two sectors together in ways that will yield substantial and lasting improvements in the health of individuals, communities, and populations. Because of this potential, the Centers for Disease Control and Prevention and the Health Resources and Services Administration asked the IOM to examine the integration of primary care and public health.

**On-Line Learning: Roots of Health Equity**

Free web-based course goes live! The National Association of County and City Health Officials (NACCHO), a strategic UNNATURAL CAUSES partner, launches its new on-line course: Roots of Health Inequity. Two years in the making, the course explores the processes by which health and disease are patterned differentially by class and race as well as strategies for tackling the root causes of health inequities. While designed for public health staff, anyone can take the course. And it's free! [Click here](#) for more information.

**Interesting new report from the Commonwealth fund on local health indicators**

[Full Report](#)

[Summary](#)

**Online Mental Health Screening: Two Month Free Program** With support from the Mass Department of Public Health, Screening for Mental Health is excited to provide Massachusetts-based organizations the opportunity to participate in a 2-month free online mental health screening program. This opportunity is available to the first 70 organizations who register. [Click here](#) for more information.

**Smoking Cessation Information and Resources**

In Massachusetts, 77% of adult smokers want to quit smoking. Those who attempt to quit using both quit medicine (like the patch, gum, or other medicines), as well as counseling are three times as likely to leave cigarettes behind for good. Smokers who have MassHealth coverage are eligible for only a \$1 - \$3 co-pay on all FDA approved quit medicines. Most smokers want to quit, and with the right support, they can.

If you or someone you know is interested in quitting, visit [www.makesmokinghistory.org](http://www.makesmokinghistory.org) or call 1-800-QUIT-NOW for quit tips, information on health insurance, and to read the stories of real people who have quit smoking.

If your organization is interested in providing resources around tobacco cessation and secondhand smoke, visit [www.macleavinghouse.com](http://www.macleavinghouse.com) to download and order free materials.

The CHNA 18 Newsletter will be sent out during the middle of each month. We welcome submissions!

- Event announcements
- New programs
- Grants and funding opportunities
- Job openings
- New research
- Community resources
- Other information you think would be useful

We will do our best to include all the information submitted. Please send your information to our coordinator, Jhana Wallace, at [jhanaw@gmail.com](mailto:jhanaw@gmail.com).

The newsletter will be sent out electronically. The deadline for submissions will be the last week of the month prior (for example, submissions for the May newsletter must be received by April 29th). However, if you come upon an item you think should be included and it's past the deadline, send it anyway and we'll try to include it.

Sincerely,

CHNA 18 Steering Committee