

CHNA 18 Update

December 2016



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

www.chna18.org

CHNA 18 News

NEWSLETTER SUBMISSION INFORMATION

Our newsletter is sent out every other month, but sometimes things pop up that are time sensitive and take place before the next full newsletter. We send out a mini-update like this one during the "off" months for time-sensitive events only. While we don't send out a call for announcements for these, please send along event announcements you'd like us to include and we will make sure it's in the update.

All newsletters are sent out the 3rd week of each month usually on the Wednesday of that week. Submissions should be sent no later than the 3rd Tuesday of each month.

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

In This Issue

Upcoming Events

CHNA 18 website
CHNA 18 Grantees
Needs Assessment Report

[Join our Mailing List!](#)

UPCOMING EVENTS

ANNOUNCING THE CHNA 18 SPRING WORKSHOP SERIES: "BUILDING CONNECTIONS"

CHNA 18 has 4 workshops planned for this Spring with the theme of "Building Connections." All events are free, and registration for will open in January, so stay tuned.

CHNA 18 has applied to offer CEU's from NASWMA and MAMCHA for several of these

March 9th: The Emotional and Hidden Consequences of the Internet: Learning about how our children use technology and the REAL dangers of being so connected

9:00-10:30, Needham Library

Presented by Jon Mattleman, Director of Needham, MA Youth Services

Parents and professionals worry about how their adolescents use technology. But do we worry about the right things? What about the effects of Instagram photos that tell your child, "We all went out together and didn't invite you" or Facebook posts that scream, "My life is perfect and I'm popular and you're not"?

This presentation focuses on the technologies adolescents use, why they feel so compelled to be connected 24/7, and how to avoid the real (and often hidden) dangers of engagement. Areas that will be addressed include anxiety and technology, cyber relationships, regulating and monitoring your adolescent's technology use, and the relationship between at-risk behaviors and technology.

April 25th QPR Training presented by Minding your Mind

9:00-11:30 Waltham Library, *2 CEU hours applied for.*

Q.P.R. stands for Question, Persuade, and Refer - the 3 simple steps anyone can learn to help save a life from suicide. Q.P.R. is sometimes referred to as CPR for a Mental Health Crisis.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in Q.P.R. learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

After participating in a Q.P.R. Training participants will gain the following knowledge:

- how to get help for yourself or learn more about preventing suicide
- the common causes of suicidal behavior
- the warning signs of suicide
- how to Question, Persuade, and Refer someone who may be suicidal
- how to get help for someone in crisis

Q.P.R. meets the requirements for listing in the National Registry of Evidence-based Practices and Policies (NREPP).

May 11th Mental Health Care in Hard-to-Reach Populations: Reducing stigma, Breaking barriers, and Improving access to care.

*In collaboration with Beth Israel Deaconess Hospital/Needham
and Newton Wellesley Hospital*

9:00-1:00, The Center at the Heights, Needham MA, *3 CEU hours applied for*

Join our panel of experts as we explore the stigma and barriers many communities face in seeking and receiving mental health care. Our panelist will share useful and unique approaches to addressing mental health issues in hard-to-reach populations such as the elderly, young people, and non-English speaking and immigrant populations. Attendees will come away with specific approaches for improving access to care in these groups as well as a better understanding of the reasons certain populations are not seeking or receiving treatment.

Keynote Speaker: *Trenni Kusnierek, Sports anchor for Comcast Sportsnet New England.*

After years of silent suffering, hiding her anxiety and depression from the public in a very public field, sports reporter Trenni Kusnierek decided it was time to share her story. She has made it a personal goal to help reduce the stigma of mental illness and hopes that by going public with her battle with depression, she can encourage people afraid to seek help that they are not alone and that help is possible.

(June 2017 date TBD, topic is using social media effectively as a non-profit or service organization.)



Beth Israel Deaconess Hospital
Needham

**ARTHRITIS OF THE HAND
HOW TO MAKE DAILY TASKS EASIER
AND LESS PAINFUL**

**SUZANNE BRAND, OCCUPATIONAL THERAPIST
BETH ISRAEL DEACONESS • NEEDHAM HOSPITAL**

WEDNESDAY, JANUARY 18 • 2:00 P.M.

Occupational Therapist Suzanne Brand, OTR/L, CHT has specialized in hand and upper extremity rehabilitation for more than 30 years and has been the clinical supervisor for the hand and upper extremity rehabilitation department at Beth Israel Deaconess Hospital - Needham for the past 24 years. She works closely with three hand surgeons in the evaluation and treatment of a variety of hand and arm conditions and injuries.

**SIGN-UP IS REQUIRED BY CALLING 781-455-7555
OR STOPPING BY THE FRONT DESK.**



Interested in helping get food to families in need this holiday Season? Ride For Food-Three Squares New England has some great ways YOU can help. Check out their [website](#) for more information.

The CHNA 18 Newsletter or Mini-Update will be sent out during the third week of each month. We welcome submissions by the third Tuesday of each month.

- 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 Third Tuesday of each month. 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