

CHNA 18 Newsletter

JANUARY

2014



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

www.chna18.org

CHNA 18 News



At least this isn't us...

Happy New Year!

In This Issue

Upcoming Events

Spotlight

New Resources

CHNA 18 website

CHNA 18 Grantees

Needs Assessment Report

[Join our Mailing List!](#)

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

UPCOMING EVENTS AND ANNOUNCEMENTS

Problem gambling/gambling disorder training and certification

Sponsored by: The Massachusetts Council on Compulsive Gambling

Friday Feb 6th, 12:00-4:00

Click [HERE](#) for full details and how to register

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

Brookline Climate Week: February 2 - 10, 2015

Brookline's 5th Annual Climate Week reaches across town from Coolidge Corner to Larz Anderson Park and offers leadership for climate action. Climate Week events and displays focus on ways we can impact our lives and future now by diving in and working together. What speaks to you? How might you contribute to building a better future? For information on all that's happening in Brookline: www.BrooklineClimateWeek.org

Friends and colleagues welcome at any of the programs. Alan Balsam, Director of Public Health and Human Services, is featured twice at Brookline Climate Week events:

Thursday, Feb. 5 6:30-8PM

Adapting to Climate Change: Is Brookline Ready? Many communities are already planning to become more resilient to extreme weather events, sea level rise, and other effects of climate change. The panel will present various aspects of adaption as it relates to Brookline and Greater Boston. Martin Pillsbury, Environmental Planning Director, Metropolitan Area Planning Council; Alan Balsam, Brookline Public Health Director; Tom Brady, Brookline Conservation Director; Jim Newman, Principal Linnean Solutions LLC. Main Library, 361 Washington Street, Hunneman Hall, Brookline Village.

Sunday, February 8 3-4 PM

For Pete's Sake Add your voice to new and old songs Pete Seeger would want us to carry on in his name. Learn simple ways to continue his environmental legacy. Join singer and guitarist Alan Balsam, who also serves as Brookline Department of Public Health Director, for an inspiring sing. Enjoy sustainable refreshments.

Coolidge Corner Library, 31 Pleasant Street, Meeting Room

The Freedman Center at the Massachusetts School of Professional Psychology (MSPP) is offering the following groups and classes.

FREE New Babies/ New Moms group starting March 3rd 10:30am-noon is a 6 session series. This is a 90 minute group that offers new mothers a wonderful opportunity to ask questions, share experiences, make new friends, and get support from a professional facilitator and from one another.

FREE Balance After Baby group starting March 25th 10:30-noon and is an eight week series meeting for 90 minutes. This is a free group where parents will 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.

FREE New Dads group This is a free 8 session series that will run for 90 minutes and will offer New Dads an opportunity to ask questions, learn skills, share experiences of fatherhood and make new friends. See website for dates and more information

Free Playtime group. Offered Every Thursday. There are two available sessions. The first is from 10:30am-Noon and is for infants only (babies up to 12 months) and then from 2:30-4pm is the mixed ages group (up to 4 years). This is a drop in group and no registration is required. It is a good opportunity for parents and caregivers to meet other local parents and caregivers and for the babies to socialize with others.

Signs of Communication beginning on Feb. 23rd from 10:30am-11:30am. This is a 5 session series and is for babies 2 months to pre-verbal. With the help of a professional facilitator parents can learn to teach their babies up to 100 signs to allow them to communicate before they become verbal. This class is \$125.00/5 weeks.

Blissful Baby Infant Massage beginning March 30th from 10:30am-11:30am. This is also a 5 session series and is for babies Birth to pre-crawling. This group is run by the same facilitator of the Signs of Communication group and teaches parents ways to soothe the baby through massage. This group is also \$125.00/5 weeks.

Understanding and Supporting Infant Sleep on 2/25/15 from 7pm-9pm. This is a 120 minute workshop that will help participants gain an understanding of how biology, environment, and an infant's stage of development can impact sleep. The workshop is \$45 per person or \$80 per couple.

You can visit our [website](#) to learn more about some of these groups.

ONGOING: Memory Café: a welcoming place for people living with memory changes

(1) Balancing Act support & discussion group for adults coping with a parent's dementia. Different topic every month. Meets monthly, usually the second Thursday, from 7 - 8:30 p.m. Location: JF&CS headquarters, 1430 Main Street, Waltham. Facilitated by Joanne Peskowitz, LICSW, and Beth Soltzberg, LCSW. Suggested donation \$10 per session. Please contact Beth Soltzberg for dates and further information: 781-693-5628 or soltzberg@jfcsboston.org

(2) 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 with new friends. Every 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 cafés currently running in the Greater Boston area, please see: www.jfcsboston.org/MemoryCafeDirectory

(3) Tremble Clefs therapeutic singing group for people with Parkinson's disease and their care partners. Meets Monday mornings, 10:30 - 12:00 at the United Parish of Auburndale, Newton. Registration required. Contact Beth Soltzberg for information, at 781-693-5628 or bsoltzberg@jfcsboston.org.

New: JF&CS is collaborating with a network of providers 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 Café is open to those at any stage of disease progression. Guests requiring personal care assistance must bring a care partner with them, as staff and volunteers are not able to provide this assistance. The Café is intergenerational, with a large number of college students and other young volunteers.

REACH Beyond Domestic Violence, Inc. presents several "learning opportunities" to learn more about REACH and domestic and dating violence.

Registration is required for each event and space is limited. Address will be provided upon registration. Register by emailing info@reachma.org with your name, phone number and which evenings you would like to attend.

Learning Opportunities - 6-9pm

- Teen Dating Violence: February 11, 2015
- Sexual Assault and Domestic Violence: April 8, 2015

REACH also offers training for family, friends, neighbors, professionals, clergy - anyone interested in gaining a better understanding of domestic violence. Anyone seeking to volunteer will need to participate in one of these trainings. If you are interested in volunteer opportunities, please see our website, www.reachma.org.

25-hour domestic violence training
March 3, 2015-April 14, 2015

National Health Service Corps Loan Repayment Program

Catalog of Federal Domestic Assistance Number: 93.162

Deadlines : Mar 30, 2015

Contact: Phone: 800.221.9393 Email: GetHelp@hrsa.gov

Monday through Friday (except Federal holidays), 9 am to 5:30 pm ET.

Purpose: The goal of the National Health Service Corps (NHSC) is to expand access to healthcare services and improve the health of people who live in urban and rural areas where healthcare is scarce.

The NHSC Loan Repayment Program recruits fully-trained primary healthcare professionals to underserved populations located in selected Health Professional Shortage Areas (HPSAs) In return for service, the program assists clinicians in their repayment of outstanding qualifying educational loans.

Eligibility: Applicants must:

- Be U.S. citizen or national
- Practice in one of the following disciplines:
 - Primary Care Physician (MD or DO)
 - Psychiatrists (MD or DO)
 - Dentist (DDS or DMD)
 - Primary Care Certified Nurse Practitioner (NP)
 - Certified Nurse-Midwife (CNM)
 - Primary Care Physician Assistant (PA)
 - Registered Dental Hygienist (RDH)
 - Health Service Psychologist (HSP)
 - Licensed Clinical Social Worker (LCSW)
 - Marriage and Family Therapist (MFT)
 - Licensed Professional Counselor (LPC)
 - Mental Health Nurse Practitioner or Physician Assistants
- Be licensed to practice in the state in which you will serve as a Corps member
- Currently work in or are applying to work in a facility that is:
 - An NHSC-approved facility, or
 - Located in a Health Professional Shortage Area and applying to become an NHSC-approved site

Geographic coverage

Nationwide

Amount of funding

The Loan Repayment Program offers varying levels of funding based on the HPSA score a practice site has received. Up to \$50,000 is available for those who agree to practice full-time. Up to \$25,000 is available for those who agree to practice half-time.

Links to the program guidance and online application process are available on the [website](#).

An informational webinar will be held February 3, 2015 from 8:00 to 9:30 p.m. ET.

Call-in number: 888.391.6801

Passcode: 8081979

Link to webinar: <https://hrsaseminar.adobeconnect.com/nhsclrp2015/>

Spotlight On: Metro Boston Tobacco Free Community Partnership-Quit Tips

New Year Quit Tips 2015

(Newton, MA) January 15, 2015....Set a goal for a healthier life for your family and yourself in 2015. If you're a smoker, quitting is the single most important step you can take to

protect your health and the health of your loved ones. Smoking causes immediate damage to your body and increases your risk for many kinds of cancers, as well as heart attack, lung disease, and early death.

Katherine Connolly, Coordinator of the Metro Boston Tobacco Free Community Partnership reminds smokers that the holidays can be a tough time to quit, but the New Year is an excellent opportunity to make a quit plan and prepare friends and family to support you. "If you want to quit and you've already tried in the past, don't give up. It takes most smokers several tries before they are able to quit for good," said Katherine Connolly. "Quitting can be hard, but with planning and support you can free yourself from this addiction."

Fortunately, all health insurance plans in the Commonwealth cover quit-smoking medicines. The Massachusetts Smokers' Helpline, 1-800-QUIT NOW (1-800-784-8669), is available to you for free coaching to help you make a plan and to support you through quitting. Using this coaching support and quit-smoking medicines together can make you much more likely to quit for good, smokers of the Massachusetts Smokers' Helpline who used medication together with telephone counseling were three times more likely to quit than smokers who used neither!

Five Ways to Get Ready to Quit Smoking

Quitting smoking can be hard, but there are ways to make it easier.

1. Set a quit date. Choose a quit date in January and give yourself about two weeks to prepare.
2. Tell your family and friends you plan to quit. Share your quit date with the important people in your life and ask for support. A daily e-mail, text message, or phone call can help you stay on course and provide moral support. Plan a smoke-free lunch date or game night to distract yourself. Or gather your family in the kitchen to cook a special meal together.
3. Anticipate and plan for challenges. The urge to smoke is short-usually only 3 to 5 minutes. Surprised? Those moments can feel intense. Before your quit date, write down healthy ways to cope. Even one puff can feed a craving and make it stronger. Healthy choices include:
 - o Drinking water
 - o Taking a walk or climbing the stairs
 - o Listening to a favorite song or playing a game
 - o Calling or texting a friend
4. Remove cigarettes and other tobacco from your home, car, and workplace. Throw away your cigarettes, matches, lighters, and ashtrays. Clean and freshen your car, home, and workplace. Old cigarette odors can cause cravings.
5. Talk to your doctor about medicines to help you quit. Nicotine patches, nicotine gum, or prescription medicines can help you quit for good. Your quit coach and pharmacist can also give you guidance.

For more information about local in-person support contact the Newton-Wellesley Hospital Smoking Cessation Support Program to enroll in free classes at 617-243-6649 For resources on quitting visit www.makesmokinghistory.org.

About the Metro Boston Tobacco Free Community Partnership, a Program of Health Resources in Action
The Metro Boston Tobacco-Free Community Partnership supports communities' efforts to lower smoking prevalence and exposure to secondhand smoke; enhance state and local tobacco control efforts by exposing tobacco industry tactics, mobilizing the community to support and adopt evidence-based policies, and changing social norms. Funded by the Massachusetts Tobacco Cessation and Prevention program
Community Partnerships serve as a resource for local coalitions, health and human service agencies, municipalities, and workplaces on tobacco intervention efforts.

New Resources

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.

NEW!!! Request for Proposals: Municipal Wellness and Leadership Projects for Non-Mass in Motion Communities

Funding is available to support projects to implement policy, systems and environmental change strategies in municipalities not currently receiving Mass in Motion funding from MDPH or one of its private funding partners.

This funding will provide between 10 to 12 grant awards of approximately \$7,500 to \$10,000 that must be spent by June 30, 2015.

Lead applicant must be a municipality.

Deadline to apply is February 13, 2015 by 5:00 pm.

APPLICATION INFORMATION

Please contact Lola Omolodun at lomolodun@mapc.org with any questions.

NEW!!! Massage Therapy Foundation Community Service Grants

Deadlines: Apr 1, 2015

Contact: Gini Ohlson Phone: 847.905.1520

Email: gohlson@massagetherapyfoundation.org

Purpose: Massage Therapy Foundation Community Service Grants are designed to promote working partnerships between the massage therapy profession and community-based organizations. The grants offer funding for programs and projects that provide massage

therapy to people who have little or no access to such services.

Past projects have included providing massage therapy services to:

- Seniors living in rural areas
- Grief massage therapy for members of the U.S. Armed Forces
- People who are experiencing homelessness
- People who have just been released from prison
- Women who are high risk for substance abuse and sexually transmitted infections
- Children with special needs

Eligibility

Applicants must be nonprofit 501(c)(3) organizations in existence for over a year. The applicant must currently provide some type of therapeutic or other service programs to the community and have a designated, qualified staff member and qualified practitioner to oversee the program. Practitioners or student practitioners (if part of the project) must provide proof of professional liability insurance coverage.

Geographic coverage: Nationwide

Amount of funding: Award Ceiling: \$5,000 Award Floor: \$500

Application process: Links to the online application process and program guidance are available on the [program website](#).

RESOURCES

Stanford Social Innovations Review: Winter Issue-Now available online [HERE](#).

Website of interest: <http://www.communitycommons.org/>

National Civic Review Release:The Healthy Communities movement has had a lasting impact on the way people in this country think and act when it comes to issues such as food, fitness, obesity, urban design, social equity and civic engagement. The National Civic League is celebrating 25 years of the Healthy Communities movement with two special issues of the

National Civic Review.

The first issue is now online and NCR's co-publisher, Jossey-Bass, Wiley, is providing free access to PDFs of the special issue's contents.

Sponsored by Kaiser Permanente, the special NCR edition features articles by some of the pioneers and most influential leaders and voices in the field. Link here to see the full table of contents and access individual articles.

The winter issue of NCR begins with an introductory essay by Tyler Norris. Tyler led consulting services at the National Civic League from 1989 to 1995 and is the guest editor of these special issues of NCR. (He currently serves as vice president, Total Health Partnerships at Kaiser Permanente.) NCL was instrumental in popularizing Healthy Communities in the United States and, in partnership with the Colorado Trust, launched

one of the earliest and most successful statewide efforts, the Colorado Healthy Communities Initiative.

In 2014, the National Civic League will be partnering with Community Commons to celebrate 25 years of Healthy Communities and to spread the ideas and insights in the two special issues through online publishing, social media and new media. Over the year, the Commons Team will be inviting all those interested in engaging with Healthy Communities ideas and thought leaders through guest voices, google hangouts. To find out more, visit www.communitycommons.org.

In the meantime, become part of the online dialogue and share your #HealthyCommunities stories, photos and other resources and by following us on twitter @NationalCivic and @AllAmericaCity, like us on Facebook.

The second special Healthy Communities issue is due to be published in April. The 2014 All-America City Awards (Denver, June 13-15) will also have a special focus on Healthy Communities. Email aac@ncl.org for an application.

Find out more by visiting www.communitycommons.org or www.allamericacityaward.com or contact Mike McGrath atmikem@ncl.org or 303 571-4343.

ARCHIVED RESOURCES

[http://www.mahealthcouncil.org/Information about the sequestration and health:](http://www.mahealthcouncil.org/Information%20about%20the%20sequestration%20and%20health)
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](#)

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.

###

Contacts:

Screening for Mental Health, Inc.

Angela Devereaux: Adevereaux@mentalhealthscreening.org

(781) 591-5234

Katherine Cruise: Kcruise@mentalhealthscreening.org

(781) 591-5239

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. [Clickhere.](#)

OBESITY PREVENTION

HBO's The Weight of the Nation™ 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

