



central massachusetts center for healthycommunities

A program of LUK, Inc.

Funded by the MA Dept. of Public Health

44 Front Street, Suite 280
Worcester, MA 01608-1733
508-438-0515 or 800-820-0036
Fax 508-438-0516
www.cmchc.org

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!**



Life Changes Help, Hope & Healing For the Resilient Heart

Friday, September 21, 2007
8:15 AM—2:00 PM
Sheraton Milford Hotel

Conference Sponsored by:
Community Partners for Health (CHNA 6)

Hey Adult Advisors!
An opportunity for you & your youth!
Join the Governor the Commissioner and other guests in Worcester for a Press Conference to award the FY 2009 Massachusetts Youth Against Tobacco mini-grants & a **WEBSITE LAUNCH PARTY** for the84.org. Come see performances by local youth, jam to a DJ, enjoy refreshments and support tobacco-free youth. **RSVP today!**

Thursday, August 30, 2007 from 2:30-4:00PM

To find out more and to register visit
<http://www.cmchc.org/communitytrainings.html>



Letter from the Director

Summer 2007

Dear Community Partners,

During the summer we have been busy planning and working with some of our partners on new initiatives. While there are too many to mention I do want to highlight the work of the Community Health Network Areas (CHNA) in our region. They are involved in projects that will impact the region from a Healthy Communities perspective.

Community Health Network of Southern Worcester County (CHNA 5) has been awarded a grant from the Health Foundation of Central MA to conduct a comprehensive assessment of their whole area. This will help them in identifying and addressing community health issues and further engage a broad level of partners in their Healthy Communities planning model.

Community Partners for Health (CHNA 6) in the Greater Milford area will be holding their conference on September 21st. Their theme is Life Changes: Help, Hope and Healing for the Resilient Heart. More information is available on our website.

Common Pathways (CHNA 8) covering Greater Worcester

is planning their 3rd community forum in October to present their community health data and begin a process to address the findings.

Community Health Connections (CHNA 9) which represents North County and Nashoba Valley will be organizing their Steering Committee to have more representatives from across their area.

Our work with these CHNAs and many other coalitions and groups will continue unabated due to our having been awarded a new three year contract to continue our Healthy Communities work. While we will still provide resources in substance abuse prevention our funding will also allow us to strengthen the tobacco prevention aspect in which many youth in our region have been involved.

We look forward to working with you in maintaining the momentum developed during our first 5 years. Please feel free to contact me if you would like additional information on the CHNAs or other central MA activities.

Yours in Capacity Building,
Vicente Sanabria

MPHC by José Rivera

The Massachusetts Public Health Council has had an important role in public health since it was established by legislation in the nineteenth century. A Press Release issued by DPH earlier this year reads: "The Public Health Council has the authority to make and issue rules and regulations related to health care, health care facilities, patient protection and other areas of public health policy. The Council also plays an important role in ensuring the equitable distribution of health care resources throughout the Commonwealth by reviewing and approving plans by hospitals to expand or add additional services."

This year, the PHC was reconstituted as part of Health Care Reform. The thoughtful broadening of the Council membership, in the words of Health and Human Services Secretary JudyAnn Bigby, was designed to "bring a depth and breadth of experience in public health and health care that will stand the State and the Department in good stead". The PHC is made up of a Chairperson (the DPH Commissioner) and fourteen members who serve for a term of six years. Twelve are appointed by the Governor (four must be providers and four must be non-providers); the other two members, who must also be non-providers, are appointed respectively by the Secretary of Elder Affairs and the Secretary of Veterans' Services.

I was humbled and honored when the Board of Directors of the Massachusetts Association of Community Health Workers (MACHW) nominated me for the PHC in the Non-Health Care Provider category. As defined in MACHW's brochure, Community Health Workers apply their "unique understanding of the experiences, language and culture of the communities" they serve. LUK's Mission, Vision and Values in Action speak of our commitment to "Building Stronger Communities" through services, leadership and partnerships. MACHW's nomination offered me the opportunity and challenge to be a liaison between the work of the PHC and an understanding of what our communities offer, need and respond to. I knew I needed to accept the nomination; I owe at least that much to MACHW, LUK, my communities, and my own values.

On April 25th, thirteen of us were sworn in by Governor Patrick's office; and the work began, having the first PHC meeting that same day. The work is as daunting as it is fascinating. We are constantly exposed to new experiences, new learnings, new challenges, and new opportunities. I could not do this work effectively without MACHW, which has helped me to deepen my understanding of policy and social justice or without LUK, where my passion for and knowledge of substance abuse, HIV/AIDS, prevention, cultural diversity, and community engagement among others have been challenged, honed and nurtured for the past 26+ years.

The vision of Governor Patrick, the leadership of Commissioner Auerbach and the expertise of the diverse PHC herald significant and progressive work ahead. Acknowledging "the broad spectrum of public health and health care expertise represented by the new Public Health Council members," Commissioner Auerbach has stated his confidence: "they will serve the public interest well and will work with the Department of Public Health on Its many responsibilities to protect and promote the health of all the residents of Massachusetts." With your assistance, I look forward to adding the voices of LUK, MACHW and the communities of Central Massachusetts to my own in answering this call to action.

New School Year Brings Tobacco Use Prevention Tools by Faye Fulone Sweeney

After the dog days of summer, come the colors of fall and also the beginning of a new school year. Many people, especially kids on their way back to school, think of the fall as a time to acquire the necessities to make their school days easier. Here at CMCHC we have done much the same thing, including in the Resource Center. The new contract that the MA Department of Public Health has with LUK, Inc. and CMCHC includes, among other topics that of tobacco use prevention. The Massachusetts Tobacco Control Program (MTCP) has granted funding to the Regional Centers specifically to help combat tobacco use particularly with youth. CMCHC has always had a number of books and videos/ DVDs on tobacco prevention, but we have updated our resources significantly.

The harmful effects of tobacco use and addiction have been well documented and publicized. Tobacco is one of the most commonly-available and widely-used drugs because it is legal for people over age eighteen to purchase and use. Addiction to tobacco is the most widespread form of chemical dependency and often precedes the use of other drugs, such as alcohol, marijuana, and /or cocaine. According to the Centers for Disease Control and Prevention (CDC), tobacco use is the single most preventable cause of death in the United States. Prevention education is essential to keeping youth from starting to smoke.

Included in the latest acquisitions in the CMCHC Resource Center on tobacco prevention and treatment for those that already smoke are: *Teens Campaign Against Tobacco*, *Teens Voice Solutions to ATOD* (Alcohol, Tobacco and Other Drugs); *The ABC's of Smoking* (flip chart); *Peter Jennings Reporting: From the Tobacco File*, *Cozy Killer: The History of Cigarettes*, *Behind the Smoke Screen: Facts About Tobacco Use*, *Preventing Youth Access to Tobacco*, *The Tobacco Dependence Treatment Handbook: A Guide to Best Practices*, *Ending the Tobacco Holocaust*, *How Big Tobacco Affects Our Health*, *Smoking: Don't Get Burned* (folding display); Cigarettes: *What's It Going to Cost You?*, *What's In Tobacco Smoke*, *Tobacco Ingredients* (display); and *Smoking Cessation*.

These tools are available to help educators and parents do their jobs better and easier in preventing youth from starting to smoke and also offer assistance to those that have already started and would like to quit.

Hope to see you all in the Resource Center soon borrowing these and the many other materials we've recently purchased, such as: *A Way to Quit Gambling; This is Gambling (addiction series); Obesity: An American Epidemic; The Truth About Childhood Obesity; Drugs, Lies & Teenagers; A Teen's Guide to Living Drug Free; Where's the Learning in Service Learning?; Learn the Secrets to Youth Engagement; Countering the Urban Influence; Finding the Perfect Job; Surviving Peer Pressure; Teens In Between; and Making a Good Impression.*

