



central massachusetts center for
healthy communities

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 database up to date. Please e-mail jlubkin@cmchc.org or fax 508-438-0516 with your current contact info. **Thank You!**

Upcoming Trainings & Events

Twin Cities Town Hall Meeting (Leominster)	April 2, 2008
Ashburnham Town Hall Meeting: Dodging Destructive Decisions (Oakmont RHS)	April 3, 2008
Focus Groups Training (Holyoke)	April 8, 2008
Substance Abuse Prevention Training (CMCHC)	April 17, 2008
North Central MA Youth Leadership Summit (Fitchburg)	April 25, 2008
Risk Statistics in Evaluating Teen Health Outcomes (Shrewsbury)	May 1, 2008
Worcester Police Department Youth Summit (Worcester)	May 15, 2008
Trend Analysis: Changes Over Time (Shrewsbury)	May 21, 2008
Youth at Risk Conference (Endicott College)	June 11, 2008
Putting it All Together — Writing a Community Report (Shrewsbury)	June 19, 2008

To find out more and to register visit

<http://www.cmchc.org/communitytrainings.html>



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Bulletin Board

Letter from the Director

Spring 2008

Dear Community Partners,

Happy Spring! On our website, we have a document entitled “The Jakarta Declaration” which speaks to the outcomes communities are seeking as they implement the Healthy Communities Principles.

While supporting the work that you do in health promotion, I don’t want to lose sight of the fact that public health is a broad endeavor impacting all of the layers of communities and institutions. The Jakarta Declaration was developed in July 1997 and is worth revisiting, given the scope of work the Central MA Center for Healthy Communities has focused on.

It reads in part, “The prerequisites for health are peace, shelter, education, social security, social relations, food, income, the empowerment of women, a stable eco-system, sustainable resource use, social justice, respect for human rights, and equity. Above all, poverty is the greatest threat to health.”

If we want to make an impact through the Healthy Communities movement, it is our collective responsibility to address and recognize these prerequisites. Reducing and eliminating poverty improves a community’s health status. We provide technical assistance to our partner organizations as they do their part to fight against the “greatest threat to health.” Reducing and eliminating poverty, I believe, will make prevention more widespread.

This is the absolute essence of the Healthy Communities Principles which inform and billow the sails of our work throughout the region.

Please visit our website and feel free to send us an email with your thoughts about the Jakarta Declaration or anything relevant to community health.

To your health,
Vicente

Youth Advisory Groups

by Cassandra Andersen

In the Spring of 2008, the six regional tobacco Youth Advisory Groups across the state of Massachusetts will work together, supported and guided by Massachusetts Youth Against Tobacco (MYAT) and Massachusetts Tobacco Control Program (MTCP), to hold a thousand conversations to gather supporters and expertise in preparation to further advance tobacco prevention in 2008-2009. The culmination of these efforts will be a statewide gathering of youth and adult allies on World No Tobacco Day (May 31st) to strengthen unity and build momentum. During a portion of the event, state and local leaders will be invited to hear what youth have learned in community conversations.

The Central Massachusetts Tobacco Youth Advisory Group has already started planning these conversations and will be involved in several local youth events to increase awareness of our campaign and the visibility of www.the84.org.

A Statewide Youth Committee, composed of representatives from each of the six regions, is working closely with MYAT, MTCP and other leaders in the movement. All stages of the planning process, including research gathering, issue identification and action planning are in collaboration with staff from the Regional Centers and MYAT and connect with the MTCP strategic plan.



Resource Library Updates

by Faye Fulone Sweeney

Welcome back, spring! It looks like we could all use a breath of fresh air and with the onset of spring, we just might get it. Along with spring come some great new additions to the resource center. In keeping up with the times, all our new purchases for movies are coming in as DVDs. Here is a list of just some of the latest arrivals we have on the shelves. Full length movies are: *Never Get Outta the Boat* (Dying is easy. Recovery is hard.), *Sad Inheritance* (A mother's addiction becomes her daughter's) and *Acts of Worship* (You never know what someone's been through).

Other educational DVDs are: *Family Secrets: Inside Addiction* (Primetime Special), *World's Most Dangerous Drug* (National Geographic), *Breast Cancer: Early Detection* (Healthy Body, Healthy Mind Series) and *Chemical Dependence, Understanding Addiction* (Ask the Internet Therapist). We also have: *Nobody Gets Hurt* (Choices Have Consequences); *Lung Cancer: A Risk for Smokers and Non-Smokers* (Healthy Body, Healthy Mind Series); *Youth & Crystal Meth*; *Using the Immune System to Treat Cancer* (Stanford Health Video) and *Crystal Meth Primer*.

As always, you can see what we have and also a short abstract of these and all our resources on the web catalog at www.rhcweblibrary.org.

If you have never visited the CMCHC resource center, but would like to become a patron of the library, please visit the CMCHC web site, www.cmchc.org and click on Resource Center. That will bring you to the form you will need to apply to borrow items from the library.

Happy Spring!

Welcome to the Team!

In January, two new staff members joined the CMCHC team:



Sean M. Harris is CMCHC's/LUK's newest Substance Abuse Prevention Specialist. He has a degree in Human Services and is currently pursuing two additional degrees. Sean was born and raised in Worcester and has been working in this field for nearly fifteen years. Throughout the years Sean has worked for agencies such as The Worcester Youth Center, WCAC and Henry Lee Willis. Sean brings a passion to his work that drives him to learn as well as educate others. One of his favorite quotes is "I would like to learn everything I can, about everything I can."

Joanna Lubkin is CMCHC's new Administrative Assistant. She received her BA in Judaic Studies from Clark University in December, 2007 and is staying at Clark for her Masters in Public Administration. Originally from Nashua, NH, Joanna is still getting a feel for the Central Massachusetts towns. While Joanna has worked with nonprofit organizations for many years, she is relatively new to the field of public health and prevention strategies and is enjoying soaking up the new information.



Provide an Information Table at the 9th Annual North Central Massachusetts Youth Leadership Summit

Friday, April 25th, 2008 • 9:00 AM — 4 :30 PM
Montachusett Regional Vocational Technical School
Fitchburg, MA 01420-4696

\$20.00 per 6' table with 2 chairs. Includes lunch for two staff. Additional lunches can be purchased for \$5.00 each. Tables are available to youth throughout the day and should be setup between 8:00-9:00 am. Expected attendance is 400 youth and adults.

To register your table via phone please call: 508-438-0515

If you have any questions about the summit, would like to sponsor the event, or if you would like to register a youth group please email youthsummit@luk.org

