

CHNA 18 Newsletter

May

2017



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

www.chna18.org

CHNA 18 News

Announcing the 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

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

In This Issue

Spotlight

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Needs Assessment Report

[Join our Mailing List!](#)

ANNOUNCEMENTS: EVENTS, WORKSHOPS, NEWS, ETC.

CHNA 18 FREE Building Connections Workshop Series-Final Event

"The Secret Lives of Teens"

Only a few weeks left to register and space will be limited. Don't delay!

Join CHNA 18 for John Mattleman's most requested workshop:

THE SECRET LIFE OF TEENS

"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.

June 7, 2017, 9:30 - 11:00am
Needham Library, Needham, MA

[Learn More](#)

The Secret Lives of Teens



"Many parents struggle to understand and get along with their teen. This presentation provides a window into the adolescent brain, an appreciation of the volume and complexity of a teen's life, insight into what teens do and say (and why!), and real parenting strategies to produce meaningful change."

About the Workshop:

This presentation is useful for Parents/Guardians of Youth Ages 11-21 | Guidance Counselors | Teachers | School Administrators | PTA/PTOs | Youth Workers | Faith Leaders

REGISTER NOW

The Secret Life of Teens is part of CHNA's Spring Workshop Series.

[Visit our Website](#)

[REGISTER FOR THE SECRET LIVES OF TEENS HERE](#)



JOIN US
at the Annual Meeting
for REACH Beyond Domestic Violence

TUESDAY, JUNE 20
6:00PM

Massachusetts Medical Society, 860 Winter Street, Waltham, MA 02451

Honoring the Recipients of the
2017 VOICE FOR JUSTICE AWARDS

MARY DUNNE
Community Activist
Ruth and Virginia Bigwood Award

LINDA MOSCHNER
Detective, Waltham Police Department
Mary Young Award

6:00PM
RECEPTION AND HEAVY HORS D'OEUVRES

6:30PM
ANNUAL UPDATE, AWARDS AND PANEL DISCUSSION

UNIQUE ROLES, SHARED GOALS:
Domestic Violence Advocates and Law Enforcement Officers
Working Together to End Domestic Violence

PANELISTS

Jenna Birkett
Community Advocate, REACH

Blanca Huari
Community Advocate and Intake Coordinator, REACH

Linda Moschner
Detective, Waltham Police Department

Kathy Poirier
Officer and Domestic Violence Liaison, Wellesley Police Department

Please register at www.reachma.org
Suggested donation of \$10 to lower the evening's costs
Questions? Please contact: 781.891.0724 x104 • Courtney@reachma.org

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 bsoltzberg@jfcsboston.org or 781-693-5628.
2. Please visit www.jfcsboston.org/MemoryCafeDirectory for a listing of all Massachusetts memory cafés by region and town. Memory cafés are welcoming social gatherings for individuals living with dementia and for their family, friends and professional caregivers.
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. Please visit www.jfcsboston.org/MemoryCafeToolkit for English, or www.jfcsboston.org/GuiaCafeDeMemoria for Spanish.
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, Massachusetts Healthy Aging Collaborative, and the Multicultural Coalition on Aging, and advised by over 40 organizations across the state. For more information or to join the mailing list, please visit www.dfmassachusetts.org

Upcoming Opportunities from Families for Depression Awareness

www.familyaware.org

Free! Coping with Stress and Depression Webinar and on-site Workshops

Join us on Tuesday, June 13 at 7pm ET for our Coping with Stress and Depression Webinar. The webinar features Dr. Mary McNaughton-Cassill, a professor of Psychology at the University of Texas at San Antonio. She does research on stress management, has published in a variety of academic journals, and written a book entitled Mind The Gap; Coping With Stress in the Modern World. Register today at www.familyaware.org/trainings

FREE WEBINAR

Coping with Stress and Depression

**Tuesday, June 13
7 PM ET / 4 PM PT**

Learn about:

- How social media and news impact stress
- How to recognize signs of stress and depression
- What resources are available for you



REGISTER:

www.familyaware.org/trainings



We also offer our Coping with Stress workshop that Families for Depression Awareness can provide on-site at no cost to Massachusetts businesses and organizations. Designed for people of working age, the 1-hour Coping with Stress workshop discusses stress and strategies to manage it, introduces conditions that are "more than stress" - anxiety or depression - and how to recognize them, and how to get help. For more information contact Programs Coordinator, Arielle Cohen, at Ari@familyaware.org or (781) 890-0220

New Webinar, The Affordable Care Act vs. the American Health Care Act: Which is Better for People with Mood Disorders? Families for Depression Awareness has partnered with the National Council for Behavioral Health to bring families, caregivers and professionals to tell you what you need to know about Healthcare Reform. This webinar will focus on the family/caregiver perspective and provide basic information on potential changes in mental health coverage. Join us on Tuesday, June 27 at 3pm ET to stay informed. Register today at www.familyaware.org/trainings

Recruiting New Teen Speakers for our Teens Program! Volunteers are integral to the success of Families for Depression Awareness. Currently we are on the lookout for new teen speakers. Our Teen Speakers Program provides teens and young adults (ages 15-25) with opportunities to share their personal stories of living with depression or bipolar disorder. These stories are shared in schools and communities to encourage other young people to seek help. They dispel misconceptions about people affected by mood disorders, alleviate the social stigma around mental health issues, and encourage help-seeking by those who may be having difficulties. Know a teen who may be interested? Contact Programs Coordinator, Arielle Cohen, at Ari@familyaware.org or (781) 890-0220. If you are ready to volunteer today, fill out our form!

Brookline celebrates International Day of Yoga with open-air free class on eve of Summer Solstice.

Brookline will join yogis from all over the world on Tuesday evening, June 20, 2017, to celebrate the second International Day of Yoga, which also marks the Summer Solstice. Popular local yoga teachers will conduct a free open-air yoga class, 7:00 pm - 8:30 pm, at Cypress Field, directly across from Brookline High School, 115 Greenough Street. (Rain location is the high school gym across the street). All Brookline residents are invited to participate, no experience necessary. The yoga event is being co-sponsored by Brookline on the Move and the Brookline Departments of Public Health and Recreation.

The first International Day of Yoga, organized by the United Nations in 2015, attracted more than two billion

people from 192 countries, including China, France, Afghanistan, Sri Lanka, United States, South Korea, and several locations in India. India's Prime Minister led close to 35,000 people in a class in Delhi. Yoga is promoted by health and fitness advocates for its ability to reduce stress and boost well-being. Scientific research also is being conducted to examine the physical benefits of this form of exercise. For further information: Lynne Karsten, 617-730-2336; lkarsten@brooklinema.gov.

Brookline Celebrates International Day of Yoga

Tuesday, June 20th, 2017 7:00 PM - 8:30 PM

Cypress Field*
across from Brookline High

*Wear black bottoms and a white top.
Bring your own mat or towel.*



Instructors:

Sponsored by: Brookline Departments of Public Health and Recreation
To RSVP and for more information: 617-730-2336; lkarsten@brooklinema.gov
*Rain location - Schluntz Gym, across street



Health Care Reform: Navigating Uncharted Waters 21st Annual Public Health Policy Forum

Brookline-On Wednesday evening, June 21, 2017, the 21st Annual Public Health Policy Forum will provide an up-to-date look at the current status of health care reform. Health Care Reform: Navigating Uncharted Waters will be held at the Brookline Senior Center, 93 Winchester Street, Brookline, MA. Following a reception from 6-7 PM, the forum runs from 7-9 PM. The event is free and open to the public; registration is not required.

Former Governor Michael Dukakis will moderate the panel, which features: Monica Bharel, MD MPH, Commissioner of the Massachusetts Department of Public Health; Dr. Jennifer Childs-Roshak, MD, MBA, President and CEO of Planned Parenthood League of Massachusetts; and Jon Kingsdale, Ph.D., Associate Professor of the Practice, Boston University School of Public Health and inaugural Director of the MA Health Connector, which became the model for national health reform.

Sponsored by the Friends of Brookline Public Health and the Brookline Adult and Community Education

Program, the forum offers Brookline residents an opportunity to hear experts discuss the impact to date and challenges ahead for health care reform from the government, consumer, and research perspectives.

21st ANNUAL PUBLIC HEALTH POLICY FORUM



Health Care Reform: Navigating Uncharted Waters

Former Governor Michael S. Dukakis, Moderator; Presented by Friends of Brookline Public Health and Brookline Adult and Community Education



Monica Bharel, MD, MPH
Commissioner,
Massachusetts Department of
Public Health



**Jennifer Child-
Roshak, MD, MBA**
President and CEO,
Planned Parenthood League of
Massachusetts



Jon M. Kingsdale, PhD
Associate Professor of the
Practice, Boston University
School of Public Health

Welcoming Dr. Swannie Jett

Brookline Director of Public Health and Human Services

Wednesday, June 21, 2017

6 – 7 PM Light Refreshments

7 – 9 PM Panel Discussion

Brookline Senior Center, 93 Winchester Street, Brookline

This forum is **FREE** and open to the public; registration is not required.
For more information contact: Brookline Department of Public Health 617-730-2300 or
www.brooklineadulted.org

Co-sponsored by the Brookline Department of Public Health, the Brookline Council on Aging, the Office of Diversity, Inclusion and Community Relations, the League of Women Voters of Brookline, Brookline Commission for Women, and the Brookline Department of Veterans Services.



FAMILY-to-FAMILY

FREE EDUCATION PROGRAM

for

Family and Friends of Individuals with Mental Health Issues

Family to Family is a **FREE** 12-week course for family caregivers and friends of individuals with serious brain disorders such as major depression, bipolar disorder and schizophrenia. The course is taught by trained NAMI family member volunteers.

Course and all materials are FREE for class participants

More than 300,000 family members have completed this course, which includes:

- Information on specific mental illnesses and medications
- Coping skills, handling crisis and relapse
- Listening and communication skills
- Problem solving and limit setting
- Empathy skills
- Self-care
- Community support resources

12 Classes Start Tuesday, September 19
6:30 to 9:00 p.m., Brookline, MA

For more information and to register for the course please contact
Marv Harris 617-620-4583 or marvharris1985@yahoo.com

SPOTLIGHT ON: *The Many Faces of Our Mental Health* Exhibit , Museum of Science, Opening May 27th

The Many Faces of Our Mental Health exhibit will be at the Museum of Science opening May 27. It features 11 works by artist and advocate, Lynda Michaud Cutrell (she is also a parent of someone who experienced mental health difficulties and previously was the president of the National Alliance on Mental Illness in Massachusetts).

Through photography, sculpture, videos, and painting, Cutrell's exhibit serves as a unique and interdisciplinary educational opportunity for students, professionals, and members of the Boston community

to have a science informed dialogue about mental health and recovery, and the interplay between the arts and sciences as a mechanism for communication.

Engagement of the Greater Boston community is crucial in the exhibit's effort to correct common misconceptions about mental illness. This is a great field trip opportunity for grades 5 and up!

Visit: Many Faces of Our Mental Health

 **Museum of Science**
May 27 through September 2017 Blue Wing, Level 2

The **Many Faces of Our Mental Health** exhibit presents an opportunity to learn about mental health and recovery

99 FACES PROJECT
PORTRAITS WITHOUT LABELS

33 People on the
Bipolar Spectrum

33 People on the
Schizophrenia Spectrum

33 People who
love them



For **field trip** and **event information** contact Diana Langberg, Director of Outreach from The 99 Faces Project, dlangber@bidmc.harvard.edu or **973-356-4232**.

Group visits include an artist talk with Lynda Cutrell, with prior arrangement



Artwork by Lynda Cutrell: 2 sculptures, 4 Videos, 6 paintings, 99 portraits. Kinetic sculpture of 23 chromosomes of our unique DNA strand. Hear videos of experience and recovery.

Do you know early identification and treatment of mental illness is possible and may positively affect outcome?

Join us in learning more about mental health [CEDAR Clinic \(www.cedarclinic.org\)](http://www.cedarclinic.org)

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/>

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_about_the_sequestration_and_health)
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**

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. 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. 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

(781) 591-5234

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

Mass 211

Lynne Pizette: 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*™ 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 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 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.

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