



CMCHC

Bulletin Board

central massachusetts center for

healthycommunities

A program of LUK, inc

44 Front Street, Suite 280
Worcester, MA 01608

Funded by the MA Dept. of Public Health

508-438-0515

www.cmchc.org



Letter from the Director

Dear Community Partners,

It's September and back to school time for many of us, our children, friends and family. This time of year always finds me wanting to go out and buy new pencils and develop new plans. Fall is a great time to re-connect with those we haven't seen in a while and to develop new contacts. If you haven't seen our new website, please take a moment to visit us at www.cmchc.org. You will find our complete Fall Training Schedule with exciting offerings like Best Practices in Cultural Competence and Conflict Resolution Skills and Strategies, along with information about other organizations' trainings. Find some time in September to come by and visit the library. Faye has been busy over the summer, weeding out the old and bringing in some new fresh materials. We are also in the process of updating our database, so if your contact information has changed, please send us an e-mail, or give us a call so we'll know how to keep in contact with you.

This edition features articles by some of our community partners on their work in making the communities of Central MA healthier places to live and work. We thank them for their generosity and hope all of you enjoy hearing from these new voices.

Happy Fall!

-Dodi Swope

Fall 2005

CMCHC Trainings Fall 2005
(visit www.cmchc.org or call 508-438-0515 for more information)

- Conflict Resolution Skills and Strategies
- Best Practices in Cultural Competence
- Using MASSChip Effectively
- Developing Inclusive Partnerships
- Facilitation Skills and Group Development

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Breaking Down the Silos

By Steven Jones-D'Agostino



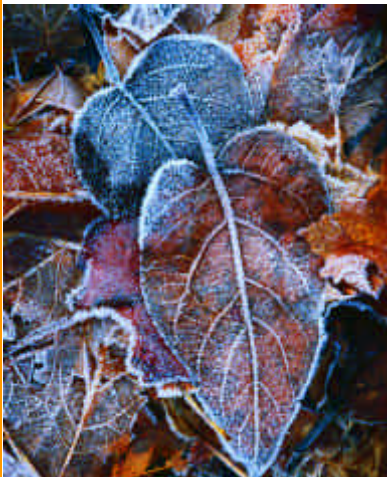
The mission of Common Pathways is to promote shared learning, reflection and broad engagement that improve community decision-making and quality of life for all residents of Worcester. This is truly easier said than done.

Common Pathways seeks to get myriad community, business and political leaders as well as the general public to come together – and work together – to achieve common goals. One of the biggest challenges is connecting the numerous coalitions and sub-groups that exist in an urban center like Worcester. These islands of health, education, safety, environment, economics, culture and recreation have a tendency to act unto themselves. Coming together to set a common course can lead to broad-based and sustainable community change that benefits all residents of the city.

This common and challenging issue is known as the “silo effect.” Wikipedia: The Free Encyclopedia defines this phrase, in part, as one “that is currently popular in the business and organizational communities to describe a lack of communication and common goals between departments in an organization. It is the opposite of systems thinking in an organization.” Common Pathways hopes to address the silo effect on a community level.

Common Pathways’ Communications Working Group, of which I’m a volunteer member, is examining several potential silo-collapsing, island-bridging measures. Our first task is to spread the word about Common Pathways and engage more members.

Currently, Common Pathways is gathering community input on what Worcester residents believe will make our city a better place to live in for all. Over the summer and fall, Common Pathways members are conducting one-on-one interviews at community events, holding small discussion groups, and planning community forums. We will then



develop a common set of community priorities in order to engage the community on a variety of levels to achieve positive change. If you’d like to be involved, contact Clara Savage, Common Pathways Coordinator, at 508-438-0515 or csavage@cmchc.org.

Join the Voices of Recovery by José Rivera

September is the National Alcohol and Drug Addiction Recovery Month, this year celebrating its 16th anniversary. CMCHC is joining in the recognition and celebration of all our neighbors, coworkers, friends, family members, and loved ones who are working at recovering from dependence or addiction. Recovery from substance use disorders is a collective effort that requires and benefits from our coming together. All of us can play an important role in recovery: from doing the hard work to experiencing the joy of serenity, from honing our awareness and recognition to offering acceptance and encouragement, from facilitating affordable, accessible, culturally-sensitive care and treatment, to creating and supporting environments that prevent relapse and celebrate substance-free lifestyles. The staff of CMCHC applauds and celebrates all of these efforts.

This September all of us are being provided with the exciting opportunity to come together and join our hands and voices. The Willis Center is leading the 4th Annual Worcester Recovery Walk. On Saturday, September 17th, beginning at 10:00 am (pre-registration at 9:00) at Elm Park we will be able to demonstrate our commitment to and support of recovery during a short walk (2.5 miles or around the Park for those who prefer it) and celebration. Recovery is a public health boon from which we all benefit, and so, all our friends and partners are invited to “Join the Voices of Recovery – Healing Lives, Families & Communities.” For more information, or to sign up to be a part of this free, life-saving event, call Ellen Laverdure at the Willis Center (508-799-0702 ext. 113).

The Worcester Recovery Walk will take place on Saturday, September 17th, at 10:00 AM. For more information, or to sign up to be a part of this free, life-saving event, call Ellen Laverdure at the Willis Center (508-799-0702 ext. 113).



Youth Leading the Way to a Drug Free Community
By Laurie Ross

On a Friday afternoon in July, a group of Worcester teens descended on Beaver Brook Park. They were not there to hang out or cause trouble. Rather, wearing bright orange t-shirts signifying that they are HOPE Coalition Peer Leaders, the young people brought to life a Drug Free Communities block party that they had been planning over the past six months.

The young people set up fun activities, such as a 3-on-3 basketball tournament refereed by members of the Worcester Police Department Gang Unit—promoting positive youth-police relationships. They organized a dance contest and had a

dunk tank and a moon bounce. Water balloons and sack races rounded out the activities. They served food—grilled hotdogs—cooked by Judi Kirk from the YWCA. There was cotton candy, popcorn, and snow cones. They featured an alcohol-free juice bar to show youth you can have fun and not drink alcohol. Finally, there was a group of informational tables, including Planned Parenthood, YWCA, Holy Cross, Clark University, the Latino Education Institute, and CMCHC. These organizations provided connections and showed youth possible futures involving higher education. Our hope was that when youth saw they had options they would choose not to use drugs. Over 500 people—youth from YouthNet, families, representatives from nonprofit organizations—attended this event. The HOPE Peer Leaders did a fantastic job organizing the whole thing.

This positive, youth-led activity was made possible through a five-year federal Drug Free Communities grant from the Substance Abuse Mental Health Services Administration (SAMHSA). The Healthy Options for Prevention and Education (HOPE) Coalition, a youth-adult partnership involving 17 organizations in the City of Worcester, received the grant in October 2004. The Community Relations Department of UMass Memorial Health Care is the lead agency of the HOPE Coalition. In addition to fun



New School Year....New Resources

New Videos: Father Martin’s “Chalk Talk Revised” and “Chalk Talk on Drugs”, “Body Image for Boys”, and “Body Image: Let’s Get Real”.

New Books: “The First Year Hepatitis C – An Essential Guide for the Newly Diagnosed”, “The Hepatitis Handbook”, “The Focus Group Kit” and “Don’t Eat the Book”.

In addition, we recently acquired supplementary brochures and pamphlets on nutrition, underage substance abuse, driving under the influence, inhalants and teen weight, along with more information from the Search Institute. Call Faye Sweeney if you have any questions at (508) 438-0515 or go to www.rchcweblibrary.org

activities like Block Parties, HOPE is using the funds to expand youth drug and alcohol prevention efforts by coordinating the implementation of the evidence-based All Stars curriculum. The Peer Leaders will also be engaging in action research projects on alcohol and tobacco advertising and the underage purchasing of alcohol. By utilizing multiple strategies, this grant will allow the Coalition to reduce substance use by teens, as well as make the City as a whole healthier for young people.

Drunk Driving Crackdown
by Courtney Bisceglia

Over the summer, as Victim Services Coordinator for the STEP Program, I have been meeting police chiefs in the Central MA area to introduce myself and to let them know about my program. Each one of them has been very receptive.

Through my meetings I have learned more about the campaign called “**You Drink & Drive You**

Lose”, which is coordinated by the Governor’s Highway Safety Bureau. From July 1 to July 17, 335 state and local law enforcement agencies in MA had a statewide crackdown on impaired driving. This campaign’s mission is to save lives, and the national goal is to reduce alcohol-related highway deaths. Every 33 minutes someone is fatally injured in an alcohol-related traffic crash, therefore enforcement is one of the keys in ending this preventable epidemic.

This is not only a public service announcement; it is a way to heighten America’s awareness to the problems of drunk driving. I would like to invite everyone to join in this fight against drunk driving by choosing not to drink and drive, and if you are going to have a drink call a taxi, friend or family, always remember to buckle up, and encourage others to do so as well!



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Address Update:

In order to serve you better we would like to keep our list serve/database up to date. Please e-mail: candersen@cmchc.org
or
fax 508-438-0516 with your current contact info. **Thank You!**

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UPCOMING COMMUNITY TRAININGS:

Outreach Worker Training Institute (OWTI) is offering a 45 hour Community Health Worker (CHW) Certificate Course from October 18, 2005–February 28, 2006 and 18 Hour Supervisor Certificate Course from March 7, 2006–May 2, 2006. Contact Lori Miller at CM AHEC, Inc. 4 Lancaster Terrace Worcester, MA 01609 or at (508) 756-6676

Youth Worker Training Institute is a comprehensive and meaningful opportunity for skill-building: understanding youth work, youth development approach, resource identification and networking. It's FREE ! The 15 session training begins 10/7/05. For more information contact CommunityBuild at (508) 757-6519 or email CmUnityBuild@aol.com

School Alcohol and Drug Policy Training:

Developing Effective Policies and Examining the Issues of Drug Testing

The MA RCHCs have invited nationally known policy expert and author Isabel Burk to help schools and communities develop, review and improve comprehensive and effective alcohol and drug policies that help keep their schools and children safe. It is October 25th from 9:30-3:30 PM at the Holiday Inn in Worcester, and is limited to 100 people. For more info or to register visit <http://www.nc4hc.org/> or call (978) 688-2323.