



CMCHC

Bulletin Board

central massachusetts center for

healthycommunities

A program of LUK, Inc

44 Front Street, Suite 280
Worcester, MA 01608

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www.cmchc.org



Letter from the Director Winter 2006

Inside This Issue:

Dear Community Partners,

On behalf of the staff of the CMCHC, we wish you all a happy and healthy 2006! In the spirit of healthy communities, we'd like to applaud some of the community partners and successful initiatives we've been privileged to be a part of in 2005:

- LUK, Inc. for their continued commitment to providing evidence based programming to support the youth of North County in staying alcohol and drug free, through the Communities Mobilizing for Change on Alcohol and All Stars Models.
- Clinton partners for coming together to share their visions, concerns and resources to address issues of underage substance abuse and youth development in their community.
- The HOPE Coalition, Building Brighter Futures for Youth, and YOUTH F1RST for working together to create a community-wide culture that supports positive youth development throughout Worcester. Each of these collaborative efforts has provided critical support for youth by developing opportunities for meaningful engagement, jobs and job training, and building a strong network of youth service providers.
- Wayside Youth and Family Support Network for working in the communities of Milford and Bellingham to link evidence based programming in the schools with community-based coalitions to build a comprehensive plan to address underage alcohol and drug use.
- Common Pathways, a broad based community-wide coalition in Greater Worcester, for implementing a truly inclusive community input process and developing critical partnerships across the community to align positive community change efforts and develop priorities to build a common pathway to a healthier community for all.
- Partners for Progress, Community Partnership for Teen Health and Southbridge Community Connections for working to bring resident and community leaders together in Southbridge to assess needs, address gaps and begin to build partnerships to improve the quality of life in their community.

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We know there are many more positive initiatives; this is but a short list. We pledge to continue to support the important work you all do to make our region a wonderful place to live and work.

A very sincere thank you to all!
Dodi Swope

Common Pathways On the Move and In the News

By Clara Savage

Common Pathways had a very good year in 2005. Since early January of 2005 we have been engaged in meetings, committees, interviews, discussion groups, visits, workshops, and many other activities. We have been featured in these media venues: Worcester T&G, Worcester Magazine, Worcester Business Journal, Channel 3, Channel 13, and others. We can summarize as: 90% were positive comments and endorsements, 5% some positive criticism, and 5% simply negative comments. We welcome constructive criticism as it allows us to reflect, adjust, and grow with more confidence. We don't expect to be perfect, but we will make every effort to be inclusive and positive.

The Worcester T&G's editorial article "Uncommon Effort" printed on 11/16/05 stated: *Common Pathways, through its Leadership Council, will guide the process. However, it will not be a top-down process. Strong community involvement in identifying specific needs is a priority... The emphasis will be in partnerships and communication among businesses, non-profits and the public sector... This systematic focus on quality-of-life is welcome, but the founding group can't do the job alone. The success of Common Pathways depends on building a consensus that only broad community engagement can produce.*

We are pleased and thankful for the support of Worcester's mass media. We also want to acknowledge the 150 plus participants at the Community Forum, and more than 350 individuals and organizations who participated in discussion groups, interviews and taking our survey. We continue to welcome input from small discussion groups, so if you want to organize a group, we will be happy to listen to your voices. We are also still receiving input through our on-line survey at : www.commonpathways.org.

Common Pathways defines Worcester's assets, challenges, and priorities through your ongoing input. But defining priorities is not enough to improve Worcester. Worcester's quality of life is affected (positive or negative) by its residents and organizations' actions every day. Common Pathways is about promoting an atmosphere of coordinated actions where we, together as a city, maximize our efforts to improve our common quality of life. We are active builders of a better destiny for our city.

On behalf of Common Pathways, best wishes for a very prosperous 2006!

Healthy New Year's Resolutions by José Rivera

The coming of the New Year often inspires us to reflect on the past and, perhaps more importantly, to look forward to the future. Many of us are even moved to make the traditional New Year's Resolutions as a way of thinking about how we want to improve our lives.

In thinking about this New Year, it occurred to me that we could include in our resolutions decisions that would not only help improve our personal lives but our communities as well. So here are some options to help 2006 be a healthy year for ourselves, our friends, our loved ones and our communities.

In 2006 I will...

- Be more involved in my children's lives and/or the lives of other youth in my community
- Publicly acknowledge and praise the good choices people make
- Make prevention messages part of my everyday conversations with others
- Partner with local schools to facilitate the integration of prevention education into their curricula
- Help create opportunities for the youth in my community that challenge their capabilities without overwhelming them
- Compliment others on the strength of their character
- Host a party where alcohol will not be served and have a great time
- Partner with my rabbi, pastor, minister, priest, or spiritual leader to bring prevention messages to the community
- Be a visible, recognizable, approachable source of support for youth who are struggling and for those making good choices

May 2006 bring health, safety and joy to all our communities.



2006 Youth Summits

By Cassandra Andersen

Two communities in Central MA have begun to plan Youth Summits that will take place in the Spring of 2006. The Youth Summits will take place in Fitchburg and Worcester. Youth from the greater Worcester and Fitchburg communities are welcome at the Summits. Adults who work with and advocate for youth will also be invited to attend the events. Each summit will provide youth access to local programs and resources that they may not have been exposed to before. They will be offered training at each summit where they can gain life skills and develop as leaders. Youth Summits are also a great place for youth to make new friends and meet other youth who are working to make their communities a healthy and positive place to live.

The Youth Summit in Fitchburg is sponsored by the North Central MA Youth Alliance and is planned with the help of LUK Inc.. The Youth Summit in Worcester is organized and planned with the help of the YOUTH FIRST and HOPE Coalitions along with other individuals. I am excited to be a part of the planning process for both Summits this year. If you would like to be involved in the planning of either event or have resources to offer the event planners, please contact me at 508-438-0515 or candersen@cmchc.org. Date and venue information for the Youth Summits will be coming soon to our website!



Melanie Makes a Difference

By Courtney Bisceglia

With the New Year beginning I would like to celebrate the passing of a new law called "Melanie's Bill." This bill is named after Melanie Powell, 13, of Marshfield, who was struck and killed by a repeat drunk driver in 2003 as she walked with her friends on Route 139. Melanie's Bill toughens the drunken driving laws, and especially cracks down on repeat drunk drivers.

Some of the provisions include the elimination of the 15-day temporary license; the defendant loses their license immediately upon written notice from a police officer. Also, the defendant's car is impounded for 12 hours after the arrest to assure they are not driving their vehicle. Repeat offenders and those with high Blood Alcohol Content arrests, which is .20 or higher, are required to undergo an assessment of alcohol abuse problems and attend appropriate treatment. With the new law, if someone refuses a breathalyzer, the penalty for the first offense is a 180 day loss of license, second offense is a 3 year loss of license, third offense is a 5 year loss of license, and for a fourth offense a lifetime loss of license. If someone is found guilty of vehicular homicide and had a previous OUI charge, he or she will lose their license for a lifetime. Ignition interlocks are being placed in cars of second and subsequent offenders for two years following the return of their license. Another addition is child endangerment, which makes it a separate offense when someone drives under the influence with a minor in his or her car.

Melanie's Bill has made a big difference to our drunken driving laws, and I would like to congratulate all of the legislature, agencies, and individuals who supported the passage of this much needed law. Enjoy the New Year, stay safe and always buckle up!!

“Healthy 2006” Resources for You!

By Faye Sweeney

The CMCHC Resource Center is a healthy place. The weeding of outdated books and videos is finished. Now you will not have to look further than the online web catalog, www.rhcweblibrary.org, to know exactly where to go to find what you are searching for. That is not to say there won't be someone available to help you when visiting the library. The staff of CMCHC is always willing to help our patrons find exactly what they need.

We recently received “Reality Matters” videos on stress and anxiety, sex and STDs, and obesity and nutrition. The new videos “@24/7.com Teens Talk About: Drugs” and “Super Size Me, Educationally Enhanced” have also arrived. Be sure to look on our “New Release” shelves for these videos. More posters and hands on materials are on the way too!

A new curriculum “Poder Latino – A Community AIDS Prevention Program for Inner City Youth” is also gracing our shelves, courtesy of our host agency.

The next time you visit the Center, please be sure to fill out the Patron Survey. We will be better able to serve our patrons if you give us your suggestions and ideas of how the resource center looks and “feels” and what resources may be helpful to you. Be sure to look in our “free books” bin for books and videos too!

A Happy and Healthy New Year to all our patrons!

UPCOMING CMCHC TRAININGS

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

Visit our website www.cmchc.org or call 508-438-0515 for more information.

DATE	TRAINING
1/19/06	Developing Inclusive Partnerships
2/16/06	Advanced Grant Writing (Part 2)
3/16/06	Building Effective Interviews and Surveys
4/20/06	Group Development
5/18/06	Conflict Resolution Skills and Strategies
6/15/06	Evaluation Basics

Statewide Training: Practical Steps Toward Cultural Competency

Date: 01/26/06

Time: 8:30 AM to 12:00 PM

Location: MetroWest Medical Center in Framingham

To register: Participants must register by **01/19/06**.

Please register by calling Betsy Maloney at 617-441-0700 x201 or for more details visit the website:

www.healthiercommunities.org