



January 2018 Newsletter

Greetings!

CHNA 20 Winter General Meeting & Grants Showcase Recap

This year's CHNA 20 Winter Meeting and Grants Showcase, which took place on January 19th at the Braintree Town Hall, began with CHNA 20 staff and Steering Committee members reflecting on 2017. Bob McCrystal, CHNA 20 Chair, highlighted activities and programs that align with the MA Department of Public Health statewide focus on health equity and social determinants of health, as well as a new regional approach to addressing community health efforts. CHNA 20 staff, Kym Williams and Ashley Stockwell, finished up the presentation by discussing priorities for 2018, including a health equity initiative, collaborations with other CHNAs, leveraging new community resources, and increased member engagement.

During the second part of the event, attendees heard from the nine CHNA 20 Community Grant recipients, as they joined panels related to Chronic Disease and Wellness, Behavioral Health, and Health Equity. The panelists answered questions related to the impact and sustainability of their grant funded projects, as well as the importance of cross-sector collaborations.



Winter General Meeting & Grants Showcase slides are available to download on our website: <http://www.bluehillscha.org/events/>

Announcing the 2018-2019 Behavioral Health Grant Recipients!

CHNA 20 is excited to announce our 2018-2019 Behavioral Health Grant recipients. The focus of this grant program is to fund projects that address substance use and/or mental health, specifically targeting stigma, trauma and cultural competency as risk factors for poor outcomes.

Milton Cares!

Milton Substance Abuse Prevention Coalition (MSAPC)

MSAPC, a program of the Milton Public Health Dept., will address stigma and other barriers to receiving care for mental health and substance use disorders by partnering with the town's public schools and the police department. These collaborations will serve to plan, design, and implement evidence-based programs in both the public high school and community setting to connect and support adults, adolescents and their families who have been isolated or traumatized following an acute mental health crisis or drug overdose.

South Shore Clutter Reduction Collaborative

Scituate Board of Health and Hingham Health Department

The SSCR collaborative addresses hoarding disorder, associated clutter, and related stigma through a public education event and two clinician-led online manualized treatment groups. These groups will follow the evidence-based Cognitive Behavioral Treatment (CBT) model, with associated data collection by Boston University School of Social Work. The project also includes training for peer support group leaders, with clinician mentoring for peer leaders to expand and sustain

long-term support services. Additional hands-on practice will be

long term support services. Additional hands on practice will be offered through a sorting and disordering workshop.

South Shore Asian Mental Health Collaborative

*Boston Chinatown Neighborhood Center (BCNC) and
Enhancing Asian Community on Health (EACH)*

Boston Chinatown Neighborhood Center (BCNC) and Enhance Asian Community on Health (EACH) will host Asian Mental Health Symposia and offer quarterly Mental Health First Aid (MHFA) trainings from January 2018 to June 2019. Domestic Violence Ended (DOVE), Bay State Community Services (BSCS), and South Shore Mental Health (SSMH) will support these programs by providing bilingual content experts in domestic violence, substance abuse and other mental health issues to provide resources and referrals to participants. The overall goal of the symposia and trainings is to decrease cultural stigma on mental health, and to address language and cultural barriers for Asian families in South Shore towns with growing Asian populations including Quincy, Braintree, Randolph and Norwood.

For more information about these and our other funded projects, please visit the [Grant Recipients](#) page on the CHNA 20 website.

COMMUNITY ANNOUNCEMENTS



MENTAL
HEALTH
FIRST AID®



Mental Health First Aid (MHFA) Trainings

*Co-sponsored by the [American Foundation for Suicide Prevention](#) and
[Blue Hills Community Health Alliance \(CHNA 20\)](#)*

FREE Training | Instructor: Maura Weir | CEUs available at a cost

Youth MHFA

Friday, March 2nd | 8:30am - 5:00pm

Location TBD | [RSVP Here](#)

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Public Safety MHFA
Monday, March 12th | 8:30am - 5:00pm
Location TBD | [RSVP Here](#)

Public Safety Mental Health First Aid is the adult version of the course taught to police, first responders, corrections officers, and other public safety audiences. The course provides officers with more response options to help them deescalate incidents and better understand mental illnesses and addiction disorders so they can respond to mental health and substance use related calls appropriately without compromising safety. [1]

1 . <https://www.mentalhealthfirstaid.org/cs/wp-content/uploads/2016/01/Public-Safety-Overview-2.pdf>



**Upcoming FREE Groups at the
Quincy Family Resource Center**

Nurturing Your Parenting Skills
Mondays | 6:00 - 8:00pm
January 22, 2018 - March 19, 2018

Caregivers learn age appropriate expectations for your child, behavioral management, discipline techniques, and consequences. Dinner and

childcare provided. Registration required; please contact Amelia
Winn for information at 617-464-7327 or 617-464-1000

Woodley for more information at 617-481-7227 ext. 166 or awoodley@baystatecs.org.

The Chill Zone

Wednesdays 4:00 - 5:00pm

January 24, 2018 - February 14, 2018

Come hang in our recreation room for ping pong, four square, and other fun activities for all youth ages 8-12. Registration required; please contact Katie Conley for more information at 617-481-7227 ext. 103 or kconley@baystatecs.org.

Collaborative Problem Solving (CPS)

Thursdays: 2/1, 2/8, 2/15, 3/1 | 5:30-8:00pm

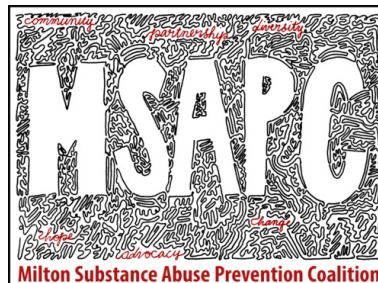
Join Linda Perry, a certified practitioner from Avalanche Advocacy Agency Inc., in understanding your child's behaviors, learning strength based approaches to effective parenting, improving parent-child relationship, reducing conflict in your home and other parenting challenges. Registration required; please contact Amelia for more information at 617-481-7227 ext. 166 or awoodley@baystatecs.org.

Download the flyers for these free groups here:

[Nurturing Your Parenting Skills](#)

[The Chill Zone](#)

[Collaborative Problem Solving](#)



P.A.R.E.N.T. Speaker Series:

"Under Construction: What Every Parent Should Know about the Tween/Teen Brain and Substance Use"

Sponsored by the Milton Substance Abuse

Thursday, February 8th, 2018 | 6:00 - 8:00pm
Milton High School | 25 Gile Rd, Milton MA

6:00pm -- Interactive Exhibit: 'Hidden in Plain Sight'*

6:30 - 8:00pm -- Presentation

As part of their PARENT (Promoting Awareness and Resources for the Emotional Nurturing of Teens) Speaker Series, MSAPC and MPS are proud to sponsor "*Under Construction: What Every Parent Should Know about the Tween/Teen Brain and Substance Use*" by Dr. Ruth Potee.

Dr. Ruth Potee is a nationally recognized pediatrician and expert on youth risk-taking behavior. Her dynamic presentations help adults to understand the maturing adolescent brain to help safeguard our children's well-being and promote healthy decision-making.

This event is FREE. Parents, teachers, and community members are welcome.

*Bonus: Prior to Dr. Potee's talk, there will be a unique interactive exhibit called, Hidden in Plain Sight, demonstrating how to spot warning signs of possible substance misuse by using a recreated typical teen bedroom.



Health Resources in Action
Advancing Public Health and Medical Research

Community Health Training Institute: Health Equity Series

A program of Health Resources in Action (HRiA)

Community Building Through a Health Equity Framework

Health Equity Training
Thursday, March 1st | 11:00am - 12:30pm
Online Training | [Register Here](#)

Topics: Health equity and cultural competence in a community context; developing culturally-competent approaches to community work; working across difference sectors.

Power and Privilege in Health Equity

Thursday, March 15th | 9:00am - 12:00pm
Worcester, MA* | [Register Here](#)

Topics: Defining power and privilege; identifying power influences; leveraging power positively in community work.

Racial Equity

Thursday, March 15th | 1:00 - 4:00pm
Worcester, MA* | [Register Here](#)

Topics: Addressing racial disparities; defining anti-racism; discussing how race plays a role in health; strategies for talking about race.

*These trainings will be offered again on Saturday, April 28th in Boston, MA. Stay tuned for more details!

COMMUNITY RESOURCES



Project Here

Project Here is an innovative collaboration between the MA Attorney General's Office, the GE Foundation, The Herren Project, Epicenter Experience, and Health Resources in Action that will make substance use prevention resources available to every public middle school in Massachusetts starting in the Fall of 2017.

This first-of-its-kind initiative includes three main components:

Registered schools will have access to an educational toolkit that

- Registered schools will have access to an educational toolkit that educators can use to plan lessons and facilitate in-classroom discussion with students.
- Registered schools will have access to an innovative mobile app that will provide students with a fun and educational resource to learn about substance use and healthy decision-making.
- Through a grant-based application process, all public middle schools in Massachusetts will have an opportunity to apply for a multi-week, evidence-based prevention curriculum

Project Here resources are FREE and all public middle schools in Massachusetts are eligible to participate.

To sign up, please register at: <https://www.here.world/>

For questions or for more information, contact: info@here.world



**NEW LIFE COUNSELING
&
WELLNESS CENTER, INC.**

New Life Counseling and Wellness Center, Inc.

Open Access!

Every Tuesday 2:00 - 5:00pm
400 North Main Street, Randolph, MA
781-986-4800

For more information visit:

<http://www.newlifecounselingcenter.org/new-life-counseling-open-access/>

LEADERSHIP OPPORTUNITIES



Addressing Health Disparities Leadership Program

The National Council is now accepting applications for their 2018 cohort of the Addressing Health Disparities Leadership Program. The leadership program fosters emerging mid-level managers working in mental health and addiction service organizations who are eager to gain the awareness, knowledge, and skills to achieve health equity within their communities and organizations. This program focuses on reaching health equity in multiple ways, including overcoming barriers to diversity within organizations and eliminating health disparities among behavioral health populations.

The National Council is pleased to offer this program at **no cost** for up to 20 participants from National Council member organizations.

To learn more, visit: <https://www.thenationalcouncil.org/training-courses/addressing-health-disparities-leadership-program/>.

Applications are due by Wednesday, February 14th.

TAKE ACTION!



**Help the Massachusetts Public Health
Association preserve the Prevention &
Wellness Trust Fund (PWTF)!**

The Prevention & Wellness Trust Fund (PWTF), a first-in-the-nation effort to improve health outcomes by combining public health and health care strategies, has increased access to preventive services for nearly 1 million people across every region of the state. PWTF invests in evidence-based community interventions that keep residents healthy and safe.

The MA Public Health Association (MPHA) is asking for your help to keep the PWTF alive by reaching out to local legislators about the importance of the fund. If you are willing to contact your legislator about PWTF (MPHA will provide the details), please contact Andrea Freeman at afreeman@mapublichealth.org or 857-264-7072 x103. You can learn more about PWTF at: www.mass.gov/PWTF.

Calling for Announcements for the February 2018 CHNA 20 Newsletter!

Do you have any upcoming events, job openings, funding opportunities, or general news that you would like to share through the CHNA 20 newsletter? If so, email Ashley Stockwell at astockwell@baystatecs.org or submit an event request at: <http://www.bluehillscha.org/calendar/>. All events and/or workshops will also be added to our calendar on the CHNA 20 website.

Deadline for Submissions: Friday, February 9th

We believe the path to sustainable change for the health of our communities lies in multi-sector, collaborative, interdisciplinary efforts that address the roots of health disparities. Serving the towns of Braintree, Canton, Cohasset, Hingham, Hull, Milton, Norwell, Norwood, Quincy, Randolph, Scituate, Sharon, and Weymouth.

Thank You to Our Funders!



DANA-FARBER
CANCER INSTITUTE





South Shore
Health System

Steward

Some readers see this part of your email after the subject line in the inbox.
Write something brief and catchy, compelling them to open the email.

Blue Hills Community Health Network Alliance (CHNA 20) | chna20@baystatecs.org | www.chna20.org