



CHNA 9

North Central Massachusetts

Calendar of Events

August 1 - September 8

2020 Ride of Your Life - Alternate Format

Ride on your own time FREE!

To register, sponsor, or learn more, visit www.Heywood.org/RideOfYourLife.

Though there is no fee to participate, riders are requested to register to be included in raffles, event promotions, and to ensure you receive updated route & event information.

Proceeds will assist in Heywood Healthcare's suicide prevention efforts.

\$500 Sponsorship Opportunities! Logo on lawn signs along route, social media recognition, and

\$500 Sponsorship Opportunities! Logo on lawn signs along route, social media recognition, and event promotion.

August 10

Movie Mondays: The Anonymous People

7:00 - 9:00 pm

The Anonymous People is a feature documentary film about the 23.5 million Americans living in long-term recovery from alcohol and other drug addiction. Deeply entrenched social stigma and mass participation in widely successful anonymous 12-step groups have kept recovery voices silent and faces hidden for decades. The vacuum created by this silence has been filled by sensational mass media depictions of addiction that continue to perpetuate a lurid public fascination with the dysfunctional side of what is a preventable and treatable health condition. Just like women with breast cancer, or people with HIV/AIDS, courageous addiction recovery advocates are starting to come out of the shadows to tell their true stories. The moving story of The Anonymous People is told through the faces and voices of the leaders, volunteers, corporate executives, and celebrities who are laying it all on the line to save the lives of others just like them. This passionate new public recovery movement is fueling a changing conversation that aims to transform public opinion, and finally shift problematic policy toward lasting recovery solutions.

Zoom Link:<https://lukinc.zoom.us/j/96260011515?pwd=anU5a1cxaWYwanhTTDdMMmNrUVdqZz09>

What Does Safety Mean in North Central Mass? A Community Conversation Recording available for viewing: https://lukinc.zoom.us/rec/share/3dRNH-Dbp1tIXs_u1H7SWYAQE4HrX6a82igdqcFyElxeAcDZV_c6TkmK31UtSbo Password: P1zqZE+R We all want to feel safe in our homes, schools, workplaces, healthcare settings, and neighborhoods. What does safety mean to you?

Safety means different things to people depending on their personal and cultural experiences. In this conversation, we will explore what safety means to people at various intersections of race, ethnicity, sexual orientation, gender identity, and ability here in north central Mass. What people, organizations, and systems contribute to community safety? How does safety become attainable for all our residents?

Panelists included **Oamshri Amarasingham**, deputy legislative director at the ACLU of Massachusetts, **Priscilla Rwandarugali**, an ICAPP facilitator at the YWCA central Massachusetts, **Marienelly Vazquez**, a campus advocate at Pathways for Change, Inc., **Nevonya Smith**, a community organizer, parent, and coach in Gardner, and **Bruce E. Wells II**, a Primary Therapist for Recovery Centers of America in the Westminster CSS Unit. **Deborah Hall**, Director of Domestic Violence Services at the YWCA, moderated.

August 11

SURJ North Central Chapter Meeting

7:00-8:45pm [https://lukinc.zoom.us/j/93327217812?](https://lukinc.zoom.us/j/93327217812?pwd=bC9mSFIFT1IzeThlaWFQZERPdo4yUT09)

[pwd=bC9mSFIFT1IzeThlaWFQZERPdo4yUT09](https://lukinc.zoom.us/j/93327217812?pwd=bC9mSFIFT1IzeThlaWFQZERPdo4yUT09) Meeting ID: 933 2721 7812

Password: 798146

One tap mobile +13126266799,,93327217812# US (Chicago)

+14702509358,,93327217812# US (Atlanta)

August 11

Everything You Need To Know About Medications for the Treatment of Opioid Use



Disorder

Disorder

9:00 AM – 11:00 AM

[REGISTER HERE](#)

2 CEUs

The American Society of Addiction Medicine revised the definition of addiction in 2019 as follows: “Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual’s life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences. Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases.” This training will focus on the disease of opioid use disorder (OUD) and the medications used in combination with behavioral treatment to manage this chronic disease and assist patients in achieving recovery and long-term sobriety.

August 11

SURJ North Central Chapter meeting

7:00 pm

Join Zoom Meeting <https://lukinc.zoom.us/j/93327217812?pwd=bC9mSFIFT1IzeThlaWFQZERPdo4yUTo9>

Meeting ID: 933 2721 7812

Password: 798146

One tap mobile +13126266799,,93327217812# US (Chicago)

+14702509358,,93327217812# US (Atlanta)

August 13

The Intersection of Substance Use Disorder & Anxiety Disorder

9:00 AM – 11:00 AM

[REGISTER HERE](#)

2 CEUs

According to the American Psychiatric association, anxiety disorders are the most common of mental disorders and affect nearly 30 percent of adults at some point in their lives. By definition, anxiety is a normal reaction to stress and can be beneficial in some situations. It can alert us to dangers and help us prepare and motivate our behaviors and to pay attention to our environment. However, for about 20 percent of Americans with an anxiety or mood disorder such as depression they develop an alcohol or other substance use disorder. The symptoms of one disorder can make the symptoms another worse; an anxiety disorder may lead to using alcohol or other substances to self-medicate or alleviate anxiety symptoms, thus making it imperative to treat both simultaneously to effectively treat both. This training will focus on the intersection of anxiety and the disease of addiction. It will explore the different types of anxiety, explore how they interfere with Sud and it will end with a discussion on effective treatment strategies to help our patients begin their healing and achieving recovery and long-term sobriety.

August 13

Treating Addiction with Compassion, Connection & Kinship

12:00 – 2:00 PM

[REGISTER HERE](#)

2 CEUs

Cultivating compassion, connection and kinship goes beyond feeling more empathy and concern for others. It develops the strength to be with suffering, resilience in the face of life's challenges, and the courage to take compassionate action. These qualities support a wide range of goals, from improving personal relationships to making a positive difference to those suffering from the disease of addiction. Preliminary research suggests that creating environment of compassion, connection,

of addiction. Preliminary research suggests that creating environment of compassion, connection,

and kinship lead to healing and understanding. Similar programs can increase self-compassion and self-care, reduces stress, anxiety, and enhanced connection with others. These are beneficial practices for those who work in the behavioral health field, as well as those who are connected to those in active addiction, and recovery.

August 13

Angst screening

Angst is designed to raise awareness around anxiety and includes interviews with kids, teens, educators, experts, parents and a very special interview with Michael Phelps. Our goal specifically is to help people identify and understand the symptoms of anxiety and encourage them to reach out for help.

[Click here to watch the trailer](#)

[AngstMovie.com](#)

[Click to Register for Thursday, August 13 at 3:30 pm PST / 6:30 pm EST](#)

August 14

Healthy and Safe Relationships CHIP group meeting

1:30 p.m.

Join Zoom Meeting <https://fitchburgstate.zoom.us/j/93694026463> Meeting ID: 936 9402 6463 One tap mobile [+16468769923](tel:+16468769923), [93694026463](tel:+13017158592)# US (New York)

[+13017158592](tel:+13017158592), [93694026463](tel:+13017158592)# US (Germantown)

We will debrief from the Community Conversation on Safety and begin to think about

August 14

ADHD in Substance Use Disorder

9:00 – 11:00 AM

[REGISTER HERE](#)

2 CEUs

With all of the rumors, legends, myths and misinformation that exist about attention-deficit/ hyperactivity disorder (ADHD), it can be difficult to know what is fact and what is fiction. Is there a relationship between ADHD and substance abuse? If so, why does this correlation exist? Finally, what can be done to prevent abuse and treat the symptoms if they have already begun? ADHD has historically been a diagnosis shrouded with judgment and a devaluing of its existence. However, with current evidence, it seems clear that people with ADHD are more likely than the general population to have

greater rates of substance abuse that begin at earlier ages. This training will discuss what ADHD is and the neurobiology and etiology that increases the likelihood of someone being diagnosed with ADHD. The training will explore the symptoms and strengths of ADHD and tie in how SUD is linked to this diagnosis. And finally, effective treatment options will be identified to help stop the trend of people with ADHD being at higher risk for substance abuse, including working to know the facts, the use of medication, and understanding the triggers.

August 18

LIKE screening

LIKE explores the impact of social media on our lives and the effects of technology on the brain. The goal is to inspire and help equip us to self-regulate. Social media is a tool and social platforms are a place to connect, share, and care... but is that what's really happening?

[Click here to watch the trailer](#)

[TheLikeMovie.com](#)

[Click to Register for TUESDAY, AUGUST 18 at 9 am PST / 12 Noon EST](#)



August 19

ANGST screening in Spanish

Angst is designed to raise awareness around anxiety and includes interviews with kids, teens, educators, experts, parents and a very special interview with Michael Phelps. Our goal specifically is to help people identify and understand the symptoms of anxiety and encourage them to reach out for help.

[Click here to watch the trailer](#)

[AngstMovie.com](#)

[Click to Register for EN ESPANOL - miercoles, el 19 de agosto 9 am PST / 12 noon EST](#)

August 20

Treating the Family in Addiction: The Forgotten Patient

12:00 – 2:00 PM

[REGISTER HERE](#)

2 CEUs

This training will explore the importance of family engagement and identify key reasons for the necessity for families to remain engaged in their loved one's treatment.

Participants will explore the historical value of families being involved in substance use treatment, how familiar roles can affect treatment and the messages received by their loved one currently in treatment and learn effective family therapy tools to help engage families.

August 25

Reaching the Hard to Reach: Empowering Community Members to Think Differently and Embrace Teens with SUD and Mental Health Challenges

1:00 - 2:30 PM

Stephanie J. Briody, Esq. is Co-Founder and CEO of Behavioral Health Innovators South Chatham, MA

Michelle Muffett-Lipinski, M.Ed. is the Co-Founder and Principal of Northshore Recovery High School,

Co-Founder of icanhelp.me and Positive Alternatives Suspensions

Being a teenager is hard, and COVID-19 has made these difficult years even harder.

Over the past decade, U.S. teens report feeling increased pressure and stress and those working with this population see the result -- young people with mental health conditions, lack of resiliency skills and many with substance use disorder. The healthy coping mechanisms that used to contribute to mental wellness, like community connection, physical activity and the pursuit of creative outlets has been declining.

These trends were happening even before COVID!

Teens with mental health issues often develop substance use disorder. It has been said that the opposite of addiction is not sobriety, it is connection. As the COVID19 pandemic continues, so does the nation's opioid epidemic. The AMA has expressed concern over the increasing number of reports from national, state and local media suggesting increases in opioid-related overdose deaths. Young people, many of whom were already challenged with mental health conditions are seeking connection and are not finding it because of the social distancing and school closures necessary because of this contagious virus. Those who specialize in behavioral health are warning that a tsunami is about to hit our country in the form of mental health needs. This surge in mental health conditions is predicted to last for years.

Join us for a webinar that will shed some light on teen mental health and substance use disorders. Presenters Stephanie Briody, CEO of Behavioral Health Innovators and Michelle Muffet - Lipinski, Principal of Northshore Recovery High School will share their innovative initiatives and programs that are filling in the gaps in services for teens with mental health and substance use disorders. Learn how you can prepare for this surge in mental health challenges with examples of practices

Learn how you can prepare for this surge in mental health challenges with examples of practices

and programs that can be replicated in your community, and that provide the needed connection with teens who are hard to reach.

Learning Objectives:

Learn about the PASS program and RecoveryBuild Alternative Peer Groups (APG's) and how these positive discipline interventions are working to address and treat substance use disorder and other mental health conditions.

Learn about recent legislative initiatives that address mental health and substance use disorder.

Learn about some virtual connection tools and games you can use to provide expressive therapy using the arts.

Registration Link: <https://bit.ly/2ZOd41N>

August 26

ADCARE Virtual Family Education Program 6:00 – 7:30 PM

Join from your computer, tablet or smartphone. <https://global.gotomeeting.com/join/521513565> You can also dial in using your phone.

United States: +1 (571) 317-3112

Access Code: 521-513-565

August 30

Bowl in Support of GEHM

Gardner Ten Pins

11:30-1:30 or 2:30-4:30

Contact eoshea328@gmail.com or 978-632-8671 for registration and sponsorship information. The Gardner Emergency Housing Mission supports temporary emergency housing for families in the Greater Gardner Area.

August 31

International Overdose Awareness Night

7:00 p.m.

Please join us for a virtual event this year! We will have a prerecorded event that will play on Gardner Public Access at 7pm. Hear from local dignitaries and other community members before watching our memorial video. In addition, there will be 2015 purple ribbons placed at First Congregational Church representing the lives lost due to overdose in 2019. At 8pm luminaries will be lit on City Hall lawn. If you would like to have a luminary placed in memory of someone who has passed due to overdose or honor someone still living we have established some pick up locations. Currently, you can pick up @ Alyssa's Place Peer Recovery Center or at the @Winchendon CAC. These may be taken home and returned prior to 8/31 or decorated at either location. For more information please contact: Michelle at michelle@aedfoundationinc.org or call Alyssa's Place 978- 364-0920.

September 3

Mental and Behavioral Health CHIP meeting 10:30 a.m. - 12:00 p.m.

September 10

CHNA 9 Quarterly Meeting

CHNA 9 Quarterly Meeting

2:00 - 4:00 pm

Join Zoom Meeting <https://lukinc.zoom.us/j/96066265162>

Meeting ID: 960 6626 5162

Passcode: 345907

One tap mobile [+16465189805](tel:+16465189805),,[96066265162](tel:+16513728299)# US (New York)

[+16513728299](tel:+16513728299),,[96066265162](tel:+16513728299)# US (St. Paul)

Save the date! Agenda to follow.

September 15

Ounce of Prevention Conference 2020

9:15 - 4:30 pm

Save the date! This year's DPH conference is being held virtually. Registration information coming soon!

September 23

Navigating Teen Depression and Substance Use as a Family

7:00 to 8:15 PM

Families for Depression Awareness is presenting this webinar in which David Blair LCSW, CACIII, AAMFT, and Jamie Blair Echevarria, LCSW, LMFT, CACIII, cover how caring adults can fully engage in the process of prevention and treatment for adolescent substance use and depression. This program is designed for parents, guardians, family members, youth workers, and any caring adults interested in teen mental health.

Register to join us for a live webinar discussion or watch on demand after it airs.

After the webinar, complete our online evaluation and you'll be entered for a chance to win a free educational book on the topic of teen depression.

Can't attend the live webinar? **Register today** to submit your questions and watch the recorded webinar after it airs.

September 29

Infant Mortality Summit: Racial Equity in Breastfeeding 12:00 - 2:30 p.m.

via Zoom

Save the date!

Mondays

PPAL's Special Education Family Support Drop-In via phone 9:00 - 11:00 am

Get help, support and resources

Phone Number: 1(574) 807-6224 PIN: 481 219 769#

2nd and 4th Thursday

PPAL's Parent/Caregiver Support Group Social via zoom 6:00 - 8:00 pm

<https://zoom.us/j/987989...eUp3QiZtUkZscWEwaHd5QT09> Meeting ID: 987 9897 8222

Password: 708467 / +1 646-558-8656

Fridays

Fun Friday Family Support Drop-in via phone

9:00 - 11:00 am

Drop in on Friday's PPAL call to get parent-peer support & ideas for a fun weekend

Phone Number: 1(574) 807-6224 PIN: 481 219 769#

1st and 3rd Tuesday

PPAL's Hispanic Family Support Group Social

10:00 am - 12:00 pm [https://zoom.us/j/95866333379?](https://zoom.us/j/95866333379?pwd=SFJpRVRXcWdiS1lvV1F2bURGdHJtZz09)

[pwd=SFJpRVRXcWdiS1lvV1F2bURGdHJtZz09](https://zoom.us/j/95866333379?pwd=SFJpRVRXcWdiS1lvV1F2bURGdHJtZz09) Meeting ID: 618 071 1929 / Password: 246553 / +16465588656

Questions? Email Irelsa and Joel at Parentsupportgroup@ppal.net

1st and 3rd Wednesday

PPAL's Parents of Transition Age Youth (P-TAY) Support Group Social 6:00 - 8:00 pm

<https://zoom.us/j/99976478858>

Meeting ID: 999 7647 8858 / +1 646-558-8656 (no password needed)

Questions? Email Kathy and Ann at Parentsupportgroup@ppal.net

1st and 3rd Thursday

PPAL's Juvenile Justice Family Support

7:00 - 8:45 pm

Get help, support and resources [https://zoom.us/j/91198625343?](https://zoom.us/j/91198625343?pwd=VDk4NFp3MWFMTZ6NFAXm5YMEo1dz09)

[pwd=VDk4NFp3MWFMTZ6NFAXm5YMEo1dz09](https://zoom.us/j/91198625343?pwd=VDk4NFp3MWFMTZ6NFAXm5YMEo1dz09) Meeting ID: 911 9862 5343

Password: 603505

Questions? Email Dawn at dchristie@ppal.net

Youth MOVE (Virtual) Speaker's Bureau

Facebook Virtual Messages: **Tuesday and Friday**

Thursdays @12:30pm Facebook Live

Speaker's Bureau Virtual Weekly Connection

Youth MOVE Massachusetts in collaboration with Zia Access Center To get the link contact Chandra at cwatts@ppal.net

Mondays

Growing Places Mobile Market

10:30 - 11:30 a.m.

Wellington Apartments

5 Meetinghouse Rd., Westminster

Are you having a hard time getting fresh, affordable fruits and vegetables right now?

Come to the Mobile Market and use your SNAP dollars. The HIP program doubles your SNAP dollars on fresh produce, and if you have SNAP, you already have HIP,

automatically! The Mobile Market also has shelf-stable meals for those who want them. For more information contact Growing Places at 978- 598-3723

Tuesdays

HEAL Winchendon Mobile Market

12:30 - 2:30 p.m.

Not Just Produced

290 Central Street, Winchendon

(parking available next to the Chapel at 286 Central St)

(parking available next to the Chapel at 286 Central St)

Winchendon is working to increase opportunities for residents to create a healthy and vibrant quality of life. Come to the Mobile Market and use your SNAP dollars. The HIP program doubles your SNAP dollars on fresh produce, and if you have SNAP, you already have HIP, automatically! For more information contact Growing Places at 978-598-3723

Tuesdays

Growing Places Mobile Market/Wheat Community Connections

1:30 - 2:30 p.m.

Lakeside and Fitch Road Apartments

Clinton

Are you having a hard time getting fresh, affordable fruits and vegetables right now? Come to the Mobile Market and use your SNAP dollars. The HIP program doubles your SNAP dollars on fresh produce, and if you have SNAP, you already have HIP, automatically! The Mobile Market also has shelf-stable meals for those who want them. For more information contact Growing Places at 978- 598-3723

Wednesdays

Growing Places Mobile Market

11:00 a.m. - 12:30 p.m.

Leominster Senior Center

5 Pond St, Leominster

Are you having a hard time getting fresh, affordable fruits and vegetables right now? Come to the Mobile Market and use your SNAP dollars. The HIP program doubles your SNAP dollars on fresh produce, and if you have SNAP, you already have HIP, automatically! The Mobile Market also has shelf-stable meals for those who want them. For more information contact Growing Places at 978- 598-3723

Wednesdays

Growing Places Mobile Market/Wheat Community Connections

1:30 - 2:30 a.m.

309 Church Street Apartments

Are you having a hard time getting fresh, affordable fruits and vegetables right now? Come to the Mobile Market and use your SNAP dollars. The HIP program doubles your SNAP dollars on fresh produce, and if you have SNAP, you already have HIP, automatically! The Mobile Market also has shelf-stable meals for those who want them. For more information contact Growing Places at 978- 598-3723

Wednesdays

Growing Places Mobile Market

3:30 - 4:30 p.m.

Corner of Mechanic St and Laurel St, Leominster

Are you having a hard time getting fresh, affordable fruits and vegetables right now? Come to the Mobile Market and use your SNAP dollars. The HIP program doubles your SNAP dollars on fresh produce, and if you have SNAP, you already have HIP, automatically! The Mobile Market also has shelf-stable meals for those who want them. For more information contact Growing Places at 978- 598-3723

Young Women's Group

For Survivors of Sexual Violence, between the ages of 18-24 and identify as female. Starting SOON! Pathways for Change is here and available via online platform. We believe you. ...

and we believe you deserve support, self care and healing! If interested, please call 508-852-7600 or email: Stephanie Seyde at Sseyde@PathwaysforChange.Help or Courtney Young at CYoung@PathwaysforChange.Help.

Grant Opportunity

ESOL-Enhanced Training and Placement Programs

On behalf of the Executive Office of Labor and Workforce Development, Commonwealth Corporation (CommCorp) is pleased to announce the release of the Senator Kenneth J. Donnelly Workforce Success Grants for ESOL-Enhanced Training and Placement Programs Request for Qualifications (RFQ).

CommCorp seeks qualified partnerships that will collaborate with a design team for three to four months to design or re-design a sector-based training and placement program that incorporates contextualized English for Speakers of Other Languages (ESOL) services in order to better serve individuals for whom English is not their first language and/or have limited English proficiency, resulting in improved job access and financial stability for individuals and their families while meeting employer demand for talent.

Applicants may request up to \$25,000 for initial program design activities. Following the program design phase, each partnership will, upon review and approval of their implementation plan, be awarded up to an additional \$350,000 to implement their

program for approximately two years. Successful partnerships, consisting of employers, nonprofits, workforce entities, ESOL training providers, and/or other community-based organizations, will build their capacity to provide language supports alongside occupational and work readiness skills training, while prioritizing community engagement/outreach, individualized coaching, and intensive placement and post-placement support services. We anticipate programs will need to include virtual/remote and hybrid learning approaches.

As part of an ongoing strategy given persistent racial inequities and related workforce challenges in the Commonwealth, and in the context of rapidly shifting economic conditions due to the COVID-19 pandemic, this initiative is intended to support pilot programs that will leverage learning from previous WCTF programming and ongoing best practices in ESOL educational services in order to reach populations who have traditionally experienced higher rates of unemployment and barriers to employment, including populations emphasized by the Black Advisory Commission and Latino Advisory Commission.

Questions will be accepted in writing through September 9, 2020 by 5:00 PM.

Please submit these via email to Anthony Britt at abritt@commcorp.org.

Prospective applicants are able to receive email notifications when new questions are posted online by signing up at the following link: <https://commcorp.tfaforms.net/328844>

The deadline to submit responses is September 23, 2020 by 5:00 PM.

Please upload your submission electronically to the following

link: <https://commcorp.tfaforms.net/328845>

Please see the Request for Qualifications

<http://commcorp.org/available-funding/>

[Click Here ESOL Enhanced Training Programs RFQ](#)

Survey

Survey

MART Survey

The Montachusett Regional Transit Authority (MART) is updating its Comprehensive Regional Transportation Plan and is seeking your input!

To gain a better understanding of the current and future transportation needs of MART, a mobile-friendly, public survey has been developed and posted on the MART website.

The survey is currently available in both English and Portuguese.

Despite COVID-19 disruptions, we are committed to not losing sight of what MART can and should look like next year, the year after, and for the long-range future. Your feedback will provide the basis for our five-year planning process.

Please take just a few moments to fill out this brief survey by clicking on the image below or on this link: <https://www.surveymonkey.com/r/MARTSurvey2020>.

PPAL Parent Survey

Are you parenting a teenager or young adult?
Then PPAL wants your input and expertise today.
Click [here](#) now.

When a young person moves from teen to young adult, parents are told to step out of the picture. It is empty advice. Parents continue to play pivotal roles such as insurance advocates, emotional supporters, the local ATM, experts on benefits or even life coaches. If you are parenting a child between the ages of 14-27, we want to hear about your roles today!

Our survey only takes about 15 minutes and there is a raffle at the end for a \$25 Amazon gift card. We draw a new winner every week. Congratulations to EA from Rutland who is the 6th winner.

We appreciate you taking the time to answer this survey. Thank you for your input and honesty! Your experience is valuable to us!

Click [here](#) for the survey

Training Opportunities

Do You Have a CommunityHELP Account?

In light of the current COVID crisis, here is information and instructions on how community organizations can change their program information, modify hours of service, add program screeners, change their contact preferences to ensure connections with those in need despite social distancing/working from home and add COVID-specific programs and service tags to

their CommunityHELP listings.

1. **Claim Your Program Listing** – use this <https://support.auntbertha.com/hc/en-us/articles/222714047-Claim-your-Program-Listing>
2. **How to change the program contact method** instructions are in the pdf file attached to this message.
3. **Update Service Hours:** [https://support.auntbertha.com/hc/en-us/articles/360029354771- Update-your-Service-Hours](https://support.auntbertha.com/hc/en-us/articles/360029354771-Update-your-Service-Hours)

4. Utilize the creating program description instructions third section of your listing to call out COVID-19 specific information

5. Utilize this for screener creation: <https://support.auntbertha.com/hc/en->

5. Utilize this for screener creation: <https://support.auntbertha.com/hc/en-us/articles/360029039672-Get-more-Information-About-People-Applying>

6. This for referral notification management: <https://support.auntbertha.com/hc/en-us/articles/360029350511-Referral-Notifications>

YWCA DV Trauma & COVID Training

This training was presented as part of UMass' Trauma Training Tuesday series. Full presentation along with the PowerPoint

slides: <https://clarku.hosted.panopto.com/Panopto/Pages/Viewer.aspx?id=f2e7eb26-99d7-4ca1-8d76-abb20140b473>

Online Trainings through Attorney General's Office

If you'd like to schedule a webinar for your organization, you can do so by giving us a call at **617- 963-2327**. Further, if you or someone you know is having their rights violated regarding sick time, travel compensation, or other issues as a result of the public health situation – our office is here to help! Please give us a call at 671-727-8400.

Health Resources in Action Offering Free Trainings

Opioid Overdose Prevention and Rescue Workshops

1. Opioid Overdose Rescue Training

(2 hours)

Participants will learn about opioids and risk factors for overdose. They will then explore strategies for rescues and practice strategies through scenarios.

2. Opioid Overdose Prevention: Harm Reduction & Safety Planning with Clients

(2 hours)

Participants will explore strategies to address the risks of overdose with a harm reduction approach. The scenario-based training provides opportunities for discussion and practice about issues of safety, grief, and moving toward behavior change.

To learn more or schedule an on-site training for your staff:

Email: Gracie Rolfe (grolfe@hria.org) or call 617.391.9192

Supplemental Modules

1. Addressing Stigma in Our Work: Working with People Who Use and Inject Drugs (Harm Reduction 2.0)

(2 hours)

Implementing a harm reduction approach into our work can be challenging without the right tools. This training will take a deeper dive into the theory and practices of harm reduction, how we can restructure our programs to implement a harm reductionist approach, and how we can support the clients we work with in authentic, affirming ways.

2. Exploring Pathways of Recovery (3 hours)

When we recognize that recovery looks different for every person, we can better advise our clients. This training will introduce the many different forms recovery can take from Medication for Addiction Treatment (MAT) to 12-step programs, to cognitive based therapies. In addition, participants will explore addressing stigma around recovery and how to best support our clients.

3. Working with People Who Use Stimulants: Best Practices

(2 hours)

As drug use changes and evolves in Massachusetts and beyond, we need to be prepared to support clients no matter what substances they use. Learn the basics of what stimulants are, what they do in

the body, and how we can support people who use stimulants.

the body, and how we can support people who use stimulants

4. Supervising Staff in Times of Crisis

(4 hours)

This training is intended to provide supervisors with the best practices and tools for nurturing and supporting staff who work in the substance use and harm reduction fields.

5. Secondary Trauma

(2 hours)

The training module is designed to educate and build skills around understanding secondary trauma and cumulative stress with a specific focus on improving the wellness and safety of service providers working in direct care with people who use drugs. Training topics include supporting resilience and preventing secondary trauma, compassion fatigue, and burnout.

To learn more or schedule a training for your staff:

Email: Michael Leonard (mleonard@hria.org) or call 617.279.2249

If They Had Known Screening Opportunity

DA Early's office has acquired a license to show "If They Had Known," a documentary film featuring young adults talking about the risks of today's party culture. This film is based on a tragic true story of a Massachusetts college student who lost his life after mixing Xanax with alcohol.

With the goal of helping our high school and college students make good decisions and prevent tragedies, the DA's office is offering your community the opportunity to show this important film. They can work with you to tailor an event that works for your school or intended audience. Additional information regarding the film, including a link to the Clay Soper Memorial Fund website where you can preview the documentary can be found at www.iftheyhadknown.com

Here are several testimonials from those who have already seen the film:

"Every student-athlete and parents should see "If They Had Known". It is a very powerful presentation that is very impactful. We are glad our student-athletes and parents were able to witness." -- Shrewsbury High School Faculty

"An eye opening documentary about today's party culture and a film every parent needs to watch." -- Deborah S., Parent

"This film made me think about the importance of making good decisions and the impact one bad decision can have on others." -- Devin G., Student

"A thought provoking film that all high school, college students, and parents should see." -- Marlene R., Parent

For more information, please contact Jill Wooldridge: Jill.Wooldridge@mass.gov or 774-317-2127.

News and Resources

MA Smokers' Helpline Menthol Incentive Program (and Behavioral Health Program)

To support MA residents, particularly those who have been historically and disproportionately targeted by the tobacco and vaping industries, the Massachusetts Smokers' Helpline is offering an incentive program to residents who use mentholated tobacco products.

Incentive program details:

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Residents will receive \$10 after completing the first coaching call, \$15 after the second

Residents will receive \$10 after completing the first coaching call, \$15 after the second

coaching call, and \$25 after the third coaching call.

While the incentive does not continue after the third call, the Helpline offers five free coaching calls, and residents are encouraged and welcome to take advantage of the Helpline's full offerings.

If residents enroll online, they must complete coaching calls via telephone to receive the incentive(s).

This incentive program may be time limited pending utility and availability of funds.

In addition to the incentive program, up to 8 weeks of free Nicotine Replacement Therapy is also available to residents who speak with a coach (once screened for medical eligibility).

To access the MA Smokers' Helpline, MA residents can:

Call 1-800-QUIT-NOW

Enroll online (www.makesmokinghistory.org/quitnow)

Be referred to the Helpline or by a healthcare, behavioral health provider, or social service provider (QUITWORKS, accessed via <http://makesmokinghistory.org/quit-now/for-providers/>)

Resources and Tools on Racial Equity Taking Action:

Create an action plan for racial equity: <https://www.racialequitytools.org/plan/action-plan>

6 Steps for Building an Inclusive Workplace: <https://www.shrm.org/hr-today/news/hr-magazine/0418/pages/6-steps-for-building-an-inclusive-workplace.aspx>

Beyond Diversity: A Road Map to Building an Inclusion

Organization: <https://www.diversegreen.org/beyond-diversity/>

Blind Hiring: A How-to Guide to Reduce Bias and Increase

Diversity: <https://ideal.com/blind-hiring/>

75 Things White People Can Do for Racial Justice by Corinne

Shutack: <https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18boe0234>

Anti-racism Resources for White

People: https://docs.google.com/document/u/o/d/1BRlF2_zhNe86SGgHa6-VlBO-QgirITwCTugSfKie5Fs/mobilebasic?fbclid=IwARozV9XsKq-oePdYqyu-L4fO7qTQs7Mwl_-kcrs7nxolV5r_XkzyM8MHUtg

White Privilege: Unpacking the Invisible Knapsack by Peggy

McIntosh: <https://www.racialequitytools.org/resourcefiles/mcintosh.pdf>

White Fragility: Why It's So Hard to Talk to White People About Racism by Robin

DiAngelo: https://www.huffpost.com/entry/why-its-so-hard-to-talk-to-white-people-about-racism_b_7183710

How to Be an Antiracist by Ibram Kendi: <https://www.ibramxkendi.com/how-to-be-an-antiracist-1>

White Supremacy Culture by Tema

Okun: http://www.dismantlingracism.org/uploads/4/3/5/7/43579015/okun_-_white_sup_culture.pdf

When the 'White Tears' Keep Coming by Leah

Donnella: <https://www.npr.org/sections/codeswitch/2018/11/28/649537891/when-the-white-tears-just-keep-coming>

The Empathy Crisis of White America by Phillip Picardi: [https://fruity.substack.com/p/the-empathy-crisis-of-white-america?](https://fruity.substack.com/p/the-empathy-crisis-of-white-america?utm_campaign=post&utm_medium=web&utm_source=copy&fbclid=IwAR06zvBu9mBZ7EVfgVOUKHNZhOr8hkPt7lLE6maQZHwp8jqzeEAzEY9MT4U)

[utm_campaign=post&utm_medium=web&utm_source=copy&fbclid=IwAR06zvBu9mBZ7EVfgVOUKHNZhOr8hkPt7lLE6maQZHwp8jqzeEAzEY9MT4U](https://fruity.substack.com/p/the-empathy-crisis-of-white-america?utm_campaign=post&utm_medium=web&utm_source=copy&fbclid=IwAR06zvBu9mBZ7EVfgVOUKHNZhOr8hkPt7lLE6maQZHwp8jqzeEAzEY9MT4U)

How I Learned to Stop Worrying and Love Discussing Race by Jay Smooth

How I Learned to Stop Worrying and Love Discussing Race by Jay Smooth (video):

<https://www.youtube.com/watch?v=MbdxeFcQtaU>

Allegories on Race and Racism by Camara Phyllis Jones

(video): <https://www.youtube.com/watch?v=GNhcY6fTyBM>

A History of Racial Injustice (calendar): <https://calendar.eji.org/racial-injustice> Safe

Black Space: <https://www.safeblackspace.org/resources>

Mapping Police Violence: <https://mappingpoliceviolence.org/>

Recovery Centers of America now accepting Tufts

RCA continues to be open and accepting detox and CSS referrals, as well as offering telehealth services. RCA is also now in network with Tufts MH. For a virtual tour of the Westminster campus, go to https://tour.completelyvirtual.com/tour/W1q1GPSgYQW1g91fvSIYX/RCA_at_Westminster

EBT card issuance changes at DTA = faster service

DTA is now mailing EBT cards locally (from within Massachusetts). Previously, DTA EBT cards were issued via the EBT vendor, Conduent, from an office in Indiana - and it took 7-10 days, or longer, for a DTA EBT card to arrive in the mail. By mailing EBT cards locally, the goal is to reduce the number of days between DTA issuing the EBT card and the household receiving the card. Huge thanks to DTA for making this change.

DTA local offices remain closed while DTA staff work remotely. Homeless households or households without a mailing address need to designate a mailing address to receive their EBT card and PIN. This can be a shelter, a trusted family or friend able to receive the EBT card and PIN and give it to the household. Let MLRI know if you work with a household who needs a card to access benefits but is having trouble designating a mailing address.

Note: Pandemic EBT (P-EBT) cards were issued over the last week or so - but those cards are still coming from Conduent (from Indiana), so may take a couple of weeks to arrive.

New tobacco law in Massachusetts: <https://www.nomentholknowwhy.org/>
On June 1, 2020 flavored tobacco products, including menthol cigarettes (like Kool, Newport, and menthol Pall Mall) and flavored little cigars will no longer be sold in Massachusetts stores. This means there will be no more flavored tobacco products sold at retailers like corner stores, gas stations, and smoke shops. Watch the video below to learn why.

GAAMHA Has Recovery Coaching and Supportive Housing Openings

Recovery Coaching Services & Insurance Eligibility Questions, Contact Ray Watson @ (978) 632- 0934 x358 or rwatson@gaamha.org

For General Information or to Request a Tour Please Contact: Michelle Dunn - Director of Community Outreach, (978) 632-0934 x356

For All Intakes Please Contact: Elizabeth Trumpolt - Intake Coordinator, (978) 632-0934 x369

Public Charge resource

Health Care For All has created a useful resource for advocates, providers and community members to navigate the changes to the "public charge rule," which will be effective on Monday, April 24th. This handout clarifies who is subject to this test and who isn't, which benefits count towards the public charge test and which don't, and includes a list of immigration service providers by region. The handout is now available in 13 languages that can be found [here](#)

Alternatives to Incarceration

https://lcalternatives.org/wp-content/uploads/2020/02/ATI_Full_Report_F_REV1.pdf

This report creates public health based recommendations from before a person is arrested and

This report creates public health based recommendations from before a person is arrested and throughout various points in the criminal legal system to release (stated in the report as "intercepts.") There are some important public health strategies listed here that include decriminalizing sex work and homelessness, as well as funding safe injection sites, and the need for community based mental health and substance abuse treatment services.

Here, too, is a policy toolkit on the subject: <https://populardemocracy.org/sites/default/files/Justice-In-Policing-Toolkit-sm.pdf>

LGBTQ+ Online group

Gender Spectrum hosts online groups for pre-teens, teens, parents, caregivers, and other family members. These groups provide participants the opportunity to connect with others, share their experiences, and feel the comfort of a supportive community. All groups are hosted online, unless noted otherwise. Please view the information to learn more and sign up for these groups. <https://www.genderspectrum.org/groups/>

Prosperity Now Toolkit

Communicating Race and Racial Economic Equity

This document is a compilation of best practices and recommendations from a wide range of resources that Prosperity Now's Racial Wealth Divide Initiative (RWDI) and Communications teams thought would be helpful for naming, framing, defining and understanding the issue. It also provides design guidelines on visually depicting diverse communities and definitions of important terms and concepts for understanding the nuance and complexity of racial economic equity, the racial wealth divide and racial wealth equity.

General Resources: <https://mass211.org/>

Information from the AG's Office

URGENT ask to assist your communities during these difficult times. Our office has prepared **two important informational posters** regarding access to health care **and other rights for community members** during the COVID-19 pandemic, and **we'd like to ask you to please distribute it widely to as many people as possible.**

Everyone should immediately seek assistance to health care, should they need it, if COVID-19 related symptoms or any other medical need. It is also important for everyone to know that health care is available regardless of immigration status. So

please distribute the information attached to this message to your communities at your place of worship and abroad, and let us know if we can be of any assistance.

Paycheck Protection Program

The SBA has resumed accepting Paycheck Protection Program applications from participating lenders. For more information on the Paycheck Protection Program, visit [here](https://www.sba.gov) or [sba.gov](https://www.sba.gov). Click [here](#) to find a SBA Approved lender.
SBA Approved Paycheck Protection Program Lenders in Massachusetts

Food Resources

Families should be aware that if they are not in a CEP school district, they must fill out free/reduced lunch applications to be eligible for the additional benefits available through Pandemic EBT. More information at <https://www.mass.gov/info-details/pandemic-ebt-p-ebt>. Check out FRAC's COVID-19 page for updates, statements, and resources on actions to address the food security, public health, and economic impacts of the COVID-19 emergency. **Project Bread Hotline:** the **FoodSource Hotline** can be reached at **1-800-645-8333** or by chat

at [Gettingsnap.org](https://www.gettingsnap.org). so that people can find out about key resources and services in the community especially applying for SNAP and access to local food pantries.
COVID-19: How & Where to Buy Local

COVID-19 and Transportation

MART has gone fare free until further notice. Other information can be found here:

1. For riders: <http://www.mrta.us/covid19-information>
2. For transportation providers: <http://www.mrta.us/masshealth/mh-covid19-information> and <http://www.mrta.us/sites/default/files/pdf/Broker%20Transportation%20Provider-COVID-19-Guidance.pdf>

Mental and Behavioral Health and Substance Abuse Resources

Mental and Behavioral Health Resources and Information during COVID-19 ; Online Resources to Support Recovery
<https://addictionresource.com/treatment/addiction-during-covid-19-outbreak/>

Resource page from BSAS Office of Youth and Young Adult Services that may be helpful to prevention partners and broader youth-serving networks. It's a collection of youth and family resources that have been compiled for youth and young adult service providers. https://urldefense.proofpoint.com/v2/url?u=https-3A__sites.google.com_view_oyyas-2Dresource-2Dguide_home&d=DwMFAw&c=vVQ1ZlsfewgPU96ZIUB5kg&r=xLwjpM8qrVMXJYmTagMU-aUA5YqFang14Grq0vslZem415e0DHyJGeaOvEp8zjNM&m=R9uHZvF4bvk3IqWMTYAqPDLYZV7YihR5FtbAHD9kIG4&s=NhSqKiz5HWOvbtGIdYeXXa-LXooqvlMd2oi56sRAnok&e=

www.contracovid.com: This website provides information, news, health and social resources in 4 different languages (English, Spanish, Portuguese and Haitian Creole) to help Latino and immigrant families with important resources that they might need during these difficult times. Facebook page is: <https://www.facebook.com/contraCOVID>

Why We Stay Home: A Children's Book about Coronavirus

<https://www.pbs.org/newshour/show/a-book-that-teaches-children-why-we-stay-home>

Job Opportunities

Epic Wellness

Positions open in the Leominster area for a Companion/Homemaker and a Licensed Practical Nurse. Details and applications can be found at [Employment Application - Epic Wellness - Home Health Care & Consulting](#)

Massachusetts Public Health Association: Assistant Campaign Director

<https://mapublichealth.org/2020/07/10/job-posting-for-the-massachusetts-public-health-association-assistant-campaign-director/>

The Massachusetts Public Health Association (MPHA) is the champion for public health in the Commonwealth. We are a catalyst for change, eliminating health inequities and promoting healthy

communities for all. As a statewide organization, MPHA engages local leaders, state organizations,

communities for all As a statewide organization, MPHA engages local leaders, state organizations,

public officials, and others to improve the health of all the Commonwealth's residents. MPHA uses an effective combination of advocacy, education, community organizing, policy development, and coalition leadership to secure investments in public health, promote health equity, and bolster our public health infrastructure. In all our work, we seek to improve the social conditions in neighborhoods, schools, and workplaces that have an impact on health and to listen to the voices and priorities of communities most impacted by health inequities.

Promoting racial justice is a core component of MPHA's work and identity. As MPHA pursues policy changes to promote health equity, we strive to confront the history of systemic racism and other forms of oppression that have been embedded in public policy. MPHA's Health Equity Policy Framework guides our external work and internal practices in addressing all forms of health inequities in our external work and internal practices. The framework places special emphasis on racial inequities because we believe that this injustice needs explicit attention.

Family Support Worker for the YOU, Inc. Worcester Family Resource Center

<https://recruit.hirebridge.com/v3/Jobs/JobDetails.aspx?cid=7819&jid=480319>

New Case Manager and Mentoring Specialist Openings at LUK

<https://www.luk.org/get-involved/opportunities/993-fitchburg-case-manager-of-ces-services> <https://www.luk.org/get-involved/opportunities/956-fitchburg-mentoring-specialist>

Recovery Centers of America

RCA has openings including Recovery Support Specialist. Details and application can be found here: <https://recruiting.adp.com/srccar/public/RTI.home?c=1138641&d=ExternalCareerSite#/>

YWCA

Multiple openings in both the Worcester and Leominster offices. [Click here for descriptions.](#) **Current open, full-time positions include, but are not limited to:**

Community Based Services – High Risk Advocate (Worcester)

Community Based Services – Child/Youth Advocate (Worcester and North Central locations) Shelter Advocate (3pm-11pm)

Domestic Violence Helpline Advocate



