



CMCHC

Bulletin Board



central massachusetts center for
healthycommunities
 A program of LUK, inc
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Letter from the Director

It seems like just yesterday we were celebrating our opening of the Central MA Center for Healthy Communities, and here we find ourselves just past our first year anniversary! It's been a busy and satisfying year getting to know the communities throughout Central MA, working with community partners throughout the region and developing our training and technical support programs. We have also built relationships with several coalitions. I take this opportunity to highlight one of the exciting initiatives that promise to build a healthier community in Central MA: **Common Pathways**.

This new initiative is a result of the merger of the Greater Worcester CHNA (8) and Pathways to Progress. Throughout the late summer and fall, a task force was formed from both groups representing a vari-

ety of community organizations. We worked with Tyler Norris of Community Initiatives to develop a mission, vision and model to enhance community engagement, civic involvement and benchmark progress to positive outcomes for the Greater Worcester Community. It is our hope that Common Pathways will bring broad sector engagement to community improvement efforts, and help to coordinate our community resources and assets for the residents of Greater Worcester.

Look for more on this exciting new initiative as well as the great workshops that the staff of CMCHC has been busy planning for spring. We look forward to continuing our work with coalitions throughout the region that help to build healthier communities and promote positive youth development.



Guests at our One Year Anniversary Celebration



Faye & José joke with Kenny our community partner from LUK, Inc.

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¡Hola!

By José Rivera

¡Saludos a nuestros amigos, vecinos y colegas Latinos! Queremos recordarles que aquí en CMCHC nuestros recursos y empleados estamos siempre a su disposición. Los que trabajamos con nuestros hermanos y hermanas tenemos la fortuna de poder comunicarnos en Inglés tanto como en Español. Sin embargo, sabemos que, no importa lo bilingue que uno sea, no hay nada como la lengua propia para tener ciertas conversaciones. Por tanto, aquí en CMCHC hemos comenzado a preparar una serie de talleres y adiestramientos en Español que esperamos sean de interés para nuestras comunidades.

El primero de estos talleres será sobre El Abuso de Drogas y tendrá lugar aquí en CMCHC el jueves 15 de abril del 2004 de 9:00 AM al mediodía. El taller cubrirá 1) Cambios en los patrones de uso de drogas, 2) Las consecuencias que estos cambios han tenido en el

campo de drogadicción, 3) Intervenciones para la prevención recomendadas (y a veces requeridas) por las agencias que ofrecen fondos para hacer este trabajo, y 4) Recursos. Esperamos verlos aquí. Para más información y/o para registrarse, llame a Laura Martínez (518) 438-0515 o escriba lmartinez@cmchc.org.



Greetings to our Latino friends, neighbors and colleagues! We want to remind you that our resources and staff at CMCHC are always at your service. We who work with our brothers and sisters have the fortune to be able to communicate both in English and Spanish. However, we are aware that, no matter how bilingual one might be, there is nothing like one's own language to have particular conversations. Hence, here at CMCHC we have begun to prepare a series of workshops and trainings in

Spanish that we hope are of interest to our communities.

The first of these workshops will be on Substance Abuse and will take place here at CMCHC on Thursday, April 15, 2004, from 9:00 AM to noon. The workshop will cover 1) Changes in drug use patterns, 2) Consequences these changes have had on the substance abuse field, 3) Prevention interventions recommended (and at times requested) by agencies funding this work, and 4) Resources. We hope to see you here. For more information and/or to register, contact Laura Martínez (508) 438-0515 or e-mail lmartinez@cmchc.org.



Y outh Partner: YMCA & CMCHC

Hi, my name is Abimbola but known to most as Lara. Currently I am interning here at CMCHC as part of the YMCA Citizen Schools program. Over the past four years I have worked with youth organizations in Worcester in direct service care for youth in educational and after school programs. I have grown more aware of youth needs and developed skills that assist me in becoming a better youth worker/educator. My commitment to working with youth comes from my own experiences and struggles of growing up in Worcester. I

found there was limited access to programs and resources which have helped me continue my goal of becoming a professional youth educator. My days begin at CMCHC in the morning conducting community outreach, gathering and assessing information on area youth partners. In the afternoon I go to the Accelerated Learning Laboratory (A.L.L.) Schools where I lead my peers in designing hands-on curricula to teach youth apprentices.

The Teaching Fellowship at Citizen Schools is a two-year professional development program

By Abimbola (Lara) Adeyinka

that offers training and an opportunity to work with a partner organization. Working at CMCHC provides me with leadership development and community building skills. If you would like more info about Citizen Schools e-mail Heather Whightman, program director at YMCA Worcester, hwhightman@ymca.worcester.org.



Resource Center Update

By Faye Fulone Sweeney

With a new year come new acquisitions to the resource library. In particular are periodicals and newsletters. Look for “The Marin Institute Newsletter” along with “American Journal of Health Education” to name a couple.

Now that CMCHC has a Media Specialist on staff, resources on that subject will also be available. “Teaching Youth Media” will be arriving soon. This book explores the power of using media

education to help urban teenagers develop their critical thinking and literacy skills. Also new on the shelves is “Developing Communities in Partnership with Youth”, a manual for starting and maintaining youth as resources programs.

Additional resources to the video library are, “A Class Divided” which explores what the children of a daring classroom experiment learned about discrimination and how it still affects them today and

“At the Table”, youth voices in decision making.

If you have any questions about any of the resources available or how to access them, please do not hesitate to call the Center and ask for Faye.



CMCHC Resource Center's Book Room

Helping Build Bridges Toward Youth/Adult Collaborations

By Laura Martínez

Advocates of youth-adult collaborations believe that the best way to achieve successful Youth Development programs is to include youth through the entire process. Such youth-adult collaborations help programs become more sustainable and effective with realistic and honest goals. Young people continue to be seen as the population youth development work is **done to, not done with**. In order for organizations and collaborations to reach a full partnership with young people we must begin to build new forms of collaborations that are inclusive of **everyone** in our community. Accordingly, the Central MA Center for Healthy Communities is committed to providing skills-training and educational resources that will assist community programs in creating partnerships with youth.

**Give Us Our Rights.
Show Us Respect.
We'll Take
Responsibility.**

-International Youth
Leadership Council Advocates

The Center's dedication towards positive youth development has motivated us to begin a series of workshops that will focus on the issue of youth-adult partnerships in a three part training series. These workshops build upon a statewide training held in February, sponsored by Massachusetts Collaborative for Action and Learning (MassCALL). The first workshop will consist of training youth workers on how to involve youth in the development process, as well as how they can communicate with youth effectively. The second workshop is targeted towards skills training for youth that will give them better insight into how most organizations and collaborations work. This training will empower young people to take an active role in the process. The third workshop is an attempt to bring

youth and adult participants to the same table in hopes of breaking down any previous barriers and will begin the process towards effective communication. The workshop schedule is as follows:

Building Bridges Towards Youth/Adult Collaborations

Thursday, March 11th 10:00a.m.-12:30p.m.

Youth Development Skills Training for Youth

Thursday, June 17th 3:00-5:00p.m.

On the Same Page: Youth & Adult Workshop

TBA

For the most up to date and accurate information about the events listed please contact CMCHC staff at (508) 438-0515.

Resource: *National 4-H Council: Creating Youth/Adult Partnerships: The Training Curricula for Youth, Adults, and Youth/Adult Teams.* Chevy Chase, MD: The Council, 1997



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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: lmartinez@cmchc.org or fax 508-438-0516 with your current contact info. **Thank You!**

March

National Nutrition Month

4 Grant Writing Workshop
9:00a.m. - 12:00p.m.
@CMCHC

11 *Building Bridges
Towards Youth/Adult
Collaborations
10:00a.m. - 12:30p.m.
@CMCHC

15 *Facilitation Skills
Training
10:00a.m. - 12:00p.m.
@ CMCHC

16 MA Peer Helpers
Association Conference
@ Dean College
Franklin, MA

26 “ What’s Eating You:
Moods, Foods & Lifestyle
Changes”
8:00a.m. -3:30p.m.
@ Radisson Hotel
Milford, MA

April

Alcohol Awareness Month

www.ncadd.org

6 *Evaluating Your
Program
1:00-4:00p.m.
@CMCHC

7 *World Health Day*
www.who.int/world-health-day/2004/en

15 *Abuso de Drogas 101
9:00a.m. - 12:00 p.m.
@CMCHC

Worcester Youth & Family
Network “Youth Summit”
TBA

May

Mental Health Month

www.nmha.org

5 CHNA 9 Conference on
Elder Health
@ Wachusett Inn &
Conference Center

27 *Trabajando con la
Juventud
10:00a.m. - 12:00 p.m.
@CMCHC

31 *World "No Tobacco"
Day* [www.wntd.com/
about_index.cfm](http://www.wntd.com/about_index.cfm)

June

14 - 20 *National Men's
Health Week*
www.menshealthweek.org

17 *Skills Training for
Youth
3:00-5:00 p.m.
@CMCHC

North County Youth
Summit
TBA

Calendar Of Events

** Please note: There is a \$25 registration fee for these workshops. We would never want anyone not to be able to attend due to financial restraints, so scholarships are available.*