

FY 2021 ANNUAL REPORT

CHNA 15 activities and programs are membership driven and developed under the direction of the Steering Committee (SC) who meet six times during the year, including a full-day retreat each August to review the past year and plan for the upcoming year, and consult regularly via email. Feedback, input, and direction from members are the basis for all activities, opportunities, and efforts initiated and supported by the Steering Committee.

2020-2021 was a busy and productive year for CHNA 15, filled with challenges brought on by Covid 19. All activities had to be transitioned to virtual events. Activities focused on responses to both existing community needs and responses to needs that were created or exacerbated by Covid 19. These included new projects and member involvement, as well as ongoing and expanded services and support to members.

Special CHNA-wide Projects

Facilitated Learning Community Symposiums: This year, CHNA 15 introduced two new Facilitated Learning Community Symposiums – one on Older Adult Behavioral Health and one on Race Equity. These represent the sixth and seventh Learning Community Symposiums offered by CHNA 15. These were introduced as a direct result of member feedback that they would like follow-up and/or in-depth exploration of topics introduced at CHNA 15 forums and trainings, and/or issues that come about as a result of a CHNA 15 Grant. The goal of all Learning Community Symposiums is to bring together a group of 8-15 individuals interested in addressing a common issue within their community (ies) in order to strengthen healthy communities through facilitative leadership and continuous learning by adults and youth working together for sustainable change.

The Better Angels of Our Nature: Best Practices and Innovative Ideas to Support Our Elders During Difficult Times

This Learning Community Symposium focused on *Older Adult Behavioral Health – Nine participants from six different communities/seven different organizations participated.* This Learning Community Symposium met four times for 2-hour interactive meetings in which participants identified the unique challenges faced by older adults during COVID 19; assessed the impact of social isolation, ageism and other forms of discrimination on behavioral health; reviewed data on both risk and resiliency factors; assessed community need and readiness; learn and share best practices; engaged with colleagues from their own and other communities, as well as invited guests/colleagues in a collaborative and fun way. Participants also learned about funding opportunities from CHNA 15. Each community cohort has the opportunity to apply for a Community Cohort Grant of up to \$7,500 to engage in a collaborative project to address older adult behavioral health projects that emerged from the assignments and/or from discussion. The *Facilitated Learning Community Symposium on Older Adult Behavioral Health* was facilitated by Mary Curlew, LICSW, Community Education and Training Specialist, Services for Older Adults, Jewish Family & Children's Service.

Building Race Equity

This Learning Community Symposium focused on *Building Race Equity – Eighteen participants representing all 12 CHNA 15 communities from 14 different organizations participated.* This Learning Community Symposium met nine times for four 2-hour interactive meetings and five optional office hour sessions in which participants explored their own personal history and ongoing relationship with anti-racism work; Built their capacity to meaningfully engage in and lead conversations about systemic racism, including learning and applying key terminology, theories and concepts; established relationships with others in the cohort in order to advance collaborative racial equity interventions; learned and shared best practices around building racial equity in their communities. Participants also learned about funding opportunities from CHNA 15. Six collaborative grants of up to \$7,500 to engage in a collaborative project to address the race equity action plans that have emerged from the assignments and/or from discussion. The *Facilitated Learning Community Symposium Building Race Equity* was facilitated by Liora Norwich, Executive Director of Network for Social Justice, Winchester.

Trainings:

In lieu of bi-monthly Healthy Community Resource Forums, this year we offered a series of trainings to address issues and challenges related to Covid 19 – and to focus on self-care for those working hard to address these challenges. Opportunities were open to each community served by CHNA 15.

- **Mastering Zoom: Tips and Tricks for Leading and Participating in Zoom Meetings**, Presented by Willia Cooper, Director of Virtual Learning at Empower Success Corps. For all levels of Zoom Users, this workshop will help participants use and participate in meetings in helpful ways. During this session, we will review, introduce and practice: Zoom etiquette; Screen-sharing – including embedding videos and sharing files; Public and private chat features and saving chats; Using whiteboards; Changing views and backgrounds; How Zoom varies on different devices; and more.
- **Social Media & Mental Health During Covid**, presented by Adrienne Principe from Turning Life On. We are living during a time in which adolescents are more depressed and anxious, and more likely to be hospitalized for self-harm and suicide. Research shows at least a link between this mental health crisis and social media use, especially for girls. COVID and distance learning only exacerbate the problem. This workshop reviewed research and youth mental health trends in general, and as related to social media. Strategies that can be implemented by school staff, health departments and other organizations that work with youth were presented. These strategies, which will include specific ways to support connection and resilience during COVID and distance learning, can help students connect and build resilience, both of which support student mental health.
- **Food Security and the Impact of Covid** presented by Jeannine Calabria, Open Table, and Usha Thakar, Boston Area Gleaners. The number of residents experiencing food insecurity in our communities continues to rise as a result of the impact of the Covid-19 crisis. Feeding America identifies Massachusetts as the state with the largest percent change in food insecurity rates between 2018 and 2020 - with a 59% change. During this workshop, participants: Learned about changes in food pantry attendance unique to Covid-19; learned about resources, financial assistance, and ways communities and organizations are making food more available to families and elders; heard how schools, towns and new non-profits have moved into this landscape to help off-set demand and to make asking for food less stigmatized; share additional creative ideas their organizations and communities have developed.
- **The Impact of Covid on People in Recovery**, facilitated by Samantha Reif, LICSW, Health and Recovery Coordinator, Wilmington PD. All treatment modalities and interventions for substance use encourage the individual to engage, become part of a community, and to not isolate, however, COVID is directing individuals to isolate and remain away from any gatherings or in-person supports. This panel, The Impact of COVID on Those in Recovery, allowed us to open a conversation about how providers have had to adapt treatment and supports during COVID and participants took away some strategies and tools to use on themselves or a loved one who might be struggling with substance use. Dialogue included the full age continuum along with the how providers at different treatment levels have become creative in order to continue to deliver services. *Panelists:* Margie Taylor, Recovery Coach with Burlington Police Department; Dr. Stephanie Stratigos, Medical Director of Addiction Services, Emerson Hospital; Recovery Coach, Eliot Human Services; Jotham Busfield, LICSW and Jon Cunha, LMHC from Riser and Tread Therapy & Coaching
- **Balancing Your Life with Mindfulness and Self Care – 8-week series** with Erin Loporto, Certified Yoga Therapist and Health and Life Coach. Mindfulness is a learned state of being that allows maximum awareness of ourselves and our surroundings. The more awareness we have, the more options we have; the more options we have, the more freedom we gain. Of course, in this fast paced, high pressure world, when we first become mindful, we are often met with the pain, exhaustion or overwhelm of trying to keep pace. Exploring mindfulness and self-care together creates one of the most powerful ways to bring more success, better health and deeper fulfillment to our lives. These sessions satisfied both beginner and advanced practitioners. Each session contained lecture, discussion, self-reflection, and lots of mindfulness and self-care practices. In the end, participants: understood the overlap between mindfulness and self-care, learned the benefits of mindfulness and self-care on health, relationships and productivity, became mindful of your multi-dimensional self and how all parts interrelate, practiced traditional mindfulness and self-care activities to discover what works best for them, developed their own mindfulness/self-care plan, learned how to access mind, heart and body consciousness and be able to distinguish the language and wisdom that comes from each, practiced “instant” mindfulness techniques that can be used anytime/anywhere to help become present, gain clarity, get grounded, and engage more fully, understood the nature of balance, why we crave it and the many ways to achieve it, applied powerful tools to regulate and heal strong emotions whether they stem from current challenges or past traumas, employed the most successful habit-forming techniques to maintain and grow your mindfulness practices
- **Physical Distancing and Social Connection** Presented by Mary Curlew, LICSW, Community Education and Training Specialist for Services for Older Adults at Jewish Family & Children's Service (JF&CS). As rates of COVID-19 infection and deaths in the US have surged, communities have had to respond with restrictions on social interactions and face to face contact. This has resulted in renewed concerns about the impact of social isolation on both the mental and physical health of our

communities. This workshop identified the risk factors of social isolation as well as helped participants think creatively about how they can support physical distancing while maintaining social contact and support. Information gathered, through Jewish Family & Children's Service's workshops and consultation service, on how other organizations have responded effectively to this crisis was presented.

This year, we extended the opportunity for COAs who were not able to do so in FY 20, to receive a **\$1,000 Programming Grant** to pilot a new program or class. Five COAs were eligible to apply this year, and, to date, one COA has received a Programming Grant in FY 2021.

Healthy Community Resource Forums

CHNA 15 Healthy Community Resource Forums, formerly referred to as General Meetings, were not held this year, with the exception of FY 2020 Annual Meeting – which had been postponed until September, 2020. Healthy Community Resource Forums provide an opportunity for representatives from our member agencies to come together to network, share resources, discuss challenges, problem solve together, hear timely presentations, and plan. Members are encouraged to invite colleagues to general meetings. We look forward to holding Healthy Community Resource Forums in FY 2022, when we are able to gather in person again.

September 2020 Healthy Community Resource Forum/Annual Meeting:

In September, CHNA 15 invited Jon Mattleman to facilitate a conversation entitled: *Back to School/Work: Re-entry and Resilience: A conversation for helping professionals about the mental health challenges of quarantining, re-entry to work., helping yourself, & helping others.* A recording of this conversation is available on the CHNA 15 website at: www.chna15.org.

CHNA 15 Funding

Funding from local hospitals is the primary source of income for CHNA15. The Steering Committee is judicious in its responsibility as fiscal managers for CHNA 15. Their focus is on due diligence, thoughtful allocation of funds, and careful long-term planning.

DoN Funding to CHNA 15: Funding for CHNA 15 2020-2021 projects was provided by Lahey Hospital and Medical Center and Winchester Hospital Determination of Need (DoN) Funds. We are appreciative of all of these grants as they enable CHNA 15 to continue its work in the twelve communities we serve.

CHNA 15 funding provided/allocated to agencies and individuals in FY 2021

- **Collaborative Grants:** \$84,580 awarded for four Collaborative Grants to Discovery Museum, Minuteman ARC, Network for Social Justice, and James L. McKeown Boys and Girls Club.
- **Multi-Year Grants:** \$20,000 awarded for year 3 of Multiyear Impact Implementation Grant to Minuteman Senior Services. Year 1 of Multiyear Impact Implementation Grant to Domestic Violence Services Network and Town of Lexington was extended.
- **MiniGrants:** \$96,513.89 was awarded for 14 MiniGrants to: Center for Parents and Teachers, Cooperative Elder Services, Domestic Violence Services Network, LY&FS, Minuteman Senior Services, Network for Social Justice, Think Give, Virginia Thurston Healing Garden and Woburn Public Schools for Fiscal Year Projects and Carlisle COA, Lexington Recreation and Community Programs, Social Capital Inc., Littleton Community Farm, and Saheli for Calendar Year Projects.
- **Training and Capacity Building Grants:** Training and Capacity Building Grants provide awards of up to \$500 for individuals attend trainings or conferences, awards of up to \$2,000 to agencies to train their staffs, provide community trainings or to build capacity or to respond to a community health need. The broad definition of capacity building may include development of small projects, marketing, fund raising, consultant support, etc. Communities/organizations are eligible to receive up to \$2,500 per year. Thus far this year 22 Training and Capacity Building Grants totaling \$28,723 have been awarded.
- **COA Programming Grants:** One COA Programming Grant of \$1,000 was awarded to Bedford COA.
- **Facilitated Learning Community Symposium on Older Adult Behavioral Health and Building Race Equity Community Cohort Grants:** No grants have been awarded to date – up to 12 grants of up to \$7,500 each are available.

Action Teams, Special Projects

In an effort to respond to member and community needs and to strengthen and enhance the effectiveness of administration and leadership, CHNA 15 has undertaken several new projects and organizational tasks this year. Appreciation is expressed to all those

who participated and gave their time to make these efforts possible. Their work has created a better, more well-managed and planful CHNA 15.

- **Training, Outreach and Education Team:** A Training Outreach and Education Committee worked to help plan Community Trainings, Learning Community Symposiums, and FY 20 and FY 21 Annual Meetings. The team strives to develop CHNA programming that is relevant, educational and that engages additional members.
- **Grants Action Team:** As part of our continued effort to support members in the development of proposals re projects that will succeed as well as to improve grant writing skills, a Grants Action Team worked throughout the year. Their work included a review of the MiniGrant RFPs and score sheets, Collaborative Grant RFP and score sheet, Facilitated Learning Community Symposium Cohort Grants, and COA Programming Grants, advisement on grant review processes, and more.
- **Messaging and Marketing Action Team:** The Messaging and Marketing Action Team continues to help develop messaging for CHNA 15. This year the Messaging and Marketing Action Team also worked on outreach efforts to increase CHNA 15 membership and to support the work of the Nominating Committee.
- **Finance Committee:** The Finance Committee meets to plan the CHNA 15 budget that is presented at the September General Meeting, and reviews budget throughout the year.
- **Operating Principles Team:** The CHNA 15 Operating Principles are updated every three years. The Operating Principles Team met to propose revisions to the current Operating Principles.
- **Long-Term Sustainability Team:** A long-term sustainability team was formed this year to look at the 5-year outlook for CHNA 15, and identify options for future funding.
- The Steering Committee engaged in two meetings with Liora Norwich from NFSJ to provide guidance to on how we can create programming and membership more reflective of our communities, and ways we can support projects that incorporate a race equity lens in planning, implementation and outcomes development. As a result, the Operating Principles Team proposed draft changes to our mission and vision statement that incorporate race equity. In addition, it was determined that during summer, 2021 we will engage in a data gathering effort to better understand our membership - and the populations they serve.

Ongoing Networking and Member Agency Support

Regularly published ListServ emails and the **CHNA 15 website, www.CHNA15.org**, promote a wide variety of CHNA 15 and member agency activities.

CHNA 15 work is supported by a variety of people and organizations important to our success. They provide us with many valuable resources, meeting spaces, and collaborative opportunities. We appreciate all their support. They include the following:

- Our funders: Lahey Hospital and Medical Center and Winchester Hospital
- Our fiscal sponsor, Minuteman Senior Services
- Lahey Hospital and Medical Center Community Relations Department
- Grant reviewers
- ROMP Web Services