

## CHNA 18 Newsletter

March

2015



*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



Could it be?

**Exciting news! CHNA 18 will be working closely with SOAR 55 (Service Opportunities After Reaching 55) professionals to help us develop a new vision for our group. SOAR 55 describes their mission as *"SOAR 55 mobilizes adults age 55 and over to contribute their skills and experience in meaningful service activities to help strengthen and expand the capacity of local community service organizations."***

*All activities/events sponsored by the CHNA are "in limbo" while we work with SOAR55 to develop a meaningful action plan for our future. Stay tuned for updates and exciting opportunities!*

Check SOAR 55 out [HERE!](#)

### 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](http://www.chna18.org)  
Check out our site for updates, announcements,  
funding opportunities and more!

## UPCOMING EVENTS AND ANNOUNCEMENTS

### WEBINAR :March 17, 2015

#### **How Technology is Breaking Barriers to Scaling Social Good**

In this complimentary webinar, you'll hear from social enterprise leaders on how they've approached using technology to create positive social change. Each will provide their own stories of success, the many lessons learned along the way, and the challenges their organizations still face in achieving impact at a transformative scale.

This webinar kicks off our latest transformative scale blog series-TechSocial: Breaking Barriers to Scaling Social Good-appearing on Fast Company's Co.Exist, mid-March through mid-April.

This webinar and the series have been created by The Bridgespan Group in collaboration with Omidyar Network.

Register [HERE](#).

---

### **Free Online Course: The Why and How of Working with Communities through**

**Collective Impact**-Living Cities has constructed a free e-course to equip those involved in collective impact initiatives with tools for including and working with community members. This free e-course will walk participants through five modules designed to help collective impact initiatives better understand why and how to work with community members. Each module includes resources, discussion questions and interactive exercises that will be released on LivingCities.org. The course will launch on March 17th, with a new module released each week. [REGISTER HERE](#).

---

### **WEBINAR: Data Tools for Change: The Child Opportunity Index**

**Wednesday, March 18, 2015**

**10:00 am PST / 1:00 PM EST**

Leaders at every level recognize that a child's zip code should not determine their well-being, but how can policymakers and practitioners ensure all children grow up in healthy neighborhoods? The Child Opportunity Index, a new tool from diversitydatakids.org and the Kirwan Institute for the Study of Race and Ethnicity, provides valuable data to inform strategies and actions to build healthy communities for all.

Join our webinar to learn about this tool and how public health and community development leaders are using it in cross-sector efforts to advance equity and opportunity. Speakers include:

- Dolores Acevedo-Garcia, Samuel F. and Rose B. Gingold Professor of Human Development and Social Policy; Policy Director, diversitydatakids.org, Brandeis University

- Colby Dailey, Managing Director, Build Healthy Places Network
- Renee D. Boynton-Jarrett, MD, ScD, Associate Professor of Pediatrics, Boston Medical Center and Founding Director, Vital Village Community Engagement Network
- Sarah Treuhaft, Deputy Director, PolicyLink (moderator)

Ask your questions about the index in advance by tweeting them to @PolicyLink using the #equitydata hashtag, and engage with webinar panelists and attendees including @diversitydatakids, @BHPNetwork, and @KirwanInstitute during the webinar using the same hashtag.

[REGISTER HERE.](#)

---

### **WEBINAR Who's Leading the Leading Health Indicators?: Mental Health**

Register Now | March 19, 2015 | 12:00 to 1:00 p.m. ET

Mental health is essential to an individual's well-being, interpersonal relationships, and ability to live a full and productive life. Mental health disorders are among the most common causes of disability in the United States, and individuals with untreated mental health disorders are at high risk for many unhealthy and unsafe behaviors, including alcohol or drug abuse, violent or self-destructive behavior, and suicide. Mental health disorders can have harmful and long-lasting effects-including high psychosocial and economic costs-not only for people living with the disorder, but also for their families, schools, workplaces, and communities.

This Who's Leading the Leading Health Indicators? webinar will focus on activities and interventions related to mental health disorders. Through 4 presentations focusing on data, communication efforts, and effective implementation strategies at the state level, presenters will explore the importance of mental health and the progress we are making to address this public health issue.

[REGISTER HERE](#)

---

### **WEBINAR: Advancing Prevention and Population Health: New Year, New Efforts, New Opportunities**

**Thursday, March 19, 2015 12:30 pm**  
**Pacific Daylight Time (San Francisco, GMT-07:00)**

2015 brings renewed efforts and new opportunities to strengthen prevention and population health, bringing an expanded list of multi-sector partners and policymakers to ensure greater awareness and reach. Private/public partnerships funded by the Centers for Disease Control and Prevention (CDC) have led to a host of initiatives that are building a strong foundation for healthier communities. Please join Dialogue4Health for a Web Forum co-hosted by American Public Health Association, Prevention Institute, Public Health Institute, and Trust for America's Health to learn about cultivating partnerships, supporting continued investments in prevention and population health, and building a culture of health.

This Web Forum will include:

- An update on how children's hospitals are working to advance population health;
- Strategies from a public health department that is leading the way with elected officials and other stakeholders to build support for continuing public investments; and
- A Congressional update about the current national funding landscape for public health.

Sponsored by American Public Health Association, Prevention Institute, Public Health Institute, and Trust for America's Health

[REGISTER HERE.](#)

---

**WEBINAR: Families for Depression Awareness is presenting a free, 1-hour Coping with Stress and Depression webinar on Thursday, March 26 at 7:00 PM ET / 4:00 PM PT.**

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

Our expert presenter is Dr. Christian Webb, from Harvard Medical School and McLean Hospital's Center for Depression, Anxiety, and Stress Research.

Watch the webinar live to submit questions to Dr. Webb! 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 HERE](#)

---

### **NOSORH Grant Writing Institute 2015**

NOSORH is pleased to announce registration is now open for the 2015 Grant Writing Institute: Rural Health Grant Writing Specialist Training.

Don't miss this opportunity to learn how to write better grant proposals, turn rurality to your advantage, acquire additional writing experience, and more. Participants will benefit from learning about a range of approaches to grant writing from an array of rural health partners. This series is perfect for beginners seeking to gain the skills to research and draft winning proposals from various agencies.

The NOSORH Grant Writing Institute was developed to meet the unique needs of rural grant writers - like you! And like many before you, the education gained through this course will

speak for itself. "I have a lot more confidence in grant writing now- will refer to my notes frequently!" says a 2014 graduate. And, "I enjoyed this webinar and very much enjoyed all the webinars in the GWI. I gained a lot of information that I can use in future research projects, managing staff, collaborating with community partners, finding funding sources, and writing and editing future grants. Thank you, Kassie!" says another.

Participants in the course will benefit from:

- \* Learning assignments to apply what they learn to their everyday work and build a personal grant resource library.
- \* On-going virtual support to assist participants with current and future grant writing questions.
- \* Regular updates on upcoming grant opportunities.
- \* A certificate of completion at the end of the class series after completing 6 of 9 classes and 4 of 6 homework assignments.
- \* Connecting with other grant writers via the NOSORH Grant Writing Facebook group to learn about the latest hot topics in grant writing.

Registration ends March 26, 2015

-class size will be limited and will be offered on a first-come basis, with a limit of 50 students, so ensure your place in this one-of-a-kind training. This is an opportunity for anyone looking to enhance their grant writing skills! Don't miss your chance to participate. Sign up today! [REGISTER HERE.](#)

---

**Walk a Mile in Her Shoes®:** The International Men's March to Stop Rape Sexual Assault & Gender Violence is coming to Brookline for the first time. Register to be part of this memorable and award-winning event that is "a playful opportunity for men to raise awareness in their community about the serious causes, effects and remediations to men's sexualized violence against women."

Men will walk 1 mile in red high-heeled shoes to gain empathy for women's experiences and show their commitment to ending sexualized violence. Women, families, and the entire Brookline community are welcome to join in the walk and support the walkers. Participants will leave with photos and a t-shirt to remember the pledge we make to make our community safe from sexualized violence.

Click [HERE](#) for more information and to register.

Suggested donation is \$15, with all proceeds going to the Jennifer A. Lynch Committee Against Domestic Violence.

Sunday, April 12, 2015

1-3 pm

Cypress Field

---

**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 Department of Public Health celebrates National Public Health Week beginning Monday, April 7.** Highlights include: a facilitated conversation about end-of-life decision-making based on the book: Being Mortal; a workshop on how to preserve food - pickling, canning, fermenting (featuring the "Kraut Mob"); a frank conversation with parents about current trends in teen sexuality; and a one-mile walk, "Walk a Mile in Her Shoes," by boys and men in red heels to support an end to gender-based violence. Check out the flier for event information [HERE](#).

---

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

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

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](mailto: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](mailto:bsoltzberg@jfcsboston.org).

For a listing of all cafés currently running in the Greater Boston area, please see: [www.jfcsboston.org/MemoryCafeDirectory](http://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](mailto: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](http://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](mailto:info@reachma.org) with your name, phone number and which evenings you would like to attend.

Learning Opportunities - 6-9pm, 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](http://www.reachma.org).

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

---

## Spotlight On: The Freedman Center for Child and Family Development at MSPP

The Richard and Joan Freedman Center for Child and Family Development was established at The Massachusetts School of Professional Psychology (MSPP) in 2006 and offers an array of programming addressed at strengthening parent/child relationships as well as bolstering the mental health services available to at-risk children and adolescents. The center's mission is to provide mental health promotion, prevention and early intervention services to families and children ages birth through 24 years. Last year, The Freedman Center served over 3,000 children and families through our face-to-face programs and through our Whyville project we reached over 5,000 children and families.

The center's programming is aligned with MSPP, which is changing its name to William James College in May. The new name honors William James, the father of American psychology and an advocate whose prolific writings and prodigious mentorship profoundly influenced the practice of applied psychology, experiential education, sociology, and race relations. William James College and The Freedman Center are in lock step in promoting mental health and prevention of mental illness. The center's programming includes: parenting support and children's play groups; the "Primary Project," which provides children at risk of, but not yet experiencing, social-emotional or school adjustment problems; Professional training, education and consultation services to Greater Boston schools and community agencies; INTERFACE Referral Service, a help-line service serving Massachusetts families in need of mental health services to appropriate providers; and, WhyWellness, an on-line social emotional wellness center that provides strategies for mental wellness and tips for mental health in a child friendly gaming environment.

Contact Info: Beth Rogan, BA, RN  
Marketing and Outreach Manager  
Massachusetts School of Professional Psychology (MSPP)  
One Wells Avenue, Newton, MA 02459  
617-327-6777 Ext. 1124 - [www.mspp.edu](http://www.mspp.edu)

## New Resources

### JOBS

Join the Team at the Health Care Workforce Center! This is a wonderful opportunity to join a dynamic team within the Department of Public Health. A full description of the position is listed below and interested individuals can apply through [THIS LINK.](#)

### 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!!! Massage Therapy Foundation Community Service Grants**

Deadlines: Apr 1, 2015

Contact: Gini Ohlson Phone: 847.905.1520

Email: [gohlson@massagetherapyfoundation.org](mailto: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](http://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](mailto:aac@ncl.org) for an application.

Find out more by visiting [www.communitycommons.org](http://www.communitycommons.org) or [www.allamericacityaward.com](http://www.allamericacityaward.com) or contact Mike McGrath [atmikem@ncl.org](mailto: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%3A%20http://blog.oup.com/wp-content/uploads/2013/05/Sequestration_Infographic.pdf)**  
**[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](#)**

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. [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](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.maclearringhouse.com](http://www.maclearringhouse.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,

