



# Blueprints...

for Building a Healthy Community

Fall 2008

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The Medical Foundation, 95 Berkeley St., Boston, MA 02116

## 2<sup>nd</sup> ANNUAL HEALTHY COMMUNITY CONFERENCE: ACTION INTO POLICY SNAPSHOTS

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Clockwise from top left: Members of **Clinton, Weymouth and Fall River** teams; **Lauren Smith**, (Keynote speaker) **Steve Ridini** (TMF), **Cathy O'Conner** (DPH) and **Geoff Wilkinson** (DPH); lunch and networking on the patio; exhibit hall.



### GREETINGS HEALTHY COMMUNITY COLLEAGUES!

This past June 18<sup>th</sup>, the 2<sup>nd</sup> Annual Healthy Communities Conference and MassForum V Graduation were held at Hoagland Pincus, in Shrewsbury. The conference featured over twenty community exhibitors, eight workshops and drew nearly one-hundred fifty attendees. The conference highlight was the dynamic keynote speaker, Dr. Lauren Smith, Medical Director for the MA Department of Public Health. She presented: "Eliminating Health Disparities: From Patients to Policy." David Weed, Healthy Fall River Coordinator was the graduation speaker. He shared stories and insights of building the nationally recognized Healthy City Fall River movement. **The MassForum V class of seventy-three participants, from nine different communities, was the largest class ever!**

The Mass Partnership begins the 6<sup>th</sup> year of the MassForum in September. Seven community teams and three individuals have been selected for this year's training series. **Welcome to our newest class!** Find out more inside, page 2.

Again, our thanks go to Mass General Hospital and Lahey Clinic Medical Center. Their generous support has made possible seven new planning and implementation grants to communities across the Commonwealth. You can read more about those communities and what they are doing on page 3.

Thank all of you for your keeping in touch and sharing your ideas, stories and successes.

*"A Healthy Community is a Garden to Grow People in."*

## Meet the MassForum VI Class!

**Brockton** – Team made up of representatives of: Community Connections; Mainspring Father Bill's Homeless Housing; United Way; Hospital; Cape Verdean Association; Self Help, Inc. *Focus: Building a coalition and strengthen relationships that will help make Brockton a Healthier Community.*

**Danvers** – Team made up of representatives of: Public schools; Town of Danvers Planning Dept.; Hospital; YMCA; Police. *Focus: Substance Abuse Prevention among the youth of the community.*

**Lowell** – Team made up of representatives of: U Mass Lowell; Lowell Hospital; Senior Services; Cambodian population; Alliance for Portuguese speakers; Lowell Health Alliance. *Focus: Strengthen existing partnerships, expand healthy weight initiatives among more diverse populations, create capacity for evaluation and outcome measures and improve inter-generational collaboration.*

**Mattapan** – Team made up of representatives of: Arts Council; Hospital; the Community Development Corp.; Community Garden and a youth food and fitness project. *Focus: Youth healthy eating and fitness.*

**Melrose** – Team made up of representatives of: Public Health; Hospital; Alderman; Police; Human Rights; Library; Chamber of Commerce; & Substance Abuse Coordinator. *Focus: Substance Abuse Prevention among the youth of the community.*

**Milford** – Team made up of representatives of: Substance abuse services; District Attorney; Library; Tobacco Use Prevention; United Way; DYS. *Focus: Substance Abuse Prevention among the youth of the community.*

**Natick** – Team made up of representatives of: Town Administrator; Police; Public schools; Clergy; Board of Health; Bank; Nurse; Town Personnel Director; Hospital; Arts; *Focus: To enhance the existing town's knowledge, experience and energy to build a sustainable coalition that will implement strategies to make Natick healthier.*

**Winthrop** – Winthrop is adding to the existing Winthrop team which graduated in '07 with the following: Schools; Senior citizen; Parent; Substance abuse prevention worker; Community activist; & CPR instructor. *Focus: Substance Abuse Prevention among the youth of the community.*

### Action into Policy Conference and MassForum V Graduation – June 08



Ana, Dawn & Ingrid



Val & Jeanette-Weymouth display



Everett Team



Graduation



Theresa & Michael-Clinton Team



Yoanna, Sean, José, Chuck, Jodi, Peter

## Healthy Community Planning and Implementation Grants 2008-09

In 2008, the MassPartnership received funds from the Lahey Clinic Medical Center and the MGH Community Benefits Program to enhance communities health improvement planning and implementation efforts.

**PLANNING GRANTS** - Provide resources to help communities develop a comprehensive plan to improve the health of people within their respective community.

Community/ RCHC	Focus Area of Grant	Contact Person(s)
<b>Avon</b> Southeast Regional Center	To create and implement a plan to address the causes of unhealthy lifestyle practices among the youth of Avon by bringing together a wide spectrum of the community for dialogue, leadership and community empowerment.	Paul Zinni, Avon Public Schools, 508-588-0230 <a href="mailto:pzunni@avon.k12.ma.us">pzunni@avon.k12.ma.us</a>
<b>Brockton:</b> Southeast Regional Center	To initiate a healthy community planning process for Community Solutions to include: the widest range of diversity possible; needs and assets assessment; selected priorities; and develop a time line and an evaluation plan for community health improvement.	Mark Frey Community Connections of Brockton 508-583-5631 <a href="mailto:mfrey@ccbrockton.org">mfrey@ccbrockton.org</a>
<b>Uxbridge:</b> Central MA Regional Center	To form a youth coalition, Uxbridge Juvenile Advocacy Group, to: gather needs and assets data; select priorities; assure diversity in all aspects of this effort; and develop an initial plan to improve the health of Uxbridge youth.	Allison Dwyer & Karin Knapik Uxbridge Public Schools 508-278-8648 X 7230 <a href="mailto:adwyer@usbridge.k12.ma.us">adwyer@usbridge.k12.ma.us</a>

**IMPLEMENTATION GRANTS** - Provide resources to community groups to implement strategies or activities to address priority areas identified in their community health improvement action plans.

<b>Clinton:</b> Central MA Regional Center	To organize and hold at least 3 community-wide forums; develop and maintain a website; develop and maintain a listserv; develop, publish and maintain a common calendar for the community; and identify one priority initiative for the community coalition.	Mary Olsson WHEAT Community Services, Inc. 978-270-2457 <a href="mailto:molsson@wheatcommunity.net">molsson@wheatcommunity.net</a>
<b>Everett:</b> Northeast Regional Center	To convene representatives of 6 Everett civic issue coalitions; create and distribute a culturally inclusive welcome package promoting access to health related services in the community; bring in speakers to engage community leaders regarding diversity issues; and review and update existing community assessments.	Bob Marra Director, Everett Community Health Partnership 617-591-6947 <a href="mailto:rmarra@challiance.org">rmarra@challiance.org</a>
<b>Reading:</b> Northeast Regional Center	To implement the intergenerational "Photovoice" initiative, <i>Do You See What I See?</i>	Erica McNamara, Reading Coalition Against Substance Abuse 781-942-6793 <a href="mailto:emcnamara@ci.reading.ma.us">emcnamara@ci.reading.ma.us</a>
<b>Weymouth:</b> Regional Center of Metro West	To establish a town/committee structure for the Weymouth Wellness Team; increase partnerships and collaboration between community groups; improve communications between stakeholders; and develop an evaluation plan.	Valerie Sullivan Weymouth Wellness Team 781-340-5008 <a href="mailto:vsullivan@weymouth.ma.us">vsullivan@weymouth.ma.us</a>

**LOGIC MODEL TOOLS**

Logic Model Builder for Child Abuse and Neglect Prevention/Family Support Programs <http://toolkit.childwelfare.gov/toolkit/>  
This is a good resource to use when developing your logic model, not just for child abuse.

Logic Model Basics: <http://www.wkkf.org/Pubs/Tools/Evaluation/Pub3669.pdf>

**EVALUATION TOOLS**

A goldmine of Evaluation resources and sites: <http://www.cdc.gov/eval/resources.htm>

**CHANGE THEORIES**

Theory of Change with excellent outcome statements to guide your planning: <http://www.aecf.org/upload/PublicationFiles/CC2977K440.pdf>

**IMPLEMENTATION TOOL**

PhotoVoice Social Change through photography: <http://www.photovoice.com/>

**TOOLS FOR EFFECTIVE MEETINGS**

Your Effective Meeting Resource Center: <http://www.effectivemeetings.com/>

**COMMUNICATION**

Communicating your messages, tools and guides: <http://www.mindtools.com/CommSkill/CommunicationIntro.htm>

**SELFCARE**

Beating Procrastination [http://www.mindtools.com/pages/article/newHTE\\_96.htm](http://www.mindtools.com/pages/article/newHTE_96.htm)

Taking Care of Yourself: <http://www.revolutionhealth.com/healthy-living/relationships/time/index>

Land of Tests: <http://www.queendom.com/about/about/about.htm>

