

## FY'2019 Projects and Activities

CHNA 15 Grants				
Grant	Recipient	Project	Town(s) served	Showcase Participants
Multi Year Impact Implementation Grant	Town of Boxborough	<p><b>Bettering Boxborough Together</b></p> <p>Our Healthy Communities Planning Grant, Bettering Boxborough Together (BBT), identified a number of ways in which residents felt that life in Boxborough could be improved. Several questionnaires, key informant interviews and discussions, and a community forum yielded a broad range of options. Among these, no particular project dominated. However, a common theme ran through the majority of suggestions. Boxborough residents want more opportunities to interact and socialize with their fellow residents and Town government. The BBT implementation project described below is comprised of that produce the desired improvement in connectivity, are consistent with budgetary constraints, and can be continued beyond the term of the Implementation Grant. The BBT implementation proposal consists of 3 main initiatives: (1) community walks, (2) annual wellness fair, and (3) a quarterly newsletter.</p>	Boxborough	Will participate in Showcase 2020
Multi Year Impact Planning Grant	Town of Carlisle	<p><b>Caring for Carlisle</b></p> <p>Three priority areas that deal with quality of life using a broad definition of health were chosen for the project: The need for community-based public health nursing to address physical and emotional well-being; providing an intergenerational community center as a hub of activities for all ages; providing transportation services for the community.</p>	Carlisle	Will Participate in Showcase 2020
FY'18 Collaborative Grant	Bedford Council on Aging	<p><b>Falls Prevention Program</b></p> <p><i>The aftermath of a fall can be life changing. In an effort to address this issue, keep people safe in their homes and reach our goal of fewer preventable falls among Bedford residents, we will implement a resident specific and community encompassing Falls Prevention Program.</i></p>	Bedford	Alison Cservenschi, COA and Heidi Porter, BOH
FY'18 Collaborative Grant	First Connections	<p><b>Working Parents Program</b></p> <p><i>A weekly facilitated parent child playgroup held on weekends to meet the needs of working families, who may have experienced postpartum depression and/or anxiety or increased stress upon returning to work after maternity leave. Participants will include families and children through age two. The program will include parent education, stress reduction techniques and support utilizing the Strengthening Families Model. Program will be facilitated by First Connections and NAMA Families staff.</i></p>	Acton, Boxborough, Bedford, Concord, Carlisle, Lincoln, Littleton (other)	Mary Beilman and Amanda Hemm
FY'18 Collaborative Grant	Social Capital Inc.	<p><b>Collaborating for Woburn Students</b></p> <p>A collaborative effort to provide 60 high risk Woburn Students with access to mental health and wellness services, mentors, enrichment activities and other support they need to be successful.</p>	Woburn	David Crowley
FY'18 Multi Year Impact Planning Grant	Domestic Violence Services Network	<p><b>Resource Coordination for High Risk Domestic Violence Families</b></p> <p><i>This grant will fund a planning process for 1) the identification and expansion of resources geared to meet the extensive needs of children witnessing extreme domestic abuse of their mothers. 2) The coordination and connection of those resources with the high-risk victims and their children.</i></p>	Acton, Bedford Boxborough, Carlisle, Concord, Lexington, Lincoln (other)	Jacquelin Apsler, Joleen Trotta
FY'18 Multi Year Impact Planning Grant	Minuteman Senior Services	<p><b>Enhanced Safety Check for Meals on Wheels Recipients: Change of Condition Report</b></p> <p><i>We will research, develop and test a more standardized and expanded safety check to incorporate into our Meals on Wheels program to identify potential health and safety concerns of seniors, connect them to medical providers and community supports and reduce unnecessary emergency care or loss of independence.</i></p>	Acton, Boxborough, Bedford, Burlington, Concord, Carlisle, Lexington, Lincoln, Littleton, Wilmington, Winchester, Woburn (other)	Leslie May-Chibani, Patti Dubielak, Melissa Cull
FY'18 Multi Year Impact Planning Grant	Town of Lexington	<p><b>Best Practices for Mental Health Response</b></p> <p><i>The Lexington Best Practices for Mental Health Response project will embrace a comprehensive approach to design, implement and evaluate a mental health program to serve Lexington youth. In doing so, we seek to develop more cohesive systems and protocols that build upon current strengths and pulls together prior work completed by community groups, the school district and town.</i></p>	Lexington	Melissa Interest and Val Viscosi
FY'19 MiniGrant	Acton Health	<p><b>Hey Acton, It's Time for a Re-Checkup:</b> Getting an Updated View of the Health Needs of Acton through a Town-Wide Survey</p>	Acton	Sheryl Ball

	Department	and Focus Groups		
FY'19 MiniGrant	Bedford High School	<b>Challenge Success:</b> BHS is proposing to engage in a complete assessment of its programs and practices with challenge success, a research based project developed at Stanford University and focused on maximizing student potential while helping students deal with stress both academically and emotionally.	Bedford	Heather Galante
FY'19 MiniGrant	Brio Integrated Theater	<b>Internship Program for Adults with Disabilities</b> One year workforce training internship program for young adults with disabilities from Burlington, Winchester and Woburn.	Winchester	Jessica Ames
FY'19 MiniGrant	Center for Parents and Teachers	<b>Improving Youth Behavioral Health by Preventing Youth Substance Abuse Along with Youth Anxiety and Depression through Effective Parenting Education Programs:</b> The goal of the project is to offer parents/guardians clearer understanding of mental health and substance use issues to increase their effectiveness in responding to youth anxiety and depression and youth substance abuse while weaving in prevention strategies proven to increase youth resilience and well-being, thereby improving youth behavioral health.	Concord, Carlisle, Acton, Bedford, Lexington, Lincoln	Sally Quinn Reed and Jean Chandler
FY'19 MiniGrant	Grow A Strong Family	<b>"Reach 'Em to Teach 'Em to Support 'Em"</b> This projects intends to complete a manualized multimedia program (for replication) based on the ongoing psychodynamic, psycho-education support group for families uprooted by mental illness, "Replanting Lives."	Bedford, Carlisle, Concord	Mara Briere and Laura Baliestero
FY'19 MiniGrant	Minuteman Senior Services	<b>Suicide Awareness and Prevention in Older Adults</b> We will provide evidence-based suicide prevention training for professionals and volunteers who work with the senior population, as well as interested community members. We will also pilot the integration of an evidence-based depression screening tool and follow up protocols into our community programs.	Acton, Boxborough, Bedford, Burlington, Concord, Carlisle, Lexington, Lincoln, Littleton, Wilmington, Winchester, Woburn (other)	Leslie May-Chibani, Patti Dubielak, Melissa Cull
FY'19 MiniGrant	Saheli	<b>Healthy Food, Healthy Relationships</b> The goal of the program is to include men in the critical first steps of changing cultural and social norms that support violence within South Asian Families.	Acton, Boxborough, Bedford, Burlington, Concord, Carlisle, Lexington, Lincoln, Littleton, Wilmington, Winchester, Woburn	Divya Chaturvedi
FY'19 MiniGrant	Social Capital, Inc.	<b>#WoburnUnites through Cultural Connections</b> An effort to build ties between Woburn's longtime residents and the newer immigrant community using food and conversation as a basis for people to learn about different cultures represented throughout the community.	Woburn	David Crowley
Calendar Year 2019 MiniGrant	Hagar's Sisters	<b>The Nurtured Health Approach as Prevention - Parenting in the Aftermath of Abuse:</b> This project addresses youth behavioral health in families who have experienced abuse by giving them the tools to cope with trauma, anxiety, depression and other mental health issues that result from domestic violence. This project will offer parenting classes and coaching to mothers overcoming abuse and who are raising children and/or young adults whose personal family experiences include domestic violence.	Acton, Boxborough, Bedford, Burlington, Concord, Carlisle, Lexington, Lincoln, Littleton, Wilmington, Winchester, Woburn	Showcase 2020 participant
Calendar Year 2019 MiniGrant	Littleton Police Department	<b>Project Alert:</b> This project brings opiate awareness to Littleton Public Schools with a target group in grades 7 and 8.	Littleton	Showcase 2020 participant
FY'19 Capacity Building Grant	Town of Lincoln – COA Park & Rec.	<i>Lincoln COA/Park &amp; Recreation Collaborative Services Consultant/Training Development</i>	Lincoln	
FY'19 Capacity Building Grant	Hagar's Sisters	<i>New Computers for Advocacy Services</i>	Acton, Boxborough, Bedford, Burlington, Concord, Carlisle, Lexington, Lincoln, Littleton, Wilmington, Winchester, Woburn	
FY'19 Capacity Building Grant	Ivy Child International	<i>Fundraising and Marketing Development</i>	Acton, Boxborough, Bedford, Burlington, Concord, Carlisle, Lexington, Lincoln, Littleton, Winchester, Woburn	

FY'19 Capacity Building Grant	Neighbor Brigade	<i>Multilingual Brochures</i>	Carlisle, Concord, Lexington	
FY'19 Capacity Building Grant	Bedford Youth & Family Services	<i>Bicycle Curriculum/Bicycle Safety</i>	Bedford	
FY'19 Training Grant	Center for Parents and Teachers	<i>Talking with Your Children About Diversity: Building Bridges of Understanding, Appreciation and Respect</i>	Concord, Carlisle, Acton, Bedford, Lexington, Lincoln	
FY'19 Training Grant	Lincoln COA	<i>Lincoln COA and Lincoln Park and Recreation Collaborative Services Training</i>	Lincoln	
FY'19 Training Grant	Reach Beyond Domestic Violence	<i>Effective Supervision and Facilitated Leadership</i>	Acton, Boxborough, Bedford, Burlington, Concord, Carlisle, Lexington, Lincoln, Littleton, Wilmington, Winchester, Woburn (other)	
FY'19 Training Grant	Center for Parents and Teachers	Participation in Learning Community Symposium on Elder Isolation	Concord, Carlisle, Acton, Bedford, Lexington, Lincoln	
FY'19 Training Grant	Concord Children's Center	<i>The Wonder of Learning—The Hundred Languages of Children Exhibition.</i>	Concord	
FY'19 Training Grant	Center for Parents and Teachers	<i>Overcoming Stress and Anxiety in School: Strategies That Support Children's Learning</i>	Concord, Carlisle, Acton, Bedford, Lexington, Lincoln	
FY'19 Training Grant	Burlington Public Schools	<i>Breathe for Change</i>	Burlington	
FY'19 Training Grant	Center for Parents and Teachers	<i>Talking with Your Children About Diversity: Building Bridges of Understanding, Appreciation and Respect</i>	Concord, Carlisle, Acton, Bedford, Lexington, Lincoln	
FY'19 Training Grant	Wilmington Board Of Health	<i>New Food Code Training</i>	Wilmington	
FY'19 Training Grant	Acton Health Department	<i>New Food Code Training</i>	Acton	
FY'19 Training Grant	Ivy Child International	Staff Professional Development Retreat	Acton, Boxborough, Bedford, Burlington, Concord, Carlisle, Lexington, Lincoln, Littleton, Winchester, Woburn	
FY'19 Training Grant	Hagar's Sisters	<i>New Computers for Advocacy Services</i>	Acton, Boxborough, Bedford, Burlington, Concord, Carlisle, Lexington, Lincoln, Littleton, Wilmington, Winchester, Woburn	
FY'19 Training Grant	Concord Health Department	<i>New Food Code Training and Software Implementation</i>	Concord, Lincoln	
FY'19 Training Grant	Sargent Memorial Library	<i>Active Bystander Training</i>	Boxborough	
FY'19 Training Grant	Caritas Communities	<i>CPR, AED, First Aid and Narcan Training</i>	Bedford	
FY'19 Training	Littleton	<i>Littleton Community Farm Awareness Campaign</i>	Littleton	

Grant	Community Farm			
Community Training offered by CHNA 15		Facilitated Learning Community Symposium on Elder Isolation	Acton, Boxborough, Bedford, Burlington, Concord, Carlisle, Lexington, Lincoln, Littleton, Wilmington, Winchester, Woburn	
Community Trainings offered by CHNA 15		Mental Health Trainings for Libraries in Individual Communities	Acton, Boxborough, Bedford, Burlington, Concord, Carlisle, Lexington, Lincoln, Littleton, Wilmington, Winchester, Woburn	
Healthy Community Resource Forum	September, 2018	<i>Our Changing Communities: Strategies and Resources for Serving Our Increasingly Diverse Population</i> Facilitated by Emily Bhargava. Panelists: David Crowley, Social Capital, Inc.; Chief Mark Corr: Lexington Police Department; Elaine Dougherty: Site Director, YMCA International Learning Center, Woburn; Peishan Bartley: Director, Boxborough Library	Acton, Boxborough, Bedford, Burlington, Concord, Carlisle, Lexington, Lincoln, Littleton, Wilmington, Winchester, Woburn	
Healthy Community Resource Forum	November, 2018	<i>Our Aging Communities with Ellen Birchander</i> , Co-Director, Management of Aging Service, UMASS Boston, Gerontology Department, McCormack School of Policy and Global Studies	Acton, Boxborough, Bedford, Burlington, Concord, Carlisle, Lexington, Lincoln, Littleton, Wilmington, Winchester, Woburn	
Healthy Community Resource Forum	January, 2019	<i>Best Practices on E-Cigarette and Tobacco Prevention</i> with Mary Cole, Coordinator, MA Tobacco Free Community Partnership	Acton, Boxborough, Bedford, Burlington, Concord, Carlisle, Lexington, Lincoln, Littleton, Wilmington, Winchester, Woburn	
Healthy Community Resource Forum	March, 2019	<i>Community Listening Session with Lahey Health and Emerson Hospital, facilitated by John Snow, Inc.</i>	Acton, Boxborough, Bedford, Burlington, Concord, Carlisle, Lexington, Lincoln, Littleton, Wilmington, Winchester, Woburn	

\* Additional Capacity Building and Training Grants may be awarded from May 15 – June 30, 2019