

November 2020

## CHNA 15 News and Opportunities

Thank you to everyone for your hard work and patience during these challenging times. Updates and details on CHNA 15 programs, as well as updates from our members, are included in the October newsletter.

We will continue to provide updates and information, as possible. Please be in touch with questions, and please continue to share information with us.

**Note that, in lieu of a November Healthy Community Resource Forum, we will be offering a series of upcoming virtual training and educational programs. Information on upcoming programs is included in this newsletter. Additional information will be posted as it becomes available.**

**In addition, we're especially interested in hearing from you about gaps in services and resources you and your residents/clients are experiencing as a result of Covid 19. Please let us know your ideas about resources CHNA 15 could provide!**

[Resource Suggestions](#)

### Submissions to the CHNA 15 Newsletter

Please let us know if you have any information or updates, including COVID-19 response announcements, re-opening information, community resources, or program specific services to include in an upcoming newsletter.

We will do our best to share the information we receive with CHNA 15 members. **Email submissions** to [chna15coordinator@gmail.com](mailto:chna15coordinator@gmail.com).

## Updates and Information on Upcoming Events

### *Social Media and Mental Health During Covid*

**Description:** We are living during a time in which adolescents are more depressed and anxious, and more



## EDUCATIONAL PROGRAMS

Bi-monthly meetings on a variety of timely health topics are open to anyone interested in working to improve the health and well-being of their communities.

[LEARN 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 will review 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 will be 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.

*This workshop will be followed by a facilitated discussion during which participants will have the opportunity to share their observations and strategies with others.*

**Thursday, November 12, 2020**

**10:00 - 11:30 AM**

**Presented by Adrienne Principe, Founder and Executive Director of Turning Life On, a non-profit, grassroots movement committed to digital wellness.**

CHNA 15 is inviting you to a scheduled Zoom meeting.

**Topic: Social Media and Mental Health During Covid Workshop**

Time: Nov 12, 2020 10:00 AM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88649077620?pwd=Vkp5UkNZalpraUZXEktobzIFb2s1Zz09>

Meeting ID: 886 4907 7620

Passcode: 653215

Dial by your location

+1 646 558 8656 US (New York)

[RSVP to Social Media and Mental Health During Covid 19 Program](#)

## Save the Dates for December Programs!

Our series of upcoming virtual training and educational programs will continue with the following programs in December. Please mark your calendars!

**Thursday, December 3, 2020, 2:00 - 3:00 PM**

***Food Security and the Impact of Covid***

***Presented by: Jeanine Calabria, Executive Director, Open Table and Usha Thakrar, Executive Director, Boston Gleaners and board member, Lexington Food Pantry.***

**Thursday, December 17, 2020, 1:00 - 3:00 PM**

***Physical Distancing and Social Connection***

***Presented by: Mary Curlew, LICSW, Community Education and Training Specialist for***

Registration information will be posted as it becomes available.



## Grant Opportunities and Updates

- **CHNA 15 has released an RFP for up to ten Fiscal Year 2021 Mini Grants of up to \$7,500 each for projects serving one or more communities within the CHNA 15 area. Notification of Intent to Apply due Friday, November 6th. Applications are due Friday, November 20th. Information and an application are available [here](#).**
- **Training and Capacity Building Grants are currently available on a rolling basis. Information and application available [here](#).**
- **Extensions on Current Grants:** All grantees that needed one have received a three month extension on FY 2020 programs and projects. Grantees who need more than three additional months should reach out to [chna15coordinator@gmail.com](mailto:chna15coordinator@gmail.com) individually with their specific timeline.
- **Availability of COA Programming Grants has been extended. These grants will now be available through June 30, 2021 for those COAs that did not receive one in FY 2020. Information application available [here](#).**

Additional grant opportunities will be announced as they become available, and will be posted at [www.chna15.org](http://www.chna15.org).

## 2020 ANNUAL Meeting Training Recording is Available

Thanks to everyone who participated in our 2020 Annual Meeting on September 17th. In case you missed it, a recording of our program on *Back to School and Work: Re-Entry and Resilience* facilitated by Jon Mattleman is available on our website.

[2020 Annual Meeting Training](#)

## SHOWCASE 2020 IS LIVE!

*This year, Showcase 2020 is being presented as a slideshow!*  
This 7-minute movie is a celebration of the many wonderful projects and trainings funded by CHNA 15 throughout the past year. Our goal is to share highlights and outcomes of these projects, and to give grantees an opportunity to tell their stories. We hope you learn from these success stories, and that they spark ideas for future projects.

[CHNA 15 2020 Virtual Showcase](#)

**CHNA 15 IS ON FACEBOOK!**

[Like us on Facebook!](#)

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## Looking for local community and population data?

Lahey Hospital and Medical Center and Winchester Hospital completed their Community Health Needs Assessments and Implementation Strategies Report in 2019, and Emerson Hospital completed their Community Health Needs Assessment and Implementation Strategies Report in 2018. Links to their reports are below.

[Lahey Hospital Report](#)

[Winchester Hospital Report](#)

[Emerson Hospital Report](#)

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## Lahey Hospital and Medical Center Releases Community Benefits Grant!

Lahey Hospital and Medical Center proud to share with you the RFP for the LHMC Community Benefits Grant. This year, we are seeking proposals that focus on addressing social determinants of health including transportation, housing, and access to technology. More information is provided in the attached RFP. Through this grant process, up to \$80,000 will be awarded to non-profit organizations that can implement programs and services to address some of our community's highest priority needs.

Please feel free to share this with your distribution lists or those you think may be interested. Please note, proposals must be sent via email and must be received no later than December 4, 2020 for consideration.

[Download LHMC Community Benefits Grant RFP](#)

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## Winchester Hospital Releases Community Benefits Grant!

Winchester Hospital collaborates with community partners each year to address the unmet priority needs of the community. This year we will be awarding a total of \$30,000 in grant funding to support community organizations for programs/services that address Social Determinants of Health (SDoH); the conditions in which people are born, grow, live, work and age, and the root causes that influence health outcomes. In order to be considered, the programs must:

1. Be implemented between January - September, 2021.
2. Address one of the areas of focus, and meet criteria outlined in the RFP.
3. Be sent via email and received no later than November 30, 2020.

Please feel free to post/share this information with any of your community partners or colleagues.

[Download Winchester Community Benefits Grant RFP](#)

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## Emerson Hospital Launches Podcast on Digital Wellness!

Tune into the first episode of Supporting Youth in Achieving Digital Wellness. Kelsey Magnuson, the Community Benefits Coordinator at Emerson Hospital, and Adrienne Principe, Founder and Executive Director of Turning Life On, explain the six pillars of digital wellness. They also discuss the new partnership between Emerson and Turning Life On to bring awareness and education to the community on how digital devices and online activity are affecting youth today.

[www.emersonhospital.org/podcast?segitem=43299](http://www.emersonhospital.org/podcast?segitem=43299)

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### Families for Depression Awareness is presenting a *free* webinar:

**"Caregiving from a Distance: How to Support Someone Who Lives with Depression", on Wednesday, November 18 at 7:00 PM ET/ 4:00 PM PT.** Would you be able to share this resource with your contacts?

Esteemed presenters, Dr. Sandra Edmonds Crewe and Dr. JaNeen Cross, will discuss how to be an effective caregiver for an adult with depression who does not live with you. This program is designed for caregivers, family members, and caring adults interested in caregiving from a distance. [Register](#) to join us for the live webinar!

After the webinar, the first 100 people to complete our online evaluation will receive a free copy of our **Helping Someone Living with Depression or Bipolar Disorder: A Handbook for Families and Caregivers.**

Can't attend the live webinar? [Register today](#) to submit your questions and watch the recorded webinar after it airs.

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### Community Health Training Institute is offering the following training:

**REFRAMING COMMUNITY ENGAGEMENT  
THURSDAY, NOVEMBER 19TH FROM 1:00 PM - 4:00 PM EST  
ONLINE TRAINING VIA THE ZOOM PLATFORM**

**Topics:** Online and offline community engagement, using social media as a tool for engagement.

**Description:** In the face of this pandemic, communities are dealing with many challenges, including how to connect with each other while also keeping the community safe. How can we engage our members, stakeholders, and partners in creative ways that allow them to still feel connected to one another and the work? How can we shift our strategies so that we're meeting the community where they're at and continuing to put its needs at the forefront? This training will explore

community engagement strategies in both online and offline spaces, from meeting platforms to phone trees and flyering. Moreover, the training will touch upon the types of engagement that are accessible for hard-to-reach communities, such as aging adults with limited technology and people whose first language is not English. Participants will also learn how to further their impact and coalition message by utilizing wide-reaching online spaces like Twitter and LinkedIn.

**Audience:** Coalition members and leaders looking for strategies to engage their communities and stakeholders.

**Trainers:** Jamiah Tappin and Kelly Danckert, *Health Resources in Action*

**Learning Objectives:** *Participants will be able to:*

1. Name online and offline engagement strategies.
2. Identify how to use social media as a tool for engagement.
3. Name ways in which they can re-frame their current engagement strategies to better meet the needs of the community in accessible ways.

[Register for CHTI Reframing Community Engagement Training](#)

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