

CHNA 18 Newsletter

September

2015



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

www.chna18.org

CHNA 18 News



UPDATE: We are halfway through our planning process with SOAR 55. Next steps include interviewing community stakeholders about how CHNA can best support their efforts. We are excited to hear from all of them!

Exciting news! CHNA 18 will be working closely with SOAR 55 (Service Opportunities After Reaching 55) professionals to help us develop a new vision for our group. SOAR 55 describes their mission as "SOAR 55 mobilizes adults age 55 and over to contribute their skills and experience in meaningful service activities to help strengthen and expand the capacity of local

In This Issue

Upcoming Events

Spotlight

New Resources

CHNA 18 website

CHNA 18 Grantees

Needs Assessment Report

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community service organizations."

All activities/events sponsored by the CHNA are "in limbo" while we work with SOAR55 to develop a meaningful action plan for our future. Stay tuned for updates and exciting opportunities!

Check SOAR 55 out [HERE!](#)

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

UPCOMING EVENTS AND ANNOUNCEMENTS

SYMPOSIUM: "Toward a Dementia-Inclusive Community: Tools and Inspiration from National Innovators"

Registration is now open for the fourth JF&CS biennial symposium in collaboration with the Alzheimer's Association Massachusetts-New Hampshire Chapter. The symposium, entitled, "Toward a Dementia-Inclusive Community: Tools and Inspiration from National Innovators," will take place at JF&CS headquarters in Waltham on Thursday, November 12. This symposium will focus on community-level changes to better include and support individuals living with Alzheimer's or a related disorder, and their care partners. Three internationally known leaders in research and practice will guide us in exploring innovative approaches from around the U.S. and the world, and considering adaptations appropriate to our region. Professionals as well as those personally affected by dementia are invited to take part in this day of learning and dialogue. An application has been submitted for CEUs for social workers, RNs, and LMHCs. To register, please click [HERE](#). For more info contact Beth Soltzberg at atbsoltzberg@jfcsboston.org or 781-693-5628.

WORKSHOP: FREE WORKSHOP FOR WELLESLEY VOLUNTEERS AND THE COMMUNITY

Have you ever wondered about the professionals that stand behind the Governor during a press conference after a major storm or disaster? Most of those faces represent experts from the Massachusetts Emergency Management Agency (MEMA). Richard LaTour, Jr., Local Coordinator from MEMA will join us on Tuesday, November 3, 2015 to provide an overview of MEMA's structure and organization. MEMA IS THE STATE AGENCY RESPONSIBLE FOR COORDINATING THE RESPONSE TO EMERGENCIES AND DISASTERS MEMA 101 will cover: Who's who and what's what Examples of actions during recent disasters Connection to local responders How you can prepare for emergencies WHEN: Tuesday, November 3, 2015 WHERE: Wellesley Free Library TIME: 6:30-8:00 PM COST: FREE! RSVP: Cheryl Lefman clefman@wellesleyma.gov 781-235-0135 Light dinner will be served Attendees will receive goody bags!Volunteers Needed! Click [HERE](#) for the event flyer.

HESSCO's 11th Annual Caregiver Day of Resources & Relaxation (R&R) will be held Thursday, September 24, 2015 at Lake Pearl Luciano's in Wrentham. For more information for your write-up see link: <http://hessco.org/11th-annual-caregiver-day-of-rr/>

FREE SEMINAR/WEBINAR: Families for Depression Awareness is presenting a free, 1-hour Teen Depression webinar (with additional 15 minute Q&A) on Wednesday, September 30 at 7:00 PM ET / 4:00 PM PT. Designed for parents, teachers, school counselors and staff, youth workers, and other caring adults, the webinar covers

- How to distinguish between depression and teen angst
- What you should know about self-injury, bullying, and other concerns
- How to talk to teens about depression
- How to get help for a struggling teen
- What to do when a teen refuses help

Our expert presenter is Dr. Michael Tsappis, the psychiatrist for the Division of Adolescent and Young Adult Medicine at Boston Children's Hospital and a member of the faculty of Harvard Medical School in the Department of Psychiatry. His post-graduate specialty training is in general psychiatry as well as child and adolescent psychiatry. Dr. Tsappis is particularly interested in understanding psychiatric illness in the context of human development and a changing social environment.

Watch the webinar live to submit questions to Dr. Tsappis! Complete the online evaluation form after the webinar to receive a free set of Parent and Teen Depression and Bipolar Disorder Wellness Guides in English or Spanish.

Can't attend the live webcast? Register today and watch the recorded webinar later at your convenience.

Register [HERE](#).

(ALSO, VIEW A FACT SHEET ON TEEN DEPRESSION BY CLICKING [HERE](#))

WHAT'S GOING ON ON BROOKLINE? A LOT!

Brookline will again celebrate Car-Free School Day on Wednesday, October 7, 2015 - our version of International Walk to School Day - urging students at our K-8 schools to travel to school that day by some means other than private car. A few schools host bike parades to coincide with the day; parents and the Brookline Police supervise the parade routes. Lots of fun for all.

National Food Day 2015 occurs on Saturday, October 24; a main focus this year is their "Real Food Drive." The goal of the "real food" drive is to get more donations of fresh produce and other healthy food to local food pantries, in lieu of canned goods. Along with the Brookline Farmers' Market and the Brookline Food Pantry, the Brookline Department of Public Health is sponsoring a "real food" drive at the Brookline Farmers' Market on Thursday, October 22. Donated "real food" will be distributed at the two Brookline Food Pantry sites.

Brookline Sister City Week, October 18 -24, 2015, celebrates its sister city, Quezalguaque, Nicaragua, with a series of events during the week.

October 18th, 2pm, Coolidge Corner Library 31 Pleasant Street. Dance & music program for families featuring the youth dance troupe of "La Piñata." Co-sponsored by the Brookline Public Library and Brookline-Quezalguaque Sister City Project. Admission free.

October 19th, 7pm, Coolidge Corner Theatre , Science on Screen. Movie: Erin Brockovich. Tickets required (www.brooklinesistercity.org). Scientific presentation by Boston University Professor Dan Brooks on the epidemic of chronic kidney disease of unknown origin (CKDu), the leading cause of death in Quezalguaque. More than 20,000 deaths have been attributed to CKDu across Central America.

October 22nd 5:30-7pm, Brookline Teen Center (40 Aspinwall Ave, Brookline, 02446), Celebration/Fundraiser for the Brookline-Quezalguaque Sister City Project

October 22nd 7:30 pm- Public Forum (Following the Celebration/Fundraiser), Brookline Teen Center, "Blood of Brothers, Life and War in Nicaragua," Keynote Speaker: BHS Graduate and Award Winning Foreign Correspondent Stephen Kinzer. Moderator: Governor Michael Dukakis. (Admission Free)For more information and to register (www.brooklinesistercity.org).

FREE TRAINING/MATERIALS: Traumatic Brain Injury in Elders

The Massachusetts Rehabilitation Commission (MRC) is currently working on a four- year, federal grant regarding people over the age of 60 with Traumatic Brain Injuries (TBI) entitled , "Improving MA Systems of Care for Elders Sustaining a TBI". This grant was written in response to a recent epidemiology study conducted by lead staff at MRC and the Department of Public Health on the incidences of brain injury in MA. The epidemiological study found that Traumatic Brain Injury continues to be the leading type of acquired brain injury (ABI) in our state. Residents over 60 living in the Northeast and Metro West portions of the state have the highest incidences of TBI. Most importantly, this population has been found to be discharged back into the community from medical facilities with little to no TBI-related services.

The Brain Injury Association of Massachusetts (BIA-MA) is working collaboratively with MRC to connect with the Community Health Network Areas (CHNA's) within the grant's targeted areas. The Mass Rehab Commission has already partnered with Elder Affairs and the Aging and Disability Resource Centers (ADRCs) to: 1) Address the need for outreach activities to educate these communities on TBI in Elders, 2) Increase awareness of undiagnosed TBI in elders through the implementation of a TBI screening tool, and 3) Share resources and perform cross-agency trainings with community-based professionals working with this population which includes community-based multicultural organizations. In doing so, our efforts will enhance the MA No-Wrong model and better inform us on the service needs of these survivors.

If you are interested in either training or informational materials for your agency, please contact Liz Harnois, Elders Information and Resources Specialist at the Brain Injury Association of Massachusetts (BIA-MA): lharnois@biama.org

. Office: BIA-MA, 30 Lyman Street, Westborough, MA 01581. Phone: (508)475-0032. Fax:

SAVE-THE-DATE for the upcoming Ounce of Prevention Conference. This event is sponsored by the Massachusetts Department of Public Health. To download a copy of the save-the-date, please click [HERE](#).

When?

Tuesday, April 7, 2015

Where?

DCU Center

50 Foster St.

Worcester, Massachusetts 01608

ONGOING:

Tremble Clefs joyful and therapeutic singing group for people with Parkinson's disease and their care partners. New session begins on September 21. Meets Monday mornings, 10:30 - 12:00 at the United Parish of Auburndale, Newton. Registration required. Contact Beth Soltzberg for information, at bsoltzberg@jfcsboston.org or 781-693-5628.

JF&CS Memory Café. Usually meets on the first Friday morning of the month, 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 and meeting dates, at bsoltzberg@jfcsboston.org or 781-693-5628. For a listing of all memory cafés currently running in the Greater Boston area, please see: www.jfcsboston.org/MemoryCafeDirectory

Balancing Act support and discussion group for adults whose parent has dementia. Second Thursday evening of the month at JF&CS headquarters, Waltham. Different discussion topic each month. Come to as many sessions as you wish. Share wisdom, information and encouragement with others coping with a parent's dementia. Contact Beth Soltzberg for information or to register at bsoltzberg@jfcsboston.org or 781-693-5628.

Spotlight On: HESSCO LGBT LUNCH PROGRAM

The HESSCO LGBT Lunch Program at the Sharon Adult Center & COA made The Boston Globe

Check it out [HERE](#)!

JOBS

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FUNDING

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.

NEW RESOURCES

ARTICLE: [This article discusses the role on healthcare in population health](#)

ARTICLE(S): New series of articles on communities creating health in the [Stanford Social Innovation Review](#).

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