Dear Readers,

Our October forum brought us together to hear from expert panelists about the status of trauma informed practices, how locally we are responding, and of course the extreme importance of self-care (especially for those of us in the helping professions!)

Children’s Health and Wellness System of Care is a task force made possible by Clinical and Support Options, NQCC, and so many community partners. This group has been looking for the past two years at the concept of being trauma informed, instilling best practices at our places of employment, and how we help implement this framework across North Quabbin and beyond.

Of course, like any best laid plans, 2020 has shaped the work of this task force, as well as the delivery of this very forum. It is clear that, more than ever, the importance of the acknowledgement of the collective trauma the Covid-19 pandemic has had on us all, as well as the need for best practices not just with participants/community residents, but also our staff, colleagues etc.! Through the entire discussion we were able to continually come back to the truth that our region is resilient, hopeful, and dedicated to supporting all families and individuals!

Keep up the amazing work and stay safe! Thank you for all you do.

Heather

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Opioid Task Force
Orange Lions Club
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David Runyan

Thank you

NQCC Spotlight Award

The North Quabbin Community Coalition was happy to present its Spotlight Award to Colleen Gray Clyatt this month. Thank you for all you do for our community, Colleen!
North Quabbin Community Coalition’s October Forum

The NQCC thanks all who virtually attended the October Forum presentation on the effects of COVID-19 and Trauma Informed Care frameworks within our communities. Please see below links and pdfs regarding resources for yourself and staff as well as the PowerPoint presentation that has the panelist biographies and the questions that were posed. Thank you to our amazing panelists and members that helped to make this forum possible.

- **Healthy Me Healthy North Quabbin Presentation by the Children’s Health & Wellness System of Care - Part 1 of a Series**: Local panelists respond to impact of covid, resilience, and trauma informed care.

Self- Care & Resiliency

- **Healthy Me, Healthy North Quabbin Tips and Tricks for Self Care**
- **Berkley Greater Good Magazine**
- **Optimist Brain: 10 Minute Meditations**
- **CCRT’s 125 Self Care Ideas**

Values & Coping

- **Coping in Hard Times: Fact Sheet for Community Organizations and Leaders**
- **Barrett Values Centre - Values on 7 Levels of Consciousness**
- **List of Personal Values**
- **ACES/Trauma informed Care**
- **National Child Trauma Stress Network (NCTSN)**

Racial Trauma Resources

- **Cultural Responsiveness to Racial Trauma: Understanding Racial Trauma**
- **Resources for African Americans and Trauma**

General Resources for COVID 19

- **Family Resource Centers - Resources to Support You During this COVID-19 Pandemic**
- **NCTSN Resources for COVID 19**
- **NCTSN Strengthening Your Resilience: Take Care of Yourself as You Care for Others**

School Related Resources

- **Athol High School Food Pantry Coming Soon!**
- **Community Resources from Athol High School**
- **Trauma Informed School Strategies During COVID 19**
- **Coping for School Staff- Fact Sheet**
- **Athol-Royalston Family Assistance Connection Team AR-FACT guide**
- **TeleBehavioral Health Program - Heywood Healthcare**
2020 Virtual Fall Series via Zoom

OVERDOSE PREVENTION & NARCAN TRAININGS

Monday, November 9, 7:00 PM

Thursday, December 17, 10:00 AM

Please join us at an upcoming community overdose prevention training to learn how to recognize and respond to an opioid overdose. Participants will also learn how to administer Narcan, a lifesaving opioid overdose reversal drug.

Participants will learn the answers to these questions:

- What is an opioid overdose?
- How do you recognize and respond to an opioid overdose?
- How do you administer Narcan to reverse an opioid overdose?

OPIOID Task Force
of Franklin County and the North Quabbin Region

tapestry

Want to join the Zoom call? Please email malle@opioidtaskforce.org.
wwwopioidtaskforce.org
The Opioid Task Force of Franklin County and the North Quabbin Region (Opioid Task Force) has received a two-year $1,000,000 grant from the United States Department of Health & Human Services Center for Substance Abuse Treatment, to launch the Community Opportunity, Network, Navigation, Exploration, and Connection Team or CONNECT. The Franklin County Sheriff’s Department, as the administrative home for the Opioid Task Force, is the lead applicant for this grant award.

With federal grant funds, CONNECT will create the first Franklin County/North Quabbin, Massachusetts 30-town, 24/7 opioid overdose rapid response team, using an evidence-based regional hub and spoke model, to respond to fatal and non-fatal overdoses in the only federally-designated rural county in Massachusetts. Dr. Elizabeth Evans, Assistant Professor, Department of Health Promotion and Policy, School of Public Health and Health Sciences at the University of Massachusetts-Amherst, will act as CONNECT’s evaluator. (More about Dr. Evans and her work can be found [here](#).) Based on the successful implementation of CONNECT, there will be an opportunity to apply for an additional grant of $1,000,000 to continue the effort.

This grant award could not have come at a more crucial time as both fatal and non-fatal opioid overdoses continue to climb during the COVID-19 pandemic both locally and across the nation. The Opioid Task Force’s other work also continues in these unsettling times as they remind you of the following:

- The Opioid Task Force’s COVID-19 Resources Web Page, found [here](#), which includes the updated Franklin County Justice Center Contact List, found [here](#) and the recently revised Franklin County/North Quabbin Public WiFi Hotspot and Essential Services Resource Sheet, found [here](#).
- Our Healthcare Solutions Committee Zoom meeting, co-chaired by Dr. Ruth Potee, and Dr. Julie Thompson, will be held on Friday, November 13, 10:00 am to 12:00 pm. Click [here](#) to join, via Zoom.

The Treatment & Recovery, and Education & Prevention Committees will also be meeting on November 6 and November 10, respectively. More details can be found on our Facebook page, [here](#).

The Opioid Task Force, in collaboration with Tapestry, is also offering a Zoom Fall Narcan Training Series. The next ones are scheduled for November 9 at 7:00 pm and on December 17, at 10:00 am. You can get more information [here](#).

Finally, their [Facebook Page](#), [Twitter](#), and [Instagram](#) continue to be a source of timely updates and other relevant information, as information swiftly changes. Their team stands by and can also be contacted at [info@opioidtaskforce.org](mailto:info@opioidtaskforce.org).
The Town of Athol has received a Municipal Vulnerability Preparedness (MVP) Action Grant from the Commonwealth of Massachusetts to conduct a feasibility assessment of Lord Pond Plaza. The purpose of this feasibility assessment is to identify opportunities to incorporate nature-based solutions and green infrastructure into the Lord Pond Plaza downtown revitalization project. Daylighting of the buried Mill Brook stream beneath the plaza will also be assessed. Please join us for a community site walk to learn about this project and be part of the planning process!

SAVE THE DATE
Where: Lord Pond Plaza
Meet outside the Athol Council on Aging Building
82 Freedom Street, Athol MA 01331
When: Saturday December 5, 2020
December 12, 2020 (Snow Date)
Time: 10:00 am – 11:30 am
Young Adult Drop-in Resource Center Moving

DIAL/SELF will be moving its primary North Quabbin Outreach Drop-in space for young people 24 and under from its current location at 15-17 East Main Street, Orange, down the road to 131 West Main Street, Orange. The new location in the Orange Innovation Center (OIC) offers many benefits for the youth & young adults served by DIAL/SELF. One of the largest benefits include the ability for in-the-moment referrals and collaborative supports between DIAL/SELF and other service providers that have a physical location in the OIC, such as the Center for Human Development, The Literacy Project, MassHire, NELCWIT and the YMCA.

DIAL/SELF will have two office suites on the second floor (225 & 226). The office suites are wheelchair accessible thanks to both an elevator on the first floor as well as ramp access directly to the 2nd floor accessible from the parking area behind the building.

Suite 226 will feature drop-in resources such as youth and young adult food pantry, access to basic hygiene supplies, access to housing, life skills and case management supports. Initially the hours for youth to drop by without an appointment will be Tuesday and Thursday 11:00 am to 4:00 pm. These hours will be subject to changes as the agency monitors how remote learning and public transportation schedules impact youth needs over the course of the year. Office suite 225 will be used for meeting with youth involved in case management services.

DIAL/SELF looks forward to continuing to work with the Franklin County Regional Housing & Redevelopment Authority in supporting access to affordable supportive housing in the area, and will continue to offer case management services to the young people who live in the supportive housing units located in the East Main Street building.

For more information on the housing units for young adults 18-24 experiencing homelessness, you can contact DIAL/SELF or the FCRHRA at 413-863-9781 or www.fcrhra.org. All units come with a Housing Voucher, multiple eligibility requirements apply.

DIAL/SELF Youth and Community Services has been serving the region for over 40 years with a mission to help young people become independent by connecting them with housing, employment, education and civic opportunities. For further information about DIAL/SELF visit www.dialself.org or call 413-774-7054 ext. 4.
Community Legal Aid provides free civil (non-criminal) legal services to low-income and elderly residents of Central and Western Massachusetts. We work to assure fairness for all in the justice system, protecting homes, livelihoods, health, and families.

CLA helps with legal issues relating to any of the following areas of law:

- Abuse & Harassment Prevention Orders, Elder Neglect
- Debt Collection & Bankruptcy
- Education & School (special education, discipline, getting the school services a child needs)
- Employment & Unemployment
- Family (divorce, custody, visitation, child support, Department of Children and Families (DCF), CRA/CHINS)
- Government Benefits (TAFDC, EAEDC, Food Stamps/SNAP, Veterans' Benefits)
- Health Care Benefits (including MassHealth and Medicare) and Nursing Home issues
- Housing (evictions, bad conditions, problems with your housing subsidy, housing search, tenant rights)
- Immigration
- Re-entry (CORI sealing, accessing housing/jobs)
- Shelter & Homelessness
- Social Security, SSI & State Supplemental Benefits (SSDI, SSI, SSP, disability benefits, retirement benefits)
- Wills, Estates & Probate (wills, trusts, powers of attorney, health care proxies, name changes)

Have one of these COVID-19 related issues? We can help!

- CLA can help with filing an unemployment claim, and advise you of your rights around returning to work and workplace health & safety.
- Trouble paying rent during the COVID-19 crisis? You are protected from eviction until Oct. 17, 2020. If your landlord is threatening to evict you or you are facing a housing emergency, CLA can help.
- If you are age 60 or older a specialized elder law attorney can advise you about your rights or help you with a benefits, healthcare, housing or other legal issue.
- If you have lost income during the COVID-19 crisis you may be eligible for cash and food assistance. CLA can advise you about applying for these programs or help you appeal a denial of benefits.

Obtenha mais informações e solicite ajuda
احصل على مزيد من المعلومات وتقدم بطلب المساعدة
Tim hiểu thông tin và điện đơn xin trợ giúp

APPLY FOR HELP: WWW.COMMUNITYLEGAL.ORG | 1-855-252-5342
Heywood Healthcare Charitable Foundation
Community Investment Grant Program
Request for Proposals

The Heywood Healthcare Charitable Foundation announces the 2020/2021 Community Investment Grant Program. Grants of up to a maximum of $10,000 will be awarded to organizations providing services within the Heywood Healthcare geography area, to support programs aligned with the Heywood Healthcare Charitable Foundation’s Funding Priorities. Funding priorities were identified through the 2018 Heywood Hospital/Athol Hospital Community Health Needs Assessment and are aligned with Heywood Hospital/Athol Hospital Community Health Improvement Plan. The foundation is also interested in supporting projects that address community needs that have emerged or exacerbated as a result of the COVID-19 pandemic. The funding goal supports Heywood Hospital/Athol Hospital Community Benefit mission to improve the health of our community, with special consideration of disadvantaged populations, by working collaboratively with community partners to increase prevention efforts, address social determinants of health, and improve access to care. Approximately $104,000 is available for this funding cycle. The application deadline is 5:00 pm on Friday, November 6, 2020.

Priority Health Areas: Interpersonal Violence and Injuries; Mental Health and Substance Misuse; Wellness and Chronic Disease; Social Determinants

Program Types: Direct Clinical Services; Community Clinical Linkages; Total Population or Community Wide Intervention; Access/Coverage Supports; Infrastructure to support Community Benefits collaborations

Target Populations: Disadvantaged populations as defined by race/ethnicity, socio-economic status, geography, gender, age, veteran and disability status, among other populations identified as at-risk for health disparities.

Eligibility: Applicant must be a 501c3, non-profit organization. If you do not have 501c3 status, applicants are encouraged to partner with a 501c3 organization as a fiscal agent. Coalitions and community organizations are encouraged to apply. Organizations may submit one proposal per organization, but may be a partner in another proposal. Organizations that received funding previously may apply for FY20 funds for a different project focus. Continuation grants are not permissible. Requests for capital and equipment will be accepted.


For full information and application, click here. For questions, contact Mary Giannetti, Director of Resource Development, at mary.giannetti@heywood.org or 978-630-5797.
Athol Bird & Nature Club Events
Please visit https://atholbirdclub.org/abnc-events for more info.

Nov. 11 @ 7:00pm: ABNC Annual Meeting
Join us on a Zoom webinar as we look back at the crazy year behind us and looking forward to a better and healthy New Year. Register in advance for this webinar here. After registering, you will receive a confirmation email containing information about joining the webinar.
**Employment Opportunities**

**New England Learning Center for Women in Transition (NELCWIT) —** Visit their site at [https://www.nelcwit.org/about/employment](https://www.nelcwit.org/about/employment) for full information.

- **Domestic Violence Intervention Project (DVIP) Advocates – Franklin County —** Respond by phone and in person to police departments within Franklin County and the North Quabbin region to assist individuals seeking emergency orders of protection. Relief staff are called in to cover any of the following shifts when available: Mon – Fri overnights from 8pm – 7am plus Saturday and Sunday, 7 am- 8pm and 8pm-7am (two 24-hour shifts). Positions report to the Advocate Coordinator.

- **Bilingual Domestic and Sexual Violence Counselor/Advocate – Franklin County —** This position provides crisis support and short-term counseling and advocacy for individuals and families whose lives have been impacted by sexual or domestic violence. This position must be able to provide all our services fluently in both English and Spanish. The position is based in our Greenfield office (remote during COVID). This is a full-time (35 hours per week) non-exempt position and is part of NELCWIT’s collective bargaining unit.

- **Crisis Line and Direct Services Advocate – Franklin County —** The Crisis Line and Direct Services Advocate is a member of NELCWIT’s counseling and advocacy team based in Greenfield. This position is scheduled for 35 hours per week and reports to the Program Manager and is accountable for crisis line coverage shifts.

- **Crisis Line and Medical Backup Evening/Overnight, Weekend & Holiday Advocate —** Provides coverage for our domestic and sexual violence crisis line and medical advocacy at area hospitals. For evening/overnight, weekend and holiday shifts. Work remotely.

- **Crisis Line and Medical Advocate Evening/Overnight, Weekend & Holiday —** Provide coverage for our domestic and sexual violence crisis line and medical advocacy at area hospitals. This position provides nightly overnight coverage Monday 6pm through Saturday 9am, and 24-hour coverage starting Saturday at 9am through Monday morning at 9am. Work remotely.

**Community Action Pioneer Valley —** Multiple positions including a Grants and Budget Manager. [Click here.](#)

**Franklin County Regional Housing Redevelopment Authority —** Housing Navigator. [Click here.](#)

**ServiceNet —** Multiple positions. [Click here.](#)

**Greenfield Housing Authority —** [Click here.](#)

**Stavros Center for Independent Living Inc. —** Options Counselor. [Click here.](#)
Mission Statement: The North Quabbin Community Coalition is a community-wide alliance committed to improving the quality of life for all those living and working in the North Quabbin since 1984.

Coalition Regular Happenings

North Quabbin Recovery Center Hours
The North Quabbin Recovery Center provides a compassionate, safe space to offer peer support to allow multiple paths of recovery for all. The Center is open on Tuesdays and Thursdays from 10:00 am to 1:00 pm. All Recovery Meetings happen from 11:00 to 11:45 am and can be accessed virtually through this link https://us02web.zoom.us/j/364283750 or in person. All are welcome.

ACT Group
The ACT Group is held every Tuesday from 1:15 to 2:15 pm. The link to access the meeting is https://us02web.zoom.us/j/82131343295.

REMEMBER TO VOTE