



West Suburban Community Health Network Area (CHNA) 18

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

Brookline Dedham Dover Needham Newton Waltham Wellesley Weston Westwood

April 2019 Newsletter



- CHNA 18 Monthly News & Updates
- Upcoming Events from our Community Friends and Partners
- New and Archived Resources

CHNA 18 MONTHLY NEWS AND UPDATES

Be sure to follow us on [Facebook](#), Twitter [@chna18MA](#), and on our [Website](#) to stay up to date on these events.



Community Health Training Institute

Health Equity in Cross Sector Partnerships

Tuesday, May 14th, 2019

Trainer: Mo Barbosa, Health Resources in Action

11:00 am - 12:30 pm

Online Training

Topics: Strategies for aligning stakeholders and communities to promote health equity and

building a common language.

Description: Public health and community health workers cannot address the social determinants of health alone. Factors like housing, education, employment, access to nutritious food, and more can only be improved through collaboration with partners at the local, state, and federal level along with private sector partnerships. What does it look like when the interests of diverse stakeholders and communities are aligned for the promotion of health equity? In this training, we will go over examples of what these partnerships can look like and how health equity work is strengthened when we work together. Participants will walk away with strategies for addressing health equity with a common language framework and engaging health equity champions to address our communities' most pressing issues.

Learning Objectives: Participants will be able to:

- Define what a cross sector partnership looks like for their work.
- Explain the value of developing partnerships and cross-sector relationships to promote health equity.
- Examine the role of public health in activating cross sector partnerships

Community Organizing in Action: Mobilizing for Change

Wednesday, May 22nd, 2019

9:00 am - 1:00 pm

Assumption College, Worcester, MA

Topics: Community asset mapping, engaging hard to reach community members, and campaign strategies

Description: What is community organizing, and how does it differ from advocacy and other strategies for social change? This training will equip participants with an organizing framework and basic tools needed to mobilize their community. Participants will get an opportunity to practice community power mapping in order to engage stakeholders and hard to reach residents. Participants will walk away with a framework to organize community-driven, goal-oriented campaigns by utilizing clear strategies and tactics shared in this training.

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

Learning Objectives: Participants will be able to:

1. Describe organizing theories, principles and best practices for community organizing.
2. Explore foundation level organizing skills and tools that reach all levels of community.
3. Articulate clear goals and strategies for local organizing campaigns

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

ONLINE TRAINING: HOSPITAL COMMUNITY BENEFITS

Wednesday, May 8th 10:00 - 11:00

Presented by: Blue Hills Community Health Alliance (CHNA 20)

Recent changes to hospital community benefit guidelines and regulations have important implications for public health - CHNA 20 is sponsoring a special presentation with a representative from the Massachusetts Public Health Association on how the changes impact you and the communities you serve. The presentation will include an overview of hospital spending in Massachusetts and the role hospitals can play in addressing upstream social determinants of health. The presentation will provide a high-level overview of the Massachusetts Community Benefits landscape, the Department of Public Health's Determination of Need Community Health Initiative, and how community leaders can get involved. Presentation by Kristina Kimani, Coalition and Advocacy Manager, Massachusetts Public Health Association

[\(Register to receive video conference link\)](#)

FREE! Smoking Cessation classes

Thinking about quitting? We can help!
Join us for the [Freedom From Smoking® Program](#)

An engaging course to learn ways to overcome your tobacco addiction
This FREE American Lung Association eight-week program will cover a range of topics including: medications to help quit smoking, avoiding weight gain, and managing stress, among others. Freedom From Smoking® will give you the resources needed to reduce the costs tobacco has on your health and your wallet.

Participants will receive a FREE two month membership to the YMCA!

WHEN 6:00 PM - 7:00 PM
Monday, May 6th

Monday, May 13th
Monday, May 20th
Tuesday, May 28th
Monday, June 3rd
Monday, June 10th
Monday, June 17th
Monday, June 24th.

WHERE: Center at the Heights 300 Hillside Ave Needham, MA 02494

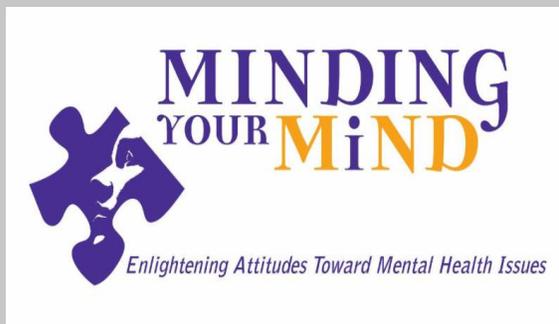
A light dinner will be provided. Interpreter services and transportation are available upon request.

To Register: Email rcain@needhamma.gov or call 781- 455-7940

Attn: Schools, community groups, parent organizations.

Minding Your Mind has exciting news! We have been awarded a grant to expand mental health education programming in MetroWest by the Foundation for MetroWest's Youth in Philanthropy students. We think it's special that students selected our program to support their peers.

More About Minding Your Mind



Minding Your Mind's primary objective is to provide mental health education to adolescents, teens and young adults, their parents, teachers and school administrators. Our goal is to reduce the stigma and destructive behaviors often associated with mental health issues. Treatment is available, yet only 3 out of 10 individuals needing help actually seek help. Minding Your Mind Programs move away from crisis based response to prevention through education for youth, parents and caregivers, teachers, and the community. [Learn more about Minding Your Mind.](#)

To claim your grant funded mental health education and suicide prevention presentation, please complete our [Book A Speaker Form!](#)

Join us to Celebrate the New Outpatient Clinical Center

Ribbon Cutting Ceremony and Open House at BID-Needham

Friday, May 3, 2019

5:00 p.m. Food Trucks Open
5:30 p.m. Ribbon Cutting Ceremony
6:00 p.m. Building Tours & Family Festivities
8:00 p.m. Event Closes

Free Valet Parking, Emergency Department Lot
148 Chestnut Street, Needham

Casual dress
All family members welcome
Please RSVP by April 18 online at www.bidneedham.org/GrandOpening
or call 781-453-3007

Beth Israel Lahey Health 
Beth Israel Deaconess Hospital
Needham

You are invited to join BID-Needham at the
GRAND OPENING
of the
OUTPATIENT CLINICAL CENTER





A Mindful Approach to Managing Media

Join us for a viewing of "Like," a documentary exploring the impact of social media on our lives, followed by a panel discussion with NWH Child and Adolescent experts.

May 8, 2019
6:15 – 8:15 p.m.

Newton-Wellesley Hospital
Shipleigh Auditorium
2014 Washington Street, Newton

Are children and teens addicted? Are we?
What do kids and parents need to know?

To register please call 617-243-5497
or email NWHResilienceProject@partners.org

The Resilience Project was established by a grant from the Manton Foundation and continues to grow with the help of ongoing philanthropic support.



**NEWTON-WELLESLEY
HOSPITAL**



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL

Get free tickets [HERE!](#)

SAVE THE DATE!

REACH Beyond Domestic Violence
2019 Annual Meeting
Thursday, May 23, 2019
6:00 pm - 8:00 pm
Massachusetts Medical Society - 860 Winter Street, Waltham, MA 02451
For more information, contact lizzy@reachma.org



Waltham's First Annual Mental Health Awareness Event



**BUILDING UP THE WALTHAM COMMUNITY BY
BREAKING DOWN STIGMA**

Food, Wellness Workshops, Giveaways,
Games, Activities, and More!

Saturday, May 25th from 12:00 pm-4:00 pm

Rain: Sunday, May 26th

**Waltham Commons and Waltham
Government Center**

For more info:
scan the QR code



<http://bit.ly/NotAloneInWaltham>

**Our
Sponsors:**



McLean HOSPITAL
HARVARD MEDICAL SCHOOL AFFILIATE

Ivy Watts, Founder of Beautifully Simply You, has partnered with Waltham Partnership for Youth to host the first annual Mental Health Awareness Event on May 25, 2019 from 12-4 PM (Rain Date May 26, 2019) to celebrate Mental Health Awareness Month in May!

The event will be held at the Waltham Common and at Waltham Government Center and will focus on reducing stigma around mental illness as well as raising awareness about overall mental health. The event will include resource tables from local organizations, interactive mental health games and activities, yoga, and art displays at Waltham Commons and mental health related workshops/panels at Waltham Government Center. Join us for a mental health fact walk between the Commons and Government Center on Commons Street throughout the event to learn more about mental health in our community, interact with mental health artwork, and have the opportunity to interact with community volunteers!

There will also be food, music, games and giveaways! If you would like to get involved, either by volunteering, hosting a resource table, or sponsoring, or if you would like to sign up for a workshop or yoga class in advance, please reach out to ivywatts54@gmail.com or follow this link: <http://bit.ly/NotAloneInWaltham>

The wellness workshops at the Government Center are as follows:

12:15-1:00 PM: Minding Your Mind, a youth's lived experience

1:15-2:00 PM: Samaritans Suicide Prevention Workshop

2:15-3:00 PM: Breaking Down Stigma in Communities of Color

3:15-4:00 PM: Mental Health Connection With Eating Disorders and Substance

WALTHAM'S FIRST ANNUAL MENTAL HEALTH AWARENESS EVENT!!



WELLNESS WORKSHOP EVENT SCHEDULE

ALL WORKSHOPS ARE BEING HELD AT GOVERNMENT CENTER: 119 SCHOOL STREET, WALTHAM MA

MINDING YOUR MIND: A YOUTH'S LIVED EXPERIENCE 12:15-1:00



SAMARITANS SUICIDE PREVENTION WORKSHOP: 1:15-2:00



BREAKING DOWN STIGMA IN COMMUNITIES OF COLOR 2:15-3:00

DR. NICOLE CHRISTIAN-BRATHWAITE,
DR. BRANDON NEWSOME

MENTAL HEALTH CONNECTION WITH EATING DISORDERS AND SUBSTANCE USE: 3:15-4:00



#NOTALONEINWALTHAM



Make a Difference in someone's life as a Springwell Volunteer

Kindness matters! Can you spend 1-2 hours per week making a difference in someone's life? Consider joining the Springwell Volunteer Community. Whether it's serving a hot meal, assisting with the monthly bills, providing a ride to a medical appointment, taking someone to the grocery store, spending time visiting an isolated older adult, or listening to the concerns of residents in nursing homes and rest homes, volunteers are vital to Springwell's mission of helping people remain living safely and independently in their own homes for as long as possible. Our Volunteer programs are a rewarding way to get involved in the community and make a real positive impact on someone's life. Our volunteers serve in Belmont, Brookline, Needham, Newton, Waltham, Watertown, Wellesley and Weston. By sharing 1-2 hours per week of your time, you can change someone's life. To learn how, please visit www.springwell.com/volunteer, and then click on the "Volunteer Now!" button to fill out a short registration form. Once you have completed the form, we will schedule a phone call to discuss next steps and any of the opportunities you are interested in. Any immediate questions, please contact: Karen Chisholm, Volunteer Program Manager at 617-607-1119 or KChisholm@springwell.com



MetroWest Health Foundation



Do you want to improve your home health and safety?

Participate in the Safety at Home Program!

By participating you will receive:

- A free home *OR APARTMENT!* safety assessment
- Connections to local resources
- Free home goods to improve safety
- Chance to enter a \$50 gift card raffle

If you're a Needham resident age 60 or older, contact the number or email below to enroll.

(781) 455-7555
rgreenberg@needhamma.gov



SOAR Management Consulting Group is growing its pro bono services in the Boston area. We continue to be an all-volunteer organization of individuals who are dedicated, forward thinking and accomplishing so much to support the missions of nonprofits.

We are pleased to launch our newly designed logo and website. The new website offers user-friendly information for clients, consultants, and donors.

With the launch of the new website, SOAR is highlighting our three-year strategic plan for growth and diversification in the Greater Boston area to create greater social impact and help nonprofits thrive.

Over the past year, SOAR consultants have provided pro bono consulting services to over 25 clients, serving sectors in education, social services, the arts, and healthcare, among others. In addition, SOAR continues to grow its cadre of consultants and to provide ongoing professional development. SOAR consultants have participated in over half a dozen SOAR led professional development workshops just this past year.

We encourage you to view the website, link to it in your own communications, if appropriate, and to "like" our pages on Facebook and LinkedIn. We also hope you will follow our news and share it with others. We look forward to connecting with you and appreciate your interest in and continued support of the SOAR Management Consulting Group. Please do not hesitate to contact us with questions or for more information about our services or consultants.

Susan Glazer
Chair, SOAR Board of Directors
<https://www.soarmcg.org/>

Looking for Teen Programming this School

Year? <http://www.familyaware.org/schools> Families for Depression Awareness' Teen Speakers Events and Teen Depression Workshops, geared toward teen and adult audiences, provide education, prevention, and help reduce the stigma of teen depression. These programs are free to Massachusetts community organizations and schools. We are also looking for teen volunteers this summer! If you would like to learn more about these programs, visit our website or contact Programs Coordinator Arielle Cohen, at Ari@familyaware.org or (781) 890-0220.

NEW JOBS/GRANTS/RESOURCES

NEW RESOURCES

PHRASES: PUBLIC HEALTH REACHING ACROSS SECTORS

"PHRASES is designed to improve the ability of public health professionals to communicate the impact and value of the public health field to other sectors in language that resonates and fosters cross-sector partnerships and alliances."

[Learn more](#)

MassHire Framingham Career Center provides job search services for residents of Waltham and surrounding communities.

Visit the Job Clinic on Thursdays, from 1-4pm at WATCH, 24 Crescent Street, Suite 201, Waltham.

Services include:

- * Writing or updating your résumé & cover letter
- * Online job search
- * Job interview preparation
- * Basic job-related computer skills
- * Tracking and organizing your job search
- * Referral for job training programs
- * Navigating online employment forums

The job clinic is free, with no appointment necessary! Feel free to call (781) 891-6689 for more information.

ARCHIVED RESOURCES

1) Massachusetts Coalition Finder

The Coalition Finder was created in June 2015 as a joint initiative between

The Community Health Training Institute and the MA Department of Public Health

to better serve coalitions across the state

We are working to build a network of MA coalitions to increase access to resources, trainings, and peer-to-peer support. Our coalition roster is the only searchable database of coalitions in the state, and the more people we engage in it, the better our database becomes. This roster is not a definitive list; its accuracy is determined by coalitions' efforts to verify, add, and update their own coalition profiles.

Please add, update, or verify your coalition [here](#).

Need more context on what a coalition is? Read up on

[Massachusetts Department of Public Health's Coalition Engagement](#)

[Principles and Guidelines](#)

2) The New Look of Nicotine addiction

This summer the Massachusetts Department of Public Health launched a statewide information campaign called The New Look of Nicotine Addiction and it's all about vaping. The website of the campaign, [GetOutraged.org](#), is a resource to help parents of teenagers better understand what vaping is, how vaping can harm their teens developing brains, and to provide ideas for how parents can talk with their children about vaping and JUULing.

A toolkit of useful information for schools and community-based organizations is also available at [GetOutraged.org](#). The toolkit includes a presentation that can be directed to parents or staff, guidance for giving this presentation, a flyer to promote a meeting or presentation about vaping, a sample newsletter article for your organization to use, sample surveillance questions (YRBS), school curriculums, and various other resources and materials to address youth use of e-cigarettes.

Printed materials are available to order or download for free from the [Massachusetts Clearinghouse](#) and the school toolkit is available to [download at GetOutraged.org](#)

If your organization or school has a presence on social media, please follow Make Smoking History on Facebook to like and share posts. Also, follow Make Smoking History on [Twitter](#) to retweet information.

Talk with your kids and students about vaping and make sure they know it's harmful. Contact your Tobacco-Free Community Partner to learn more about resources, education, and presentations in your community.

Greater Boston Tobacco-Free Community Partnership (Dover, Waltham, Weston): Mary Cole, 617-471-8400 ext. 138 ormcole@baystatecs.org
Metro Boston Tobacco-Free Community Partnership (Brookline, Dedham,

LATEST NEWSLETTERS FROM COMMUNITY

PARTNERS:

[Health Care for All: Health NewsWatch Latest Issue](#)

[Needham Council on Aging](#)

[Minding Your Mind](#)

Do you have something you'd like us to include in the next newsletter?

Newsletters are generally sent out the 3rd Wednesday of every month (there are usually no newsletters in August or December).

We have over 1,000 recipients from local agencies and organizations who will see your listing.

Examples of items that could be included:

- **event**
- **workshop**
- **webinar**
- **support group**
- **resource**
- **job opening**
- **funding opportunity**
- **accomplishments/awards**

[SUBMIT YOUR ANNOUNCEMENT HERE](#)

PLEASE MAKE SURE ALL RELEVANT INFORMATION AND YOUR CONTACT INFO ARE BOTH INCLUDED.

THERE WILL BE NO DECEMBER NEWSLETTER.

IF YOU HAVE AN EVENT YOU WOULD LIKE US TO SHARE VIE TWITTER OR FB, YOU CAN SUBMIT VIA THE BUTTON ABOVE OR SEND YOUR INFORMATION DIRECTLY TO: jhanaw@gmail.com

CHNA 18 | 617-230-4487 | jhanaw@gmail.com | www.chna18.org

STAY CONNECTED:

