

CHNA 18 Update

February 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.

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.

Full newsletters-includes all types of content: January, March, May, July, September, November

Minu-Updates-time-sensitive events only: February, April, June, August, October, November

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

WORKSHOP: TEEN WELLNESS
SUN, FEB 28 AT 2:00 PM, BROOKLINE, MA

Are you a student in 7th grade or above, or parent, who wants to learn about stress, and how to prevent it becoming depression?

Did you know...

82% of Brookline High School students and 79% of Brookline 7th & 8th graders report overwhelming stress or anxiety?

Child psychologist and author Nadja Reilly teams with Urban Improv and Rotary Interact teens to promote emotional wellness in an engaging, interactive format, including teen and adult breakout discussion groups. Teens will be invited to become peer leaders and participate in additional workshops. Join us to exercise coping and problem solving skills that help you balance the weight of life's worries! Click [HERE](#) for details and to register.

ONGOING EVENT: JF&CS Memory Cafe

The next JF&CS Memory Café will be held on Friday, March 4, 10 a.m. to noon. 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 just a few spaces left in the workshop on starting a memory café that will be offered at JF&CS in Waltham on March 9. A flyer is attached. Those interested should RSVP to me as soon as possible.

Please see www.jfcsboston.org/MemoryCafeDirectory for a listing of all of the memory cafés in Greater Boston.

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

Very best wishes,

Beth

FORUM: Neponset Valley/Southwest Metro Transportation Regional Coordinating Council Medical Transportation Forum - March 3, 2016

"Improving Medical Transportation Coordination and Access for Consumers in the Neponset Valley"

The Neponset Valley Regional Coordinating Council (NVRCC) invites you to participate in a brief survey about issues that affect consumers, patients, hospitals, health centers and other organizations in accessing and providing transportation to medical appointments for seniors 60 years of age and older and individuals living with a disability.

The NVRCC held its first meeting in June 2015 and medical transportation consistently was noted as a pressing issue for RCC members. The topic is now the focus of the upcoming forum "Improving Medical Transportation Coordination and Access for Consumers in the Neponset Valley."

Scheduled for Thursday, March 3, 2016 from 9:00 - 11:00 AM at the Dedham Town Hall, participants will review the results of the survey, discuss local consumer snapshots and work toward a plan for improvement.

Please complete the survey here:

[NVRCC Medical Transportation Survey](#)

RSVP for the forum to Anne-Marie Gagnon, Director of Planning and Community Development at HESSCO: agagnon@hessco.org or call 781-784-4944.

**WEBINAR: Teen Depression Through 3 Lenses: Young Adult, Parent, Clinician
A Free Webinar for Teens, Parents, School Counselors and Staff, Youth Workers, and
Anyone Interested in Teen Mental Health**

Tuesday, March 1st, 2016

7 PM ET / 4 PM PT

Register at

www.familyaware.org/trainings

Families for Depression Awareness is presenting a free, 1-hour, 15-minute Teen Depression webinar on Tuesday, March 1st at 7:00 PM ET / 4:00 PM PT. The program is designed for teens, parents, teachers, school counselors and staff, youth workers, and anyone interested in teen mental health.

Join us for a live webcast discussion with an expert in teen depression, a young adult who has struggled with depression, and his mother who has both supported him and survived the loss of another son to suicide.

During the webinar, you'll hear - and be able to ask questions - about how to

- recognize depression in teens
- talk to teens about depression
- get help for a struggling teen
- address challenges such as the refusal of help.

About our Presenters:

- Mary Fristad, PhD, ABPP, is a Professor of Psychiatry, Psychology, and Human Nutrition at the Ohio State University and the Director of Research and Psychological Services in the OSU Division of Child and Adolescent Psychiatry. Her area of specialty is childhood mood disorders.
- Colin, a speaker in the Families for Depression Awareness Teen Depression program, is a senior in college in Boston. He has depression and also lost his brother, Andrew, to suicide.
- Sheila, Colin's mother, has supported her children with depression and survived the loss of her son, Andrew, to suicide. She is a proponent of depression education for parents of teens.

After the webinar, complete our online evaluation and we'll send you a free set of Depression and Bipolar Wellness Guides for Parents and Teens, in English or Spanish. Can't attend the live webcast? Register today and watch the recorded webinar later at your

convenience.

FUNDING OPPORTUNITY:

[Massachusetts Working on Wellness](#) seeks to help employers implement and sustain worksite health initiatives that help employees engage in healthy behaviors by providing seed funding, comprehensive training and tailored technical assistance. We are recruiting MA organizations [nonprofits, government entities, and for-profit businesses] to apply for funding to implement comprehensive and sustainable worksite wellness initiatives in their workplace that benefit the community. The application is open January 4 through March 4

Open the website link 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