

## CHNA 18 Newsletter

October

2016



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

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

### CHNA 18 News

**CHNA 18 is launching our new programming for 2016-2017! We have planned a series of mini-workshops starting in January, and continuing monthly through May, culminating with a large, multi-CHNA sponsored forum on reducing the stigma of mental health. Details are being finalized and should be available next month (November).**

**Our most recent grantees are wrapping up their three year programs and submitting final reports. Each of the next five newsletters will include an article in our Spotlight section highlighting these programs and their accomplishments. This month we feature The Playtime Program, a developmental parent-child play group offered to children birth to age 5 (with caregivers) housed at the Home Suites Shelter in Waltham.**

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

### In This Issue

Upcoming Events  
Spotlight  
New Resources/Jobs

CHNA 18 website  
CHNA 18 Grantees  
Needs Assessment Report

[Join our Mailing List!](#)

*Please join us for*

# THE 1<sup>ST</sup> ANNUAL SUMMIT *of* THE RESILIENCE PROJECT

A gathering of high schools for a conversation about the  
challenges of managing student mental health issues

Friday, October 21 | 8:15 am – 1:30 pm  
Newton-Wellesley Hospital | Shipley Auditorium

## INTRODUCTION

*Susan Swick, MD*

*Chief, Child and Adolescent Psychiatry, Newton-Wellesley Hospital*

## KEYNOTE SPEAKER

*Alec Miller, PsyD*

Dialectical Behavioral Therapy (DBT) in schools.

## PANEL DISCUSSION

*High school based mental health, guidance and administrative staff*

Strategies for addressing student struggles.

## BREAKOUT SESSIONS

Lunch will be served. Handicapped parking is available on site. We ask other attendees to park at the Woodland Station parking garage next to the Hospital.



*A Newton-Wellesley Hospital community health initiative*

R.S.V.P. to Susan Richards 617-243-6490 or [srichards8@partners.org](mailto:srichards8@partners.org).

Newton-Wellesley Hospital is an approved provider of continuing nursing education by the Northeast Multi-State Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Social work CEUs also available.

**NATIONAL FOOD DAY CELEBRATION IN BROOKLINE:** "One for me... one for the Brookline Food Pantry." With this tagline, the Town of Brookline celebrates National Food Day by encouraging shoppers at the Brookline Farmers' Market to purchase fresh produce for Brookline Food Pantry clients. This community event calls attention to eating healthy food and to food insecurity among Brookline residents.

On Thursday, Oct. 20, 2016 from 1:30 PM until dusk, Brookline shoppers can buy extra fruits

and vegetables and put them in easily found bins under the big green tent at the manager's table. Food collected at the market will be distributed to food pantry clients at Brookline's two food pantry sites. Suggested food items include easily stored fruits like apples, and root vegetables such as sweet potatoes and carrots, squash and tomatoes.

"Brookline Food Pantry clients seldom get to prepare meals with fresh products, but through community efforts and partnerships, we can change that. We hope that at the farmers' market, residents will buy extra produce to help the over 800 families being served at our pantries to work towards a greener diet," stated Rene Feuerman, Brookline Food Pantry Director. Food Day, is an annual nationwide celebration of healthy, affordable and sustainably-produced food and a grassroots campaign for better food policies. This year, through a partnership with the Brookline's Farmers' Market and the Brookline Food Pantry, Brookline shoppers will participate by providing fresh produce to food pantry clients, in lieu of canned goods. In existence for 25 years, the Brookline Emergency Food Pantry estimates it had more than 6000 client visits in 2015, indicating a greater need for donations.

For more information about the event, visit [www.foodday.org](http://www.foodday.org) and the Brookline Food Pantry website at [www.BrooklineFoodPantry.org](http://www.BrooklineFoodPantry.org).

---

**WEBINAR:** Families for Depression Awareness is presenting a free, 1-hour Coping with Stress and Depression webinar on Monday, November 14 at 7:00 PM ET / 4:00 PM PT featuring Dr. David Brendel, psychiatrist and executive coach, along with Emmie Roe Stamell, mindfulness meditation specialist. Designed for family caregivers, human resources managers, EAP professionals, and adults concerned about themselves or others, 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

David Brendel, MD, PhD is a psychiatrist, executive coach, leadership development specialist based in Boston, Massachusetts. He is founder and director of Leading Minds Executive Coaching, LLC. Emmie Roe Stamell, RYT, CAY, is a mindfulness meditation specialist, certified Kripalu Yoga teacher, and certified Ayurvedic practitioner. She is an associate of Leading Minds Executive Coaching, LLC and director of the Sukha Yoga practice in the Boston area. Watch the webinar live to submit questions to the presenters. 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.

Register at [www.familyaware.org/trainings](http://www.familyaware.org/trainings).

Please share information about the free webinar with your network!

- Download flyers and fact sheets at the following links. Should you prefer pdf or print versions, please email me directly.
  - Coping with Stress and Depression Fact Sheet
  - Coping with Stress and Depression Webinar Flyer
- Use links below to share on Facebook and Twitter.
  - To share on Facebook, simply follow this link and click "share"
  - To share on Twitter, simply follow this link and click "retweet"
- You are welcome (and encouraged!) to forward this email to your distribution list.

### **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 [atbsoltzberg@jfcsboston.org](mailto:atbsoltzberg@jfcsboston.org) or 781-693-5628.
2. There are many new memory cafés in Greater Boston! Memory cafés are welcoming social gatherings for individuals living with dementia and for their family, friends and professional caregivers. Please visit [www.jfcsboston.org/MemoryCafeDirectory](http://www.jfcsboston.org/MemoryCafeDirectory) for a listing of Massachusetts cafés by town.
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. It will soon be available in Spanish. Please visit [www.jfcsboston.org/MemoryCafeToolkit](http://www.jfcsboston.org/MemoryCafeToolkit) .
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, the Multicultural Coalition on Aging, and advised by over 40 organizations across the state. To join the mailing list, please email Beth Soltzberg at [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org) .

---

### **ONGOING: MEMORY CAFE**

JF&CS Memory Café. First Friday morning of the month, except on major holidays, 10 a.m. - noon. Location: JF&CS headquarters, 1430 Main Street, Waltham. A welcoming place for individuals and families living with memory changes. Guests requiring personal care assistance are asked to bring a care partner with them. Enjoy coffee, refreshments and conversation. Each month a guest artist will share his or her art and then facilitate a creative exploration with café guests. Co-hosted by the Waltham Student Group of Brandeis University. Free of charge. Contact Beth Soltzberg for information, at 781-693-5628 or [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org).

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

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

clients and colleagues. Providers are welcome to come experience the JF&CS Memory Cafe firsthand.

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

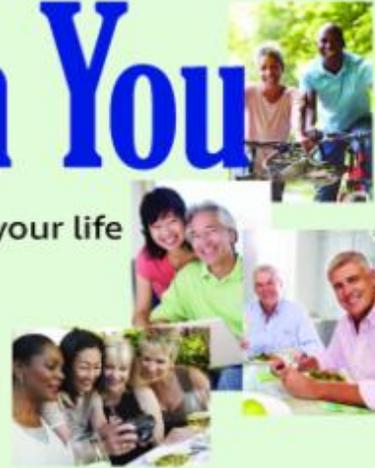
Feel free to contact me with questions at [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org) or 781-693-5628. Thanks so much for your support of the JF&CS Memory Café.

*The Wellesley Council on Aging, the Friends of Wellesley Council on Aging, ESC of New England, Encore Boston Network, and the Wellesley Health Department proudly present*

# ReInvest in You

A conference and expo to help you navigate the next exciting chapters of your life

Saturday, December 3, 2016  
8:30 a.m. - 2:30 p.m.  
Wellesley High School  
50 Rice Street, Wellesley, MA 02482



## Robin Young Keynote Speaker & Panel Moderator

**Robin Young**, host of *Here & Now* on WBUR, Peabody award-winning documentary film maker and winner of several television Emmy awards, will provide the keynote address and moderate a panel discussion regarding health & wellness, discovering one's encore, connections and relationships, and strategies for resilience.

## Workshops & Exhibitors

Select from a schedule of workshops, and visit more than 40 exhibitors of leading organizations and professionals who will share their expertise in Health & Wellness, Discovering Your Encore, Connections & Relationships, and Financial Planning & Preparation:

- Aging Boldly - The ABC's of Movement
- Mindfulness Training
- Couples Retirement Opportunities
- Finding Your Encore
- Boomers Guide to Preparing Your Money for Retirement
- Encore Fellowships: Second Acts with Social Purpose
- Eat to Feel GREAT
- Women - Staying Active, Strong & Sexy
- Yoga for Living Well
- Guidance for Children with Declining Parents
- Thinking Beyond the Money

*See reverse side for workshop details  
Continuing Education Units (CEUs) will be offered to nurses*

**Registration: \$20** prior to event, **\$25** at door. Includes lunch and drawing for prizes.

To register: Go online to [reinvestinyou2016.eventbrite.com](http://reinvestinyou2016.eventbrite.com), fill out and mail form on back, or phone 617-357-5550. Registration is non-refundable. For more information go to [www.wellesleyfriendscoa.com](http://www.wellesleyfriendscoa.com).

**WORKSHOP: Asthma Management and Education Educational seminar  
for nurses, respiratory therapists, and other allied health professionals**

Monday, November 7, 2016

Newton-Wellesley Hospital

2014 Washington Street (Route 16), Newton, MA

Newton, MA

Registration & Dinner: 5:00 p.m.

Lecture and Q&A: 6:30 - 9:00 p.m.

This presentation illustrates effective ways to teach patients to manage asthma by using a problem-based case study of a family who has a child with asthma. It offers strategies to address common barriers to effective asthma self-management: lack of understanding, competing health beliefs and intentional non-adherence.

Topics include the pathophysiology of asthma and allergy; current treatments; use of peak flow meters and medicine delivery devices; ways to prevent asthma episodes.

Approved for 3 CEUcontact hours for nurses and 2 CRCE credits for respiratory therapists.

Registration FEE: \$25.00 (includes dinner, seminar, and ceu's)

Speaker: Maureen George, PhD, RN, AE-C, FAAN

Dr. George is an Associate Professor of Nursing in the Columbia University School of Nursing. Dr. George has worked as an advanced practice nurse in lung disease since 1986. She is a Past-President of the Association of Asthma Educators, has held leadership roles in the Allied Health Assembly of the American Academy of Asthma Allergy and Immunology. She lectures extensively on issues related to asthma care and education and has published original research and peer-reviewed manuscripts in these areas. She has been Principal Investigator in asthma-related research, served on the Editorial Boards of the Journal of Asthma, the Journal of Asthma and Allergy Educator, and as Associate Editor for the Primary Care Respiratory Journal.

Pre- registration is required

TO REGISTER, go to: [www.aafa.org/NE-ame](http://www.aafa.org/NE-ame)

You will need to have your professional license number handy to enter in the registration form.

For Questions, call 781-444-7778

Sponsored by the Asthma and Allergy Foundation of America- New England Chapter

Space is limited, so register soon! Go to: [www.aafa.org/NE-ame](http://www.aafa.org/NE-ame)

**SPOTLIGHT ON: THE PLAYTIME PROGRAM AT THE HOMESUITES  
SHELTER IN WALTHAM, MA**

The Playtime Program was granted by CHNA 18 to provide a weekly developmental parent-child play group that offered children birth to age 5 (with caregivers) housed at the Home Suites Shelter, an opportunity to experiment with new skills, explore their imagination and creativity, and learn about relationships. It was intentionally designed to foster the protective skills necessary for healthy parent child development under toxic life circumstances; social

connections, parental and child resilience building, child development knowledge, and promotion of self-efficacy. Each 90 minute session included age appropriate play activities that fostered sharing, turn taking, language development, problem-solving, decision making and conflict resolution. The design of the playroom was intentionally staged each week to promote language, social emotional development, motor and sensory skills.

In the first year of the program the program served 40 children and families and the children ages were between 2.5 and 5 years. While this number was a much smaller number than hoped, they achieved stakeholder status within the shelter that then allowed them to extend the age of the playgroup attendees back to their proposed age range of birth to age 5. In year 2 they then served 70 families and at year end of year 3 they served 107.

Given the transient nature of Home Suites they have been limited to measuring success within a long term framework, yet now that the program is considered a staple offering, staff of the shelter put flyers in the registration packets, post flyers in high traffic areas of the shelter and put the flyers under each door of the shelter on the eve of the playgroup. The attendance numbers increasing each year is the best quantitative evidence we have for success of the program, although they have captured weekly satisfaction data that indicates 80% of attendees rate the program very good on the weekly evaluation

However, qualitatively and anecdotally they offer this vignette:

*A young mother of four had recently moved to Home Suites. She did not yet know any of the other families and was looking for a space for her children to explore, we welcomed her into the playroom as we saw her wandering in the lobby. Her three boys, ages 10 months, 4 years, and 6 years joined us for playtime. She began to share her recent story of escaping from an unsafe home environment, and being unable to bring her daughter with her. As she began to all of us in the room (facilitators, as well as other caregivers/parents) it was evident she needed to feel heard and supported as she made this exceptionally challenging transition. Though it was understandably difficult for her to engage with her children in play, she sat on the floor near them as she spoke to the adults in the room. After weeks of attending group, this mom became more involved in her children's play, attending to their cues, and especially more aware of the youngest, who was now crawling and pulling up.*

*During circle time, her 10 month old crawled over and looked closely at the book being read. Unable to reach it from his position on the floor, he pulled up on the facilitators arm until he was standing. Everyone in the group clapped and cheered, acknowledging the first time he was able to pull up to standing in playtime.*

This vignette highlights the goals of the program being met; social connections for adults, knowledge of child development, and self-efficacy for both child and parent.

For more information about this program, visit the Waltham Partnership for Youth website at <http://www.walthampartnershipforyouth.org/>

## New Resources

**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**

-

[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)

-

-

-

[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](http://blog.oup.com/wp-content/uploads/2013/05/Sequestration_Infographic.pdf)

**ARTICLE:** How to access Advocacy efforts ( what are the measures of success).  
Click [here](#) to see the article.

**REPORT :** MMWR, Mental health Surveillance Among Children 2005-1022

This report summarizes information about ongoing federal surveillance systems that can provide estimates of the prevalence of mental disorders and indicators of mental health among children living in the United States and presents estimates of childhood mental disorders and indicators from these systems during 2005-2011 . Click [here](#) to see the report.

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

BOSTON - April 25, 2013 - For Immediate Release - To assist in the mental recovery from the recent Boston Marathon attack, the Boston-area nonprofit, Screening for Mental Health, Inc. is partnering with Mass 211 and the Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Hotline to provide the public with online mental health assessments and treatment resources at [www.StayStrongBoston.org](http://www.StayStrongBoston.org). The website, created with support from an initiative with the Massachusetts Department of Public Health Suicide Prevention Program, will take individuals to a mental health assessment and information on how to contact the SAMHSA Disaster Distress Hotline.

"StayStrongBoston.org will help individuals assess if they are struggling with a mental health

concern, educate friends and family members on what to do if a loved one is at risk, and provide individuals with the resources to talk to a mental health professional about their own or a loved one's situation," said Douglas G. Jacobs, M.D., associate clinical professor of psychiatry at Harvard Medical School and the founder of Screening for Mental Health, Inc. "Traumatic events can trigger signs of distress in those affected by a crisis. It doesn't matter what your relationship was to the bombings in Boston-it is important to reach out for help if you are showing any signs of distress."

According to SAMHSA, signs of emotional distress following incidents of mass violence may include:

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains like constant stomachaches or headaches
- Feeling helpless or hopeless
- Excessive smoking, drinking or using drugs (including prescription medication)
- Feeling unusually confused or forgetful
- Yelling or fighting with family or friends
- Having thoughts or memories you can't get out of your head
- Thinking of hurting or killing yourself or someone else
- Unable to perform daily tasks like taking care of your kids or getting to work or school

These changes-both physical and emotional-are normal and most often temporary. Following the recent bombings, some individuals will be more vulnerable to these effects than others. Survivors of the attack, loved ones of the victims, first responders and community members living in close proximity to the bombings and lockdown are at a greater risk. These signs of distress can appear immediately following a traumatic event and usually improve over time. If the symptoms interfere with daily life or if the symptoms become worse, it is important that individuals seek professional help.

"Trauma reactions such as stress and anxiety or depression are normal at this time," said Lynne Pizette, director of Mass 211. "It's important to allow yourself permission to experience these reactions. Take care of yourself the best you can, and ask for help from others if you need it."

Anonymous self assessments for PTSD, depression, anxiety and other mental health concerns are available at [www.StayStrongBoston.org](http://www.StayStrongBoston.org). After completing a confidential screening, individuals will receive feedback and a referral to treatment resources if warranted.

Screening for Mental Health Inc. (SMH) is the non-profit organization that first introduced the concept of large-scale mental health screenings with its flagship program, National Depression Screening Day, in 1991. SMH programs include both in-person and online programs for depression, bipolar disorder, generalized anxiety disorder, posttraumatic stress disorder, eating disorders, alcohol problems, and suicide prevention. SMH programs have been used by hospitals, mental health centers, social service agencies, government agencies, older adult facilities, primary care clinicians, colleges, secondary schools, corporations and military installations reaching individuals ranging from adolescents to older adults.

Mass 2-1-1 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources. Always a confidential call, Mass 2-1-1 maintains the integrity of the 9-1-1 system saving that vital community resource for life and death emergencies. It is available 24 hours a day, 7 days a week, and is an easy way to find or give help in your community. Mass 2-1-1 responds immediately during times of crisis, to field calls

regarding the crisis and to direct callers to services most appropriate for their needs.

###

Contacts:

Screening for Mental Health, Inc.

Angela Devereaux: [Adevereaux@mentalhealthscreening.org](mailto:Adevereaux@mentalhealthscreening.org)

(781) 591-5234

Katherine Cruise: [Kcruise@mentalhealthscreening.org](mailto:Kcruise@mentalhealthscreening.org)

(781) 591-5239

Mass 211

Lynne Pizette: [lynnep@mass211.org](mailto:lynnep@mass211.org)

(508) 370-4862

## Starter Maps

This is a great web-based tool that can customize and explore the new various data sets to make dynamic, multi-layer maps for your state, county, city, or neighborhood. Examples include SNAP data, healthy food access, and much more. [Click here](#).

## OBESITY PREVENTION

HBO's *The Weight of the Nation*<sup>™</sup> was a national conversation in 2012 but the work to address the root causes of obesity is far from over. Confronting America's obesity epidemic requires ongoing action in every community across the country. Recognizing this, Kaiser Permanente and Community Initiatives partnered to create [The Weight of the Nation Screening to Action: Quickstart Guide](#) to help individuals and organizations plan and work toward collective action. Take a short "[tour](#)" of the new resource and then download a copy to begin this important work in your own community.

## SOCIAL DETERMINANT VIDEO FROM THE WELLESLEY INSTITUTE

The Wellesley Institute made a new, 4 minute video on societal health in Canada. This might be a good tool for helping a community better understand the Social Determinants of Health (SDOH) and consider developing programming and initiatives around them. Click [here](#) to see the video web site.

## HEALTHY VENDING MACHINES

Did the new year bring you new resolve to eat healthier, only to have it sidetracked when vending machines at work contain candy, chips and soda?

- The National Alliance for Nutrition and Activity created healthier model vending machine standards and a model policy to implement them. Click [here](#) to view them.
- Community Commons features [Healthy Vending Machines](#). Click [here](#) to see more.

## Commonwealth Care Now Covers Tobacco Cessation Medications and Counseling

Beginning July 1, 2012, Commonwealth Care covers all FDA-approved smoking-cessation medications and counseling support. Evidence-based studies have shown that a combination of behavioral counseling and pharmacotherapy gives smokers the greatest chance of success in quitting.

The benefit is basically the same as MassHealth's tobacco cessation benefit:

- Two 90-day treatment regimens per year with FDA-approved medication, including nicotine-replacement therapies (patch, gum, and lozenge), bupropion, and Chantix (varenicline).
- Up to 16 face-to-face counseling sessions per 12-month cycle. These 16 sessions can include any

combination of two 45-minute intake/assessment sessions per year and 14 sessions of individual or group counseling. A fact sheet detailing the Commonwealth Care and MassHealth tobacco cessation benefits can be ordered or downloaded [here](#).

The National Coalition on Health Care (NCHC) has released a plan, [Curbing Costs, Improving Care: The Path to an Affordable Health Care Future](#), that "pairs nearly \$500 billion in spending reductions and health-related revenues with longer-term policy changes designed to make health care affordable in the public and private sectors" -

The Massachusetts Department of Public Health (MDPH) is committed to the integrated delivery of health care through alignment of outpatient primary care, substance abuse services, and mental health care services. The Integration Initiative builds upon the successes of our state's health care reform work and the numerous efforts to increase access to patient-centered medical homes.

MDPH has formed an Integration Initiative Committee (IIC) to help identify and, whenever possible, overcome any potential barriers to health care integration in the licensing process. The IIC will assist outpatient primary care, mental health, or substance abuse providers that propose to add one or more of these services. The IIC will review the integration proposal, customize a process that best suits each provider, and streamline the application process.

Report: In the report, released last week by the California Endowment, de Beaumont Foundation, Robert Wood Johnson Foundation and W.K. Kellogg Foundation, an IOM committee outlines a new, recommended framework for assessing the value of public health programs. Click [here](#) for more information.

#### **Policy Link Announces New Tool for Advocates!**

GEAR (Getting Equity Advocacy Results) is the new online suite of benchmarks, methods, and tools to help advocates, organizers, and their allies track the results of their equity campaigns. Click [here](#) to see the tool.

#### **New Community Action Guide To Support Infants and Young Children**

Supporting Infants, Toddlers, and Families Impacted by Caregiver Mental Health Problems, Substance Abuse, and Trauma: A Community Action Guide presents resources that service providers, advocates, and practitioners can use to better understand and respond to young children whose caregivers are negatively affected by these issues. The Guide offers information, resources, and tips useful for engaging the wider community to come together for children and families in need of support. Click [here](#) to see and download the guide.

#### **A Dialogue about the Future of Health and Health Care.**

Inspired by the recent 2012 American Public Health Association (APHA) Annual Meeting in San Francisco, the Robert Wood Johnson Foundation (RWJF) highlighted key issues and talked with national health leaders about promising strategies to improve our nation's health and health care. Click [here](#) to see more.

#### **Report:**

[2012 National Strategy for Suicide Prevention, a report of the Surgeon General and the National Action Alliance for Suicide Prevention \(Action Alliance\)](#). Click [here](#) to see the report.

**Updated Data Source:** [County Health Rankings and Roadmaps](#). The Robert Wood Johnson Foundation collaborates with the University of Wisconsin Population Health Institute to bring this groundbreaking program to cities, counties and states across the nation.

#### **Report:**

#### **[Primary Care and Public Health: Exploring Integration to Improve Population Health.](#)**

Primary care and public health have critical roles in providing for the health and well-being of communities across the nation. Although they each share a common goal, historically they have operated independently of each other. However, new opportunities are emerging that could bring the two sectors together in ways that will yield substantial and lasting improvements in the health of individuals, communities, and

populations. Because of this potential, the Centers for Disease Control and Prevention and the Health Resources and Services Administration asked the IOM to examine the integration of primary care and public health.

### **On-Line Learning: Roots of Health Equity**

Free web-based course goes live! The National Association of County and City Health Officials (NACCHO), a strategic UNNATURAL CAUSES partner, launches its new on-line course: Roots of Health Inequity. Two years in the making, the course explores the processes by which health and disease are patterned differentially by class and race as well as strategies for tackling the root causes of health inequities. While designed for public health staff, anyone make take the course. And it's free! [Click here](#) for more information.

### **Interesting new report from the Commonwealth fund on local health indicators**

[Full Report](#)

[Summary](#)

**Online Mental Health Screening: Two Month Free Program** With support from the Mass Department of Public Health, Screening for Mental Health is excited to provide Massachusetts-based organizations the opportunity to participate in a 2-month free online mental health screening program. This opportunity is available to the first 70 organizations who register. [Click here](#) for more information.

### **Smoking Cessation Information and Resources**

In Massachusetts, 77% of adult smokers want to quit smoking. Those who attempt to quit using both quit medicine (like the patch, gum, or other medicines), as well as counseling are three times as likely to leave cigarettes behind for good. Smokers who have MassHealth coverage are eligible for only a \$1 - \$3 co-pay on all FDA approved quit medicines. Most smokers want to quit, and with the right support, they can.

If you or someone you know is interested in quitting, visit [www.makesmokinghistory.org](http://www.makesmokinghistory.org) or call 1-800-QUIT-NOW for quit tips, information on health insurance, and to read the stories of real people who have quit smoking.

If your organization is interested in providing resources around tobacco cessation and secondhand smoke, visit [www.maclearinghouse.com](http://www.maclearinghouse.com) to download and order free materials.

The CHNA 18 Newsletter will be sent out during the middle of each month. We welcome submissions!

- Event announcements
- New programs
- Grants and funding opportunities
- Job openings
- New research
- Community resources
- Other information you think would be useful

We will do our best to include all the information submitted. Please send your information to our coordinator, Jhana Wallace, at [jhanaw@gmail.com](mailto:jhanaw@gmail.com).

The newsletter will be sent out electronically. The deadline for submissions will be the last week of the month prior (for example, submissions for the May newsletter must be received by April 29th). However, if you come upon an item you think should be included and it's past the deadline, send it anyway and we'll try to include it.

Sincerely,

CHNA 18 Steering Committee