

# CHNA 18 Newsletter

August

2016



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

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

## CHNA 18 News

### CHNA 18 is launching our new programming for 2016-2017!

We kick it off with a bang with our upcoming June 9th workshop and plan to continue with a series of workshops and forums starting in September. A full list of events will be available in September 2016.

CHNA 18 has it's own website: [www.chna18.org](http://www.chna18.org)  
Check out our site for updates, announcements, funding opportunities and more!

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## UPCOMING EVENTS AND ANNOUNCEMENTS

### **VOLUNTEERS NEEDED: Newton Child Assault Prevention (CAP) Program Seeking Volunteers**

Are you someone that believes that all children have the right to be "Safe, Strong and Free?" If so, then join our dynamic team of trained CAP volunteers who are committed to teaching children in the Newton Elementary Schools the skills that they would need to stand up for themselves if faced with a situation involving verbal, physical or sexual assault. We are now accepting applications for the 2016-2017 school year. The next training begins

October 15th. 19 Continuing Education Credits available for MSWs.

For more information or an application, please visit our website:

<http://www.familyaccess.org/programs/familyservices/cap>.

Or, email Gail Sommer at [gsommer@familyaccess.org](mailto:gsommer@familyaccess.org).

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**WORKSHOP: SALARY NEGOTIATION presented by AAUA (American Association of University Women)**

On average, women who work full-time earn about 79 cents for every dollar a full-time male worker earns. In the city of Boston, the median earnings of all part- and full-time women in the workforce are 84 percent of male workers' earnings. The gender pay gap is real, and it hurts women and families. Women who negotiate their salary not only can earn higher salaries, but better benefits and advantages that can add up over time.

Created for working women, the American Association of University Women (AAUW) Work Smart is an interactive workshop that teaches women to evaluate, negotiate, and articulate their worth confidently in the job market. Whether striving for a promotion, asking for a raise, or negotiating a new salary, attendees will learn how to conduct objective research to establish an equitable target salary. Expert facilitators will lead discussions on the gender wage gap and its personal effects, while small group activities and role-play exercises give participants the opportunity to create and perfect their persuasive pitch.

Attendees can expect to learn about the gender wage gap, including its personal consequences. How to quantify the market value of their education, skills, and experience, how to conduct objective market research and determine a fair target salary; and how to create a strategic pitch and respond to salary offers. The Office of Diversity, Inclusion, and Community Relations will host the AAUW Work Smart salary negotiation workshop on Tuesday, September 13th from 6:00-8:00 p.m. at the Department of Public Health's Denny Room, 11 Pierce Street. The event is free, but please RSVP at <http://www.aauw.org/work-smart-boston/>. For more details, please contact Chris Chanyasulkit at [cchanyasulkit@brooklinema.gov](mailto:cchanyasulkit@brooklinema.gov).

[EVENT FLIER](#)

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# The Commonwealth of Massachusetts Asian American Commission

## The 5TH ANNUAL YOUNG LEADERS SYMPOSIUM

### Keynote Speakers:

Former Governor Michael Dukakis

Former City of Fitchburg Mayor Lisa Wong



Saturday October 15, 2016

11:00am-2:30pm

Brookline Main Library  
(Hunneman Hall)

Admission: FREE with lunch

Register/More Info at:  
[www.aacommission.org](http://www.aacommission.org)

A Collaboration of the Asian American Commission and the Brookline Office of Diversity, Inclusion, and Community Relations and Boston Area Office of the United States Equal Employment Opportunity Commission



Students and young professionals are invited to the Asian American Commission's 5th Annual Young Leaders Symposium, co-sponsored with the Brookline Office of Diversity, Inclusion, and Community Relations and Boston Area Office of the United States Equal Employment Opportunity Commission. We believe this free event with opportunities for networking, lunch, and great speakers will be a great program for youth. This is open to ALL (high school, undergraduates, graduates) and early professionals. Attendees of all race and ethnicity are welcome.

[PosterMyWall.com](http://PosterMyWall.com)



### ONGOING: MEMORY CAFE

JF&CS Memory Café. First Friday morning of the month, except on major holidays, 10 a.m. - noon. Location: JF&CS headquarters, 1430 Main Street, Waltham. A welcoming place for individuals and families living with memory changes. Guests requiring personal care assistance are asked to bring a care partner with them. Enjoy coffee, refreshments and conversation. Each month a guest artist will share his or her art and then facilitate a creative exploration with café guests. Co-hosted by the Waltham Student Group of Brandeis University. Free of charge. Contact Beth Soltzberg for information, at 781-693-

5628 or bsoltzberg@jfcsboston.org.

For a listing of all memory cafés currently running in the Greater Boston area, please see: [www.jfcsboston.org/MemoryCafeDirectory](http://www.jfcsboston.org/MemoryCafeDirectory)

The next JF&CS Memory Café will be held on Friday, September 9, from 10 a.m. to noon. While we typically hold the café on the first Friday, please note that this is the second Friday of the month, due to the Labor Day holiday. We are located at 1430 Main Street, Waltham. Guest artists Monique Morimoto and Stephen Whitney will lead us in a drum circle at this café session. Please share the attached invitation with your patients, clients and colleagues. Providers are welcome to come experience the JF&CS Memory Cafe firsthand.

There are several new memory cafés in Greater Boston. Please see [www.jfcsboston.org/MemoryCafeDirectory](http://www.jfcsboston.org/MemoryCafeDirectory) for a full list.

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.

## SPOTLIGHT ON: Framingham/Waltham WIC

### ***What's Cooking at Framingham/Waltham WIC***

The Framingham/Waltham WIC Nutrition program was chosen to pilot The Good Food Project; a project that was created to help incorporate cooking classes into WIC participant's nutrition appointments. With this program, the office was given a Chefs Kitchen and the staff were trained how to conduct an effective food demo by our State WIC Nutrition Staff and the Nutritionists at UMass Extension. Besides cooking classes, the curriculum also includes Mini Pop-Up Tours - intended to educate participants on how to purchase healthier options at the grocery store while staying within their budget, Cooking classes, Food tastings, Toddler Tastings / Introduction to Solids: Look, Touch and Taste, and Tips on Couponing, and Using your WIC and SNAP Benefits.





WIC also introduced the WICSmart Program that allows low risk participants to complete an online module in place of one traditional Nutrition appointment each certification period. Online topics include: Kids & Juice, Healthy Snacks, Veggies & Fruits, Get Moving!, Choosing Fast Food Wisely, MyPlate and Smart Shopping on a Budget.



With the introduction of the WIC card, the WIC Program also introduced the new WIC Shopper Mobile App. Simplify your WIC Shopping

1. Install "WIC Shopper" from your app store.
2. Select Massachusetts as your WIC Agency.
3. Register using the 16-digit number on your WIC Card.

4. Your available benefits will display each time you use the app.
5. Scan your product bar code while you shop to check eligibility.

Select your favorite store and view WIC approved items available



Check our Facebook page for more information!  
[www.facebook.com/Framingham.Waltham.WIC](http://www.facebook.com/Framingham.Waltham.WIC)

If you would like to know more about any of the programs listed above or to apply for WIC, please call our local office at 508-620-1445 or check out the Massachusetts WIC Nutrition

Program website at

<http://www.mass.gov/wic>

"This institution is an equal opportunity provider"

## New Resources

### JOBS

#### **Walker Community Counseling Licensed Outpatient Clinician**

Summary of position:

Provide a variety of clinical services, including individual, group, and family therapy. Responsible for ongoing assessment, treatment planning, implementation of interventions, case management, and development of all treatment documents within specified timeframes and discharge planning. Ability to be flexible, work collaboratively as part of a multidisciplinary team, and the ability to respond to crisis as needed.

Requirements: Candidate must possess a Master's degree in a relevant discipline such as: Psychology, Counseling Psychology or Social Work. Independent Licensure Required: LICSW, LMFT, or LMHC. Experience in outpatient treatment preferred.

For more information please contact the Clinic Director Kristen Batchelor, LICSW at [kbachelor@walkercares.org](mailto:kbachelor@walkercares.org). You can also find a link to apply for the position at [www.walkercares.org](http://www.walkercares.org)

### FUNDING

## **NEW! GRANT FUNDING:Seed funding available for worksite wellness programs through Working on Wellness!**

CHNA 18 is excited to invite you to join Working on Wellness - a statewide worksite wellness movement. Working on Wellness supports Massachusetts employers in creating healthy workplaces.

Working on Wellness provides up to \$10,000 in seed funding and offers expertise to help you build a fun and effective wellness program that works for your organization.

By joining the Working on Wellness movement, your organization will learn from experts how to improve employee productivity, satisfaction and culture.

Visit the Working on Wellness website to:

- Get information on worksite wellness benefits and what Working on Wellness offers
- Register for an upcoming informational webinar
- Apply to Working on Wellness by June 20th

Regardless of your role in your organization, you can benefit from being a part of Working on Wellness.

**Funding source database:** There is now a comprehensive link, Prevention and Public Health Fund Reporting Database, maintained by the Department of Health and Human Services.

"This database includes funding opportunity announcements, requests for proposals, and other funding solicitations for activities funded from the Prevention and Public Health Fund."

It can be sorted a number of different ways. Click [here](#) to access the website.

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### **ARCHIVED RESOURCES**

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**[http://www.ssireview.org/creating\\_health?  
utm\\_source=Enews&utm\\_medium=Email&utm\\_campaign=SSIR\\_Now](http://www.ssireview.org/creating_health?utm_source=Enews&utm_medium=Email&utm_campaign=SSIR_Now)**

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**[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.

## **Mental Health Assessments and Treatment Resources Available Following Tragedy in Boston SMH & Mass 211 Partnership Launches [www.StayStrongBoston.org](http://www.StayStrongBoston.org)**

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.

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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. [Click here.](#)

## 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 make 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.maclearinghouse.com](http://www.maclearinghouse.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