

UPDATED September, 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 September 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.

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.

Updates and Information on Upcoming Events



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](#)

REGISTER NOW!

**Fiscal Year 2020
Virtual Annual Meeting**

**Thursday, September 17, 2020
10:00 AM - 12:00 PM**

Register in advance for this webinar:

https://us02web.zoom.us/webinar/register/WN_B_1sUsnSYemV3aaewf3_g

After registering, you will receive a confirmation email containing information about joining the webinar.

Business Meeting:

Approval of FY 2019 Annual Meeting Minutes

FY 2020 Highlights

FY 20201 Annual Budget

FY 2021 Steering Committee Nominations

Information Upcoming FY 2021 Training and Grant Opportunities

Workshop facilitated by Jon Mattleman, MS:

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, and helping others

More information, including an agenda and the consent agenda are posted [here](#).

[Register Now for CHNA 15 2020 ANNUAL MEETING](#)

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 up on Facebook to stay up to date on our latest activities and announcements.

[Like us on Facebook!](#)

Grant Opportunities and Updates

- Training and Capacity Building Grants will be available on a rolling basis, beginning in mid-September . Information and



GRANTS

CHNA 15 awards grants totaling over \$150,000 annually to support programs, events, training and community initiatives. Grant awards range from \$300 for an individual Training Scholarship to \$25,000 for a Collaborative or Planning Grant, and are available on an ongoing basis.

[LEARN MORE](#)

Congratulations to the Bedford COA!

Bedford COA has received a \$1,000 Programming Grant for the project: *Virtual UCLA Memory Program.*

This Memory Training program is an innovative, evidenced based educational course from the Semel Institute of the University of Los Angeles (UCLA) Longevity Center. It is written and designed by Gary Small, M.D., and Linda Ercoli, Ph.D. for people with mild memory concerns. The class will teach individuals techniques to improve their memory in a fun, interactive, virtual, classroom environment. Students will learn what memory is, how it works and how to reduce tip of tongue moments. Techniques on reducing memory burden and individual learning styles will be explained. The program will train participants to improve memory habits and provide strategies and techniques for some of the most common memory complaints. The course is designed to benefit individuals with age-related memory challenges.

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 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.



TRAININGS

Workshops are scheduled periodically and are developed based on input from CHNA 15 members. Trainings are designed to enhance and strengthen your community work.

[LEARN MORE](#)

We are in the process of planning additional FY 2021 trainings, and welcome input from members. We are always seeking suggestions for training and symposium opportunities you are interested in having CHNA 15 offer. Please send along your ideas!

[Training Suggestions](#)

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](#)

Congratulations to FY 2021 Mini Grant Recipients!

- **Center for Parents and Teachers: *Parent Education Series to Improve Youth Mental Health and Build Resiliency By Strengthening Family Interaction and Communication*** *Description:* Four multi-session parent education series will bring evidence-based parenting strategies to participating parents. The workshops will cover how to communicate effectively with your children, how to help them build resilience by increasing their skill in emotional regulation, healthy limit setting in response to challenging behaviors, with a goal of reducing future risky behaviors, especially during adolescence. The series will offer ways to respond to concerning behaviors and guidance on when to seek professional help. Sessions will be held on-line or in-person depending on the public health situation in relation to COVID-19.
- **Cooperative Elder Services: Remote Adult Day Health Project** *Description:* Purchasing equipment and working with a marketing and communications consultant to help us trial remote adult day health programming online.
- **Domestic Violence Services Network: *The New Normal: Tackling the Technology Tsunami in a Zoom, Zoom, Zoom World*** *Description:* Even as we slowly emerge from the COVID-19 shut down, the ramifications of the crisis will continue unabated for some time to come. One of the most challenging aspects of the changes small non-profits must navigate is the sudden increased reliance on technology to manage remote workers and services for victims of domestic violence. This project will augment DVSN's expertise, policies, and management of the technology explosion and the need to upgrade and expand hardware, software, more consistent oversight, and training in order to maintain DVSN's high standard of service for individuals and their families living with abuse.
- **LYFS: Youth Mental Health Support: *Everyone Deserves Access*** *Description:* LYFS is responding to a community need by expanding short-term therapeutic services, free to charge to youth ages 6-22 and families who cannot otherwise access mental health support. Our target is youth and families who are unable to access services for financial or cultural reasons.
- **Minuteman Senior Services: *Volunteer Program Enhancement Project*** *Description:* With the advent of the COVID-19 pandemic, we are seeking to address the urgent, increasing needs of older adults and people with disabilities by expanding the contributions of our generous volunteers. Through our volunteer program enhancement project, we will temporarily increase the hours of our volunteer coordinator so that we can update our volunteer training curriculum to allow for virtual and enhanced trainings, and expand both our pool of volunteers and the services they are able to provide for our consumers.
- **Network for Social Justice: *Promoting Youth Engagement in Social Justice as a Holistic Approach to Community Wellness*** *Description:* The Project Engages Youth Age (15-19) in a comprehensive internship program to counteract isolation and promote deeper engagement in social justice and relational community organization.
- **Think Give: *Think Give Curriculum Development, Mental Health Focus*** *Description:* This project is around revising our middle school curriculum. Our primary goals for the revision are to

enhance the focus on social justice, mental health, and self-identity so that Think Give becomes a protective factor in helping reduce levels of anxiety among youth. To this end, we are interested in working with mental health counselor and trainer Jon Mattleman as a consultant and contributor.

· **Virginia Thurston Healing Garden: LiveStrong for Cancer Survivorship Program**

Description: The LiveWell for Cancer Survivorship (LiveWell) program is designed to improve the well-being of cancer patients through: a group-based healthy eating program which provides participants better access to fresh fruits and vegetables through a farm distribution program, nutrition education classes focused on nourishing, health supportive meals and virtual Livestrong® group exercise program. The goal of the LiveWell program is to improve the patient's well-being through group based healthy eating, regaining strength through exercise, weight management and fitness, and enhanced quality of life. The program is designed to support clients through cancer recovery to build resilience and to help address issues including food insecurity, improving diet, and exercise, overcoming isolation and ultimately produce lasting, healthy lifestyle behaviors that contribute to better cancer survival outcomes. Due to the COVID-19 pandemic the program is designed to be provided virtually, but if and when it is safe to do so, will have the flexibility to shift to blended program with some clients attending in person while others who are more compromised and who cannot do so, continue to participate remotely.

· **Woburn Public Schools: The NAN Project in Woburn Memorial High School 2020-2021**

Description: Mental Health and Suicide Prevention Education Programming for students, teachers and staff at Woburn High School in collaboration with The NAN Project.



Register Now for OUNCE of PREVENTION CONFERENCE September 15, 2020

Ounce of Prevention is going virtual this year!

This year's Ounce of Prevention will feature a keynote address by Sandro Galea, Dean of Boston University's School of Public Health, along with an engaging selection of workshops in the afternoon. Ounce of Prevention is sponsored by MA Department of Public Health.

[Register for Ounce of Prevention Now](#)

Families for Depression Awareness is presenting a free **Navigating Teen Depression and Substance Use as a Family** webinar on **Wednesday, September 23rd, 2020 from 7:00 to 8:15 PM ET/ 4:00 to 5:15 PM PT.**

In this webinar, David Blair LCSW, CACIII, AAMFT, and Jamie Blair Echevarria, LCSW, LMFT, CACIII, cover how caring adults can fully engage in the process of prevention and treatment for adolescent substance use and depression. This program is designed for parents, guardians, family members, youth workers, and any caring adults interested in teen mental health. [Register](#) to join us for a live webinar discussion or watch on demand after it airs.

After the webinar, complete our online evaluation and you'll be entered for a chance to win a free educational book on the topic of teen depression.

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

Massachusetts Smokers' Helpline is offering an incentive program to help residents who use menthol tobacco products quit.

In response to the new state law restricting menthol tobacco products, the Massachusetts Smokers' Helpline is offering an incentive program to help residents who use menthol tobacco products quit. Both efforts support MA residents, particularly Black, Latinx, and LGBTQ+, who have been historically and disproportionately targeted by the tobacco and vaping industries.

Incentive program details:

- Residents will receive a \$10 gift card after completing the first coaching call, a \$15 gift card after the second coaching call, and a \$25 gift card after the third coaching call.
- While the incentive does not continue after the third call, the Helpline offers five free coaching calls. Residents are encouraged and welcome to take advantage of the Helpline's full offerings (<http://makesmokinghistory.org/quit-now/what-is-the-helpline/>).
- If residents enroll online, they must complete coaching calls via telephone to receive the incentive(s).
- This incentive program may be time limited pending utility and availability of funds.
- In addition to the incentive program, up to 8 weeks of free nicotine patches, gum or lozenges are also available to residents who speak with a coach (once screened for medical eligibility).

To access the MA Smokers' Helpline, MA residents can:

- Call 1-800-QUIT-NOW
- Enroll online: www.makesmokinghistory.org
- Be referred to the Helpline or by a healthcare, behavioral health provider, or social service provider (QUITWORKS, accessed via <http://makesmokinghistory.org/quit-now/for-providers/>)

Join Lahey Health for a free virtual health lecture:

We may be social distancing, but we can still come together virtually!

Join us for a free virtual lecture presented by the Women's Leadership Council and NorthBridge Insurance Agency, Inc.

The COVID-19 Pandemic:
How are Lahey Hospital & Medical Center
and Beth Israel Lahey Health Doing?

Tuesday, September 29, 2020

Virtual meeting in Zoom

Noon – 1 p.m.

[Click here](#) to register for this webinar.

Featured Speaker

Andrew Villanueva, MD

Chief Quality Officer

Lahey Hospital & Medical Center

Questions or need assistance with online registration?
Please contact **[Michelle Hinchey](#)** or call 978-726-6534.

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