



central massachusetts center for
healthycommunities

A program of LUK, inc

Funded by the MA Dept. of Public Health

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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!**

To find out what's happening in Central Ma visit the archive at http://lists.riseup.net/www/info/cmchc_contacts

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Letter from the Director

Fall 2006

Dear Community Partners,

If prevention had a mantra it would be “Multiple strategies in multiple settings with common goals.”

Our work in Central MA involves many people, coalitions and organizations. The goal is to increase the capacity of our community partners to improve the overall health of their communities by addressing issues of alcohol and other drug prevention and youth development.

Usually the issues identified involve working with youth in some form. Working with youth is much more effective when a “multiple strategies multiple settings” approach is used. The same can be held true with any other group – people in recovery, disabilities, the elderly, infants, law enforcement, educators, and the like. The opportunity to develop multiple strategies with other groups builds healthier communities when working with youth. This process in and of itself helps to build community.

While the group that people are invested in is youth, the work cannot be fruitful without strategically working with parents and other caring adults, the school system, law enforcement, employers, faith community, youth peers, and other youth serving organizations to name a few.

CMCHC follows the Healthy Communities Principles. Many organizations and government bodies throughout the world have recognized these as being effective in creating the type of living environment where all can be healthy and productive. The eight basic principles are: 1)a broad definition of health, 2)a broad definition of community, 3) shared vision and values, 4)quality of life for everyone, 5)diverse resident participation, 6)focus on systems change, 7)capacity building, and 8)measure outcomes. Massachusetts is the only state that has an additional one, which reads, “Invests in youth leadership and development.”

Leadership, whether it pertains to youth or adults, is needed in our towns and cities at all levels. One definition of leadership is the ability to do the right thing. Planting seeds that will produce a harvest of productive, healthy, and resilient adults is the best investment that can be made in our communities. It's a futuristic proactive approach to prevention and can only be done by being purposeful in working with the multiple sectors that are represented in our communities with a variety of strategies. And that is the right thing to do.

Have a great autumn,
Vicente Sanabria

What's New in the Resource Center? Check it out! By Faye Fulone Sweeney

Thank you for being a patron of the Central MA Center for Healthy Communities (CMCHC). There are a few pieces of information I would like to share with you so that you might get the best possible service from our Resource Center.

As you know, it is possible to go online to www.rhcweblibrary.org and see our entire catalog. You may notice that we have weeded out a number of older materials and have replaced them with new up-to-date resources. For instance, we now have many more books on Community Health Planning/Organizing. Some of the new titles are: *The Fifth Discipline: The Art & Practice of the Learning Organization*, *The Fifth Discipline Handbook*, *Planning in the Face of Power*, *Going Public: An Organizer's Guide to Citizen Action*, *Rules for Radicals*, *Dry Bones Rattling: Community Building to Revitalize American Democracy*, *Roots for Radicals: Organizing for Power, Action, and Justice* and *Civic Innovation in America: Community Empowerment, Public Policy, and the Movement for Civic Renewal*, just to name a few.

We have also added youth development books to our shelves, such as, *New Frontiers for Youth Development in the Twenty-First Century* and *Designs and Methods for Youth-Led Research*. A new icebreaker activity book titled: *Great Session Openers, Closers, and Energizers: Quick Activities for Warming Up Your Audience and Ending on a High Note* has been added to our already good sized inventory. That one is for all you folks who are always looking for new ideas.

In our video library we have an additional number of substance abuse videos. Some of them are: *Dying High: Teens in the ER*, *Confronting Drunk Driving*, *Party Smart: Avoiding Party Meltdowns*, *Deadly Highs and Prescription Trouble*. We have also just received twelve new Discovery Education DVDs with titles such as: *Advocating for Better Health*, *Analyzing Media Influences*, *Setting Goals for Healthy Living* and *Dealing with Disabilities and Learning to Like Yourself*. Please check our web catalog for other Discovery School Education DVDs.

We have also been fortunate enough to receive a donation of thirty-nine CDs on recovery. These audio CDs cover personal recovery stories along with well-known speakers such as Father Martin and his Chalk Talk series.

Our section on Gay, Lesbian, Bisexual and Transgender has also been expanded with: *The Handbook of Lesbian, Gay, Bisexual, and Transgender Public Health*, *Straight Talk About Gays in the Workplace* and *How It Feels To Have A Gay or Lesbian Parent*.

The Substance Abuse section of our print library now has: *Latinos and Alcohol Use/Abuse Revisited: Advances and Challenges for Prevention and Treatment Programs*, *Meth: America's Home-Cooked Menace*, *Crystal Meth: They Call It "Ice"*, *Substance Abuse Prevention: The Intersection of Science and Practice*, and *Common Sense for Community Change*.

While trying to have a little of something for everyone we also have acquired DVDs titled *Substance Abuse and Nutrition*, *Depression & Substance Abuse*, *Addictions: Chemical & Behavioral*, *Hepatitis (Spanish version)*, *Sexually Transmitted Diseases (Spanish version)*, *Smart Supermarket Shopping*, *Reading & Understanding the New Food Label*, *Exploring the New Food Pyramid* and *Cardiovascular Nutrition 2005*.

I could go on and list the rest of our new purchases, but instead I will invite you to look at our resource catalog website or visit the Resource Center and see for yourself. I will leave you with one last new acquisition, *A Fork in the Road*. This kit "is a synchronization of best practices, the most current information and recommendations from the Academy of Sciences report. A must have for anyone who is serious about reducing underage drinking." CMCHC now has it and we would like to share it with you!

Let Us Know By José Rivera

Kon-nichiwa. Hola. Aloha. Bonjour. Ciao. Nei Ho. Ahalan. Olá. An-nyong. Osiyo. Ha-se-yo. Namaste, Kwo. Xin chao. Sholem Aleychem..... Hello to all our partners!

To paraphrase Jimmy Carter, Central MA is "a beautiful mosaic [made up of] different people, different beliefs, different yearnings, different hopes, different dreams." We are extremely fortunate to be a part of such a rich community. Therefore, we are reaching out to you to assist us in continuing to expand and update our Resource Center by increasing the resources we have in languages other than English. Please let us know of any materials (books, curricula, videos, brochures, etc.) available in multiple languages that you have found to be helpful or that you would like to access through the Center, particularly in the area of underage substance abuse prevention.

Youth Work By Cassandra Andersen

This summer the Worcester community came together to provide jobs for youth. A large collaboration from the private and public sectors banded together to make it happen. Mayor Timothy Murray, Building Brighter Futures with Youth, Worcester Interfaith, Worcester Community Action Council and the City of Worcester's Office of Employment and Training spearheaded the initiative. Common Pathways, Worcester Public Schools, Junior Achievement, Chamber of Commerce, Oak Hill CDC and Pleasant St. Neighborhood Center played a significant role as well. Nearly 80 employers provided job opportunities, including the City of Worcester, UMass Memorial, Hanover Insurance Group, Worcester Youth Center, YouthGROW, YOU Inc., YouthNet and Friendly House as well as many others. The success of the initiative was highlighted by the Telegram and Gazette in a six part series entitled "Summer Jobs for City Teens". Each article detailed the work experiences of a few youth at a participating job site. CMCHC would like to congratulate the whole community for coming together to support youth in Worcester this summer. Every job provided the youth with critical new skills and hope for a better future. This is one of many examples of positive youth development that is not only being talked about but is being enacted in our communities.

UPCOMING CMCHC TRAININGS:

Trainings will take place on the third Thursday of every month from 8:30 AM - 12 PM at 44 Front Street, Suite 280 Worcester MA 01608. Pre-registration is required. The registration fee is \$25.00 per training. Please make your checks payable to: LUK, Inc. (*Some scholarships are available*). Call 508-438-0515 for more information.

- Conflict Resolution Strategies, with José Rivera and Mariana Islam on 9/21/06
- Designing and Finding Effective Survey Instruments, with Cassandra Andersen and Faye Fulone Sweeney on 10/19/06
- Cultural Competency, with José Rivera and Vicente Sanabria on 11/16/06

