

CHNA 18 Newsletter

December

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 is getting ready to say goodbye to one of our longest and biggest supporters. **Bruce Cohen**, formerly of MDPH and our longest sitting co-Chair, is retiring (sort of). Simply stated, we would not be here without him.

A long-time proponent of CHNAs and community-led health efforts, Bruce helped develop the core mission of CHNA 18 to support the grass-roots efforts of our community health partners. Bruce was also a key member of the Friends of Brookline Public Health Committee. They will be honoring Bruce with the 2015 Public Health Leadership Award on December 16th, and the invitation can be viewed [HERE](#) for anyone interested in attending.

Thank you Bruce!!!

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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UPCOMING EVENTS AND ANNOUNCEMENTS

WEBINAR: COPING WITH STRESS

Families for Depression Awareness is presenting a free, 1-hour Coping with Stress and Depression webinar (including Q&A) on Tuesday, December 8 at 7:00 PM ET / 4:00 PM PT. Designed for adults concerned about themselves or others, family caregivers, human resources managers, and EAP professionals, the webinar covers

- Practical ways to reduce the effects of stress
- How to recognize signs of depression
- What to do if you or someone you know is suffering from depression
- What resources are available to you and your family

Our expert presenter is Dr. Timothy Petersen, psychologist in the Department of Psychiatry and the Military Home Base Program at Massachusetts General Hospital, and faculty member at Harvard Medical School. He is the author or co-author of over 70 scholarly articles, numerous book chapters, and books including The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy. Dr. Petersen's clinical specialty is cognitive behaviorally-based interventions for difficult to treat mood disorders.

Watch the webinar live to submit questions to Dr. Petersen! Complete the online evaluation form after the webinar to receive a free Coping with Stress brochure.

Can't attend the live webcast? [Register today](#) and watch the recorded webinar later at your convenience.

FREE SUPPORT GROUPS AT THE FREEDMAN CENTER

Are you a new father? Are you concerned about how to juggle your new fatherly responsibilities along with work and relationship with your partner? Our next FREE New Dads Support Group holds the opportunity to gain the skills, experience and bonds with other fathers you need as you begin your parental journey. The next session will be on Thursdays beginning January 14, 2016 from 7:00pm-8:30pm for 8 weeks. Groups are led by an experienced male facilitator in a supportive child friendly environment. Participants meet for eight 90-minute weekly sessions to discuss developmental issues, changing relationships, and balancing work and fatherhood." If you're a new dad or know a new father who may be seeking some guidance into parenthood while balancing work and home life, please visit our website <http://www.williamjames.edu/community/freedman-center/new-dads.cfm> and register to attend today.

A new baby can be a source of enormous joy but can also bring anxiety and uneasiness. Motherhood can be exciting and overwhelming. Sometimes you may stretch yourself thin trying to be everything at all times to your child and partner which can be daunting. If you're seeking help with adjusting as a new mom or effective ways to balance your new life our next FREE Balance After Baby Support Group will be on Wednesdays beginning January 13, 2016 from 10:30am-12:00pm for 8 weeks. This group is for moms with babies up to 1 year old. Participants meet for an eight-week series for 90 minutes to share and discuss the highs and lows of parenting a young baby, skills for stress and anxiety reduction, and learn how to access community resources. Participants will gain support from each other and a professional facilitator. If you are a new mom or know a new mom seeking advice on parenting skills, balancing relationships as a new mom, the joys and fears of motherhood, and seeking connection and bonding with moms in a similar position, bring your baby and join us. Please visit our website and sign up today <http://www.williamjames.edu/community/freedman-center/balance-after-baby.cfm>.

WORKSHOP: INFANT SLEEP

Are you tired and want to help your baby sleep better? Are you looking for strategies other than "cry it out"? Our Infant Sleep Workshop on Wednesday January 20, 2016 from 7:00-9:00pm could be the best place for guidance. This one-night, two-hour workshop is dedicated

to exploring the concept of infant sleep and methods in understanding and promoting positive sleep patterns for children. If your child is between 4-15 months old and you need tips on getting him or her to sleep on a schedule, for longer periods, and creating positive associations to get your child to want to sleep, please sign up. We currently have plenty of availability, if you're interested please visit <http://www.williamjames.edu/community/freedman-center/sleep.cfm> and sign up today.

TRAINING: Walker Now Offering Strategic Sharing Trainings!

Do you work with a group that would love to tell their story but needs help finding their voice? Walker can help. We are now offering a half-day training on Strategic Sharing. Strategic Sharing is a slightly modified version of Foster Care Alumni of America's Foster Sharing program, originally designed to help youth and young adults who have experienced the foster care system to tell their story "in a safe, effective, and strategic way." We've modified the curriculum so that we can help people with all kinds of backgrounds learn to effectively tell their stories - at the right time, with the right level of detail, to the right audience.

In our training, participants will be able to:

- Identify opportunities to share their story in a safe, effective, and strategic way
- Understand how to maximize their credibility
- Practice developing and delivering their personal story

Strategic Sharing is a great advocacy tool. For example, it has been used to prepare people to speak to their legislative representatives, as well as by students and families with local school boards and administration. In whatever way it is applied, folks who have been trained in Strategic Sharing are equipped to deliver a powerful speech that is concise - no more than 4-5 minutes - and yet incredibly powerful.

If this is something you would be interested in learning more about, please contact Shannon Lee, Deputy Director of the Walker Trieschman Institute for Research & Training. Shannon can be reached at 781-292-2158 orslee@walkercare.org.

NEW RESOURCE: "Asthma Friendly Home Checklist" for Older Adults

The Asthma and Allergy Foundation of America, New England Chapter has published an "Asthma-Friendly Home Checklist" to help older adults take control of allergies and asthma and make their home a healthier environment. It contains practical suggestions for avoiding or controlling allergens and irritants, and other tips about managing asthma.

According to the Massachusetts Department of Public Health, the disease is well-controlled in only 1 in 5 adults aged 65 and older with asthma. (Asthma among Older Adults in Massachusetts, MA Dept. of Public Health; May, 2011.) You can help seniors with asthma stay out of the hospital by distributing copies of the checklist in your community or to your patients.

Download a PDF of the two-page "Asthma-Friendly Home Checklist" [HERE](#) or visit the "Asthma and Older Adults" section of the AAFA New England website

(www.asthmaandallergies.org). For more information about the checklist or to collaborate on local outreach to seniors with asthma, contact Sharon Schumack at atsharons@aafane.org (Tel. 781-444-7778).

UPDATE: The Brookline Youth Wellness Project and B-PEN (Brookline Parent Education Network)

In October, B-PEN welcomed 80 parents of BHS freshman for a program addressing "The Unique Challenges of Freshman Year," with a strong focus on mental health and overall wellness. BHS Peer Leaders spoke about what's really going on in freshman year, which parents found especially informative and enlightening, and round table discussions examined changing social pressures, the lure of alcohol and parties, marijuana/drugs, social media, setting limits, and healthy relationships, including issues of body image. B-PEN created a Parent Update for the entire class of freshman parents that summarized the presentation, as well as all the strategies and insights that arose from the table discussions.

On December 11, Public Schools of Brookline Wellness Committee, B-PEN, and Brookline Public Health and Human Services Department are hosting a special WELLNESS SUMMIT - WHAT ARE BROOKLINE KIDS UP TO THESE DAYS? This community-wide event will reveal some of the key results from the Brookline Public School's latest Student Health Survey, which polls all 7-12th graders on their attitudes and behavior relating to a wide variety of issues, including relationships, sexual practices, anxiety, and stress. (The latest survey reveals the sobering mental health statistic that overwhelming stress and anxiety among Brookline's 9th-12th graders are up to 82% (79% among 7-8th graders.) This "Coffee and Conversation" initiative brings together parents, students and a wide variety of members of the greater community who care about the physical and mental wellbeing of Brookline youth

The Brookline Youth Wellness Project and B-PEN continue to expand resources and promote understanding of the challenges faced by Brookline youths identifying as LGBTQ, who are at increased risk of mental health issues. On Dec. 1, B-PEN is hosting a facilitated meeting for LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning) families and allies. The goal of this initial discussion is to bring together parents of LGBTQ students and talk about ideas for supporting the health and emotional wellbeing of Brookline youth.

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:

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

Spotlight On: The Freedman Center at William James College

The Freedman Center at William James College serves Newton, MA and surrounding communities in the Boston area. Our mission is to help connect children and families with appropriate information, providers, resources, and one another to serve their mental health and wellness needs. We utilize a multi-faceted approach to our programs and services by offering year-round quality programming for children and families as well as offering consulting services for schools, community organizations, and physicians. We also seek to enhance, improve and develop collaborative efforts to access mental health and wellness services with our INTERFACE helpline which offers consultation and referral services to families in need. Currently, we offer FREE support groups such as our New Babies New Moms, New Dads, Balance After Baby (Postpartum support) and Playtime. We also have specialized paid workshops such as Infant Sleep, Blissful Baby Infant Massage and Sign Language courses available. All information regarding group dates and times as well as registration can be found on our website <http://www.williamjames.edu/community/freedman-center/about.cfm>. Our Center is open 5 days a week during regular business hours. For questions or comments please contact us at 617-332-3666 x 1123 or through email at freedmancenter@williamjames.edu.

New Resources

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.

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:
blog.oup.com/wp-content/uploads/2013/05/Sequestration_Infographic.pdf](http://www.mahealthcouncil.org/Information_about_the_sequestration_and_health: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

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*TM 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