



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

UPCOMING TRAININGS & EVENTS:

- Worcester Police Dept. Youth Summit 5/11/06
- Meet & Greet Vicente Sanabria at CMCHC 5/16/06
- Conflict Resolution Skills and Strategies training 5/18/06
- Community Forum on Multi-Cultural Mental Health 5/31/06
- Safe Homes Awards of Courage event 6/06/06
- Evaluation– The Basics training 6/15/06
- Public Benefits and Services for Children with Special Care Needs training 6/21/06
- SADD National Conference 7/14/06

Visit www.cmchc.org for more details



Dear Community Partners,

The work that we're all engaged in impacts the well being of many people and organizations that make up our communities. Work well done in the community gives us a reason to celebrate – and celebration is what we need more of. Apart from birthdays, anniversaries, and the reaching of milestones, we can also applaud the deepening of the Healthy Communities Principles in Central MA that are bearing fruit through purposeful action. As Paulo Friere said in his book "Pedagogy of the Oppressed," action should lead to reflection, which should lead to more action. And in my view these principles, when they are used as a model and not a program, can bring about the type of action that allows reflection and leads to community and systemic change.

Personally, this type of reflection has expanded my view of prevention in that it needs to be comprehensive and work within a multidisciplinary approach, particularly with non-traditional partners such as those in the world of community economic development. Examples of these non-traditional partners include Community Development Corps., tenant associations, financial institutions, micro businesses, government, and various university departments.

Having been Deputy Director of The Prevention Network, Director of the CSAP funded Lawrence Community Partnership and Director of Somerville Cares About Prevention has given me the opportunity to put these thoughts into practice in urban, suburban, and rural areas. These are what I call the different "Americas." The one commonality that they have is that increasing local capacity can address various community issues, i.e., social, behavioral, environmental, or economic. Prevention work at the community and institutional level needs to be carried out through the comprehensive development of local leadership. The role of the CMCHC staff in this regard is to guide processes, provide feedback, and build continual local and regional capacity through training, consultation, and the brokering of relationships. The doing of the work needs to fall to local leaders and followers in our communities. This, I believe, is capacity building at its best through the use of the Healthy Communities Principles.

As a resident of Leominster I am aware of many of the issues affecting Central MA and look forward to meeting and working with the many partners that have contributed to the success of the CMCHC.

-Vicente Sanabria



Common Pathways Next Steps

By Clara Savage

More than 115 participants from varying age groups, sectors, neighborhoods and backgrounds gathered together on April 5 for Common Pathways Second Community Forum. The purpose of the forum, held at Clark University's Tilton Hall, was to review and discuss results from Common Pathways' first forum held on November 30, 2005 at the YWCA in Worcester, which was attended by more than 150 people. April 5 Forum attendees identified which of the 12 themes, emerging from that first forum, were most important to them in formulating the next steps. Following a group exercise, in which each participant identified their top four theme choices, attendees broke into small discussion groups to exchange ideas and brainstorm their number one theme selection in relation to these three questions:

1. What needs to be done about the theme?
2. Who's already doing what?
3. What would success look like regarding the theme?

The results from those group discussions were compiled and presented to Common Pathways' Leadership Council and Support Team. A third Community Forum is planned for Fall 2006. Please join us in helping to bring the community together to build a better Worcester for all. To learn more visit: www.commonpathways.org

Central MA Joins Town Hall Meetings Across the Country by José Rivera

"Start Talking Before They Start Drinking." With this unifying theme, Bellingham, Fitchburg, Shrewsbury, and Worcester joined over 1,000 other communities across the country. The purpose of the meetings was to increase the understanding of underage drinking and its consequences, and to encourage conversations addressing these issues among individuals, families and communities. They were offered in diverse venues and in different contexts to meet the unique characteristics of each community. All four Town Hall Meetings in our region clearly evidenced powerful and effective collaborations. Each community brought together youth, parents, educators, justice & law-enforcement representatives, service providers, and local government officials for an evening of information and dialogue. Many worked long and hard to make the events the successes they were. Unfortunately, we do not have the space to recognize all of them. We must mention, however, the lead groups that brought everyone on board: Bellingham: Wayside Youth & Family Services and Bellingham High School; Fitchburg: LUK, Inc., the Fitchburg Community Action Team (FCAT) and Fitchburg State College; Shrewsbury: Representative Karyn Polito, Shrewsbury Youth & Family Services and Shrewsbury High School; Worcester: HOPE Coalition and Worcester Youth Center. Kudos to all!

The Town Hall Meetings in Massachusetts were sponsored in part by the Interagency Coordinating Committee on the Prevention of Underage Drinking, a group that includes the Administration for Children and Families, Alcohol and Tobacco Tax and Trade Bureau, CDC, Federal Trade Commission, National Highway Traffic Safety Administration, National Institute on Alcohol Abuse and Alcoholism (NIAA), Office of the Assistant Secretary of Defense, OJJDP, Office of Safe and Drug-Free Schools, Office of the Surgeon General, SAMHSA, and Office of National Drug Control Policy. The communities also received support from the Massachusetts Department of Public Health, Causemedia, the Regional Centers for Healthy Communities, and local partners.

Youth Employment

By Cassandra Andersen

Worcester has been mobilizing around youth employment in recent months. The activity has come from all sectors of the community.

Building Brighter Futures with Youth has been engaging providers of pre-employment training for youth. By holding forums around the city, providers got together to discuss what they are offering youth and what else can be done. Efforts to collaborate, partner and support each others' work to improve the services provided to these youth are under way. By the end of the series a comprehensive list of pre-employment program providers will be produced. This list will help providers to collaborate more effectively.

Youth have also been advocating for themselves all over the city. The topic of youth employment was discussed by youth and adult residents of Worcester at both of Common Pathways Community Forums. It was also a major topic at the "Working for a Better Community" event organized by Worcester Global Action Network. The speakers identified research showing that: economically disadvantaged youth who work during high school are less likely to drop out of school than their non-working peers; urban areas with higher rates of em-

ployment of teen females have significantly lower teen pregnancy rates; metropolitan areas with high teen employment rates have significantly higher employment participation rates for young adults five years later.

Worcester Mayor, Timothy Murray, is working with the United Way of Central Mass and the Worcester Community Action Council to engage the business community in summer employment of youth. Their goal is to see 1,000 new jobs created for at-risk youth. This lofty goal is supported by an influx of state funds garnered by the intense lobbying efforts of Worcester Interfaith and State Rep. James Leary. The model the city is using for youth job placement "Around the Corner," was developed by the Pleasant Street Network Center. Many community organizations are involved in the effort to increase youth employment. Some key contacts to help you get involved are:

- To place a youth contact: Youth Works, Patsy Lewis, 508-754-1176
- To fund a youth contact: Summer Youth Employment Fund, Nancy Jackson, 508-757-5631
- To find out more about the Around the Corner model contact: Mary Keefe, 508-754-7793

"Spring" Into New Resources by Faye Fulone Sweeney

Another Spring is upon us and the CMCHC Resource Center is blooming. As the days get warmer it gets harder to be inside, but hopefully, recently acquired materials will bring you into the resource center.

The latest acquisition to the library is a set of 10 "Reality Matters" videos covering issues such as bullying ("Cruel Schools"), taking sports risks ("High Performance"), substance abuse ("Deadly Highs" and "Under the Influence"), and teen stress ("Taking Care of Me") to mention a few. Per the request of a few of our patrons we now have "Raising Cain" and "Country Boys" on DVD and two new books "Drawn to the Fire" and "Co-Parenting Survival Guide". We also have an updated book on the always-needed icebreakers titled "201 Icebreakers". Along with these new additions to our library, we now have multiple copies of "this place", the video shown at the recent Town Hall Meetings throughout the country. Future planned purchases will add to our Leadership, Community Health Planning, and Organizational Development category shelves.

Please search our online catalog at www.rchcweblibrary.org

