

CHNA 18 Update

April 2015



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

www.chna18.org

CHNA 18 News

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

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[Join our Mailing List!](#)

UPCOMING EVENTS

FORUM: Social Capital & Health Forum on May 8

Social Capital Inc.(SCI) is excited to announce an SCI Forum on Social Capital and Health scheduled for May 8th, 2015. The forum will feature keynote speaker Dr Sandro Galea, Dean of Boston University School of Public Health. Galea's keynote address will be followed by a panel discussion on the links between social capital and health outcomes featuring local health practitioners, public officials, philanthropists, and community health advocates. Finally, over lunch, attendees will break into small groups to discuss ways to encourage and sustain a culture of health through increased social capital and collaboration. This event will take place at 10:00am-1:00pm on Friday, May 8th at the Boston University Medical Campus. The Forum is free but requires pre-registration (there was a waiting list for the previous Social Capital Forum).

**WEBINAR: When Depression Isn't Getting Better, What Can We Do?
Strategies for Addressing Treatment-Resistant Depression
Tuesday, May 12, 7:00 PM ET / 4:00 PM PT**

Families for Depression Awareness is presenting a free, 1-hour Treatment-Resistant Depression webinar on Tuesday, May 12 at 7:00 PM ET / 4:00 PM PT. The webinar is designed for people living with depression, family caregivers, and the general public. Primary care providers and therapists should consider attending to better understand referral options.

In the webinar, you'll learn about

- What to do if, despite treatment, you are (or your family member is) still struggling with depression
- The importance of a good psychiatric assessment
- Treatment options that may be available
- When to consider residential treatment

Our expert presenters are Dr. Erik Messamore and Dr. Nicole Gibler from Lindner Center of HOPE.

Watch the webinar live to submit questions to our presenters!

Can't attend the live webcast? Register today and we will let you know when the recorded webinar is available to view at your convenience.

Register at

www.familyaware.org/trainings.

WORKSHOP: ONE VOICE, ONE CITY, MANY PATHS: The Intersection of Faith and Addiction Recovery scheduled on Tuesday, May 5, 2015. Below are the details:
Presented by: Multiple presenters

Time: 8:00 AM - 4:00 PM

Registration: 8:00 AM - 9:00 AM

Training: 9:00 AM - 4:00 PM

Location: Boston Common Hotel & Conference Center
40 Trinity Place, Boston, Massachusetts 02116, USA
617.933.7700

Registration Deadline: Tuesday, April 28, 2015 (or when workshop reaches capacity)
Continuing Education Credits: 5.50

[CLICK HERE TO REGISTER](#) or click the register button within the brochure.

[Click here for the event summary](#)

Please be advised that you will need to select the appropriate Tab at the top of the page to view each page of the brochure (i.e. Summary, Agenda, Fees & Other, etc.). Click on each tab to view the details pertaining to this event.

If you are Deaf or hard of hearing, or are a person with a disability who requires accommodation, please contact Marion Clark-Jalbert at AdCare Educational Institute, Inc. at (508) 752-7313; Fax: (508) 752-8111; TTY: (508) 754-0039 or email: marion@adcare-educational.org by April 14, 2015 for accommodations.

EVENT: The next JF&CS Memory Café will be held on Friday, May 1st from 10 a.m. to noon. Providers are welcome to attend the Café and experience it firsthand.

[Click here to see the full flyer.](#)

JF&CS is collaborating with a network of individuals and organizations to support the development and sustainability of memory cafés throughout Greater Boston. Please see www.jfcsboston.org/MemoryCafeDirectory for a listing of cafés that we hope will grow over time. The "Percolator" memory café network meets quarterly. Those who are interested in starting a memory café are encouraged to contact me at atbsoltzberg@jfcsboston.org or 781-693-5628 for more information.

MDPH TOWN HALL: Every 5 years the Massachusetts' Department of Public Health (MDPH) undertakes a Title V Maternal and Child Health Needs Assessment.

This needs assessment is the basis for priorities that MDPH focuses on in serving families, women, children and youth, including children and youth with special health care needs.

There are two Town Hall meetings on May 1 and May 5 to share your ideas about how to improve services. Anyone and everyone is invited to attend in person or via webinar. This includes families, students, and community providers. There will be Spanish language support for the May 5th event in Holyoke.

We look forward to seeing you or hearing from you on May 1 or May 5.

If you have any questions, please contact Katie Stetler at Katie.stetler@state.ma.us

[Click here for the flyer with more information.](#)

WORKSHOPS

FREE! When a Parent Has Cancer

Are you a parent who is living with cancer and have a child age 7 to 11 years?
Are you wondering how to make sense of your parenting role while navigating your life with cancer?

Are you looking for ways to find support and have skills for on-going conversations with your children regarding your health?

We can help. Please join us for a 6-week series designed to support you in your journey. This group will provide a warm and safe environment offering support, skills and

knowledge for:

- * Helping your child make sense of your cancer diagnosis
- * Building an on-going conversation with your child
- * Learning appropriate boundaries for you and your family
- * Creating a community of support.

Six-week series meeting for 90 minutes on Wednesday evenings from 6:30-8:30 pm.

Next 6-Week Session:

Wednesdays: 6:30 - 8:30 pm

May 27 thru July 1, 2015

Signs of Communication Part Two

Designed for preverbal babies with parent or caregiver.

This early sign language course introduces up to 100 American Sign Language signs that serve to help babies better communicate their needs while reducing both crying and frustration. In this class we will use the signs we already learned in Signing Part 1 as well as many more additional signs through songs, rhymes, games and play. This 5-week series will:

- * Demonstrate the benefits and research behind using sign language as an early form of communication
- * Teach parent or caregiver how to teach baby to sign
- * Provide modeling of proper signing by the facilitator with each pair

Next 5-Week Session:

Fridays: 10:30-11:30 am

May 15 thru June 12, 2015

\$125/5-week series

For more information and to register go to freedman.mspp.edu or call 617-332-3666 X1123

WORKSHOP: Healthy Brain for a Healthy Life.

Thursday, May 14, 2015 is the date for a Senior Health Expo: "Healthy Brain for a Healthy Life" in Brookline, sponsored by Hebrew Senior Life/Center Communities of Brookline, in cooperation with The Brookline Senior Center and the Brookline Department of Public Health. Dr. Dennis Selkoe will keynote the event with a talk about keeping our brains healthy as we age. Activities throughout the day include mediation, tai chi, healthy cooking demonstrations and a talk on nutrition for brain health.

Contact the Brookline Health Department for more information: 617-730-2300

POSITION AVAILABLE: Part-time Director/Clinician

Lexington Youth and Family Services (LYFS) is seeking an LICSW, or licensed mental health counselor, to provide community outreach, program development and clinical services for at-risk Lexington youth (ages 12-22) and families. The position requires experience and skills in community outreach/engagement, grant writing, and individual, group and family counseling for adolescents. Peer leadership, website and social media skills are a plus.

Lexington Youth and Family Services is a small non-profit agency that provides walk-in counseling for Lexington teens and a variety of prevention and education programs for Lexington youth and families.

Specific duties include:

I. Community outreach, program development and administration

- Collaborate with schools, town and community services to develop and implement community education, prevention and outreach programs for youth and families, including building support and coalitions to meet community needs.
- Work with the LYFS Board of Directors (adults and youth) to sustain and develop LYFS services including gathering community support, fund raising and maintaining community and funder relationships.

II. Clinical services

- Provide individual and family counseling to teens under stress on a walk-in basis (Friday afternoons) and by appointment. Potential to co-lead parent and adolescent groups and supervise interns.
- Supervise a part-time youth counselor who provides support and assessment in the waiting area on Friday afternoons.
- Coordinate monthly case conference meetings with four clinical consultants

Depending upon the preferences of the candidate and the level of experience, we envision this job to be between 16-20 hours per week, 40 weeks per year, at a rate of \$35-40/ hour.

To apply, send resumes to Marsha Lazar at marsha.lazar@gmail.com. No phone calls, please.

The CHNA 18 Newsletter will be sent out during the middle of each month, with mini-updates sent out for upcoming events that fall in between. 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