Heather’s Highlights

Dear Readers,

The North Quabbin Community Coalition (NQCC) has partnered with Clinical and Support Options (CSO) for many years now to offer the System of Care meetings in the North Quabbin, Franklin County, and Hampshire County. This group is intended to strengthen the systems that affect children’s behavioral health access and to address the concerns that may arise for families and children locally.

A strong program of CSO is The Center for Community Resilience after Trauma (CCRT) and we were lucky to have some of their staff present at our January forum. Kelly, Janira, and Laurel were able to articulate their program as a whole, and provided a new focus for North Quabbin that looks at individuals or groups impacted by crime. CCRT services can be customized for the needs of the situation, and can encompass quite the gamut of materials and tools to heal after trauma. For more information, please call 413-773-5090 or email ccrt@csoinc.org.

I also have to use this opportunity to send a THANK YOU to all at the Salvation Army in Athol, along with the NQCC Board, for helping our flexibility and last minute venue change for the forum in January due to a heating issue! We will be back at the Orange American Legion for our February Forum featuring “Why ‘Trash’ your Meetings and Events? Recycling and Composting is Easier (and More Fun!)” Stay warm folks.

Thank you for all you do!

Heather Bialecki-Canning
Executive Director

Next Coalition Forum:
February 15, 2019
9:00—10:30 am
Why ‘Trash’ your Meetings and Events? Recycling and Composting is Easier (and More Fun!)
Orange American Legion, 40 Daniel Shays Hwy, Orange

March Newsletter DEADLINE
February 19
Email details to admin@nqcc.org

Visit our comprehensive North Quabbin Area Community Calendar at nqcc.org/events.html

Like us on Facebook for regular updates!

NQCC
251 Exchange Street
Athol, MA 01331
978-249-3703
www.nqcc.org
info@nqcc.org
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Clinical Support Options
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Pioneer Junior Women’s Club
Salvation Army Corp of Athol
Jesse Sawin
Kay Sheekey
David Runyan
SMallet Photography

Raising a Thinking Child

Tuesdays Feb. 5th to April 2nd 9:30 – 11:00 am
Valuing Our Children
217 Walnut St. Athol
(No Class on Feb 19)
For parents of children ages 4 to 7 years. Learn skills to help your child resolve everyday conflicts and to get along with others.
- Improve Parenting Skills
- Improve Communication
- Improve Your Child’s Behavior

For more information or to sign up please call:
Jennifer 978-249-8467
Kelly 978-249-5070
Children and help with transportation are available
Loving Your Recovery
A free community event open to everyone

Saturday, February 9, 2019
1—4 PM
Athol Town Hall
584 Main Street in Athol

Make your own valentines, enjoy food and entertainment, and have fun!

North Quabbin Recovery Center
North Quabbin Community Coalition
RECOVER Project
OPIOID Task Force

info@opioidtaskforce.org 413.775.7474 | RSVP not required

This event is part of a series that will happen throughout 2018-2019 to promote recovery focused activities in Franklin County and the North Quabbin Region.
Certified Community Behavioral Health Clinic

CCBHC PROGRAM

* **What is it?**
  * An opportunity to provide integrated care (mental health, addictions and physical health) to all ages regardless of ability to pay

* **How to Enroll?**
  * Come to the front desk of Clinical & Support Options and we will let you know how to get started!

* **Who could benefit?**
  * A person who wishes to engage in therapeutic and activity groups or individual therapy that provide support for mental health, addiction, and overall wellness
  * A person who could benefit from meeting with an RN, Wellness coach and/or Peer Specialist to learn more about improving overall health, coordinating care with PCP's and specialists when needed, getting physical health screenings, and learning ways to engage in healthy activities
  * A person who could benefit from peer support (person with addiction, physical health and/or mental health lived experience) and advocacy along with assisting in vocational pursuits.

* **Services that are currently offered:**
  * **Fridays at 11:00 am:** “The Word”: All recovery group for clients 18+. Clients will engage in a writing activity and then have time to discuss with peer specialist, Deb Lincoln. Meets on a weekly basis.

  * **Wellness Coach**

  * **Thursdays at 10:00 am:** “Board Games for Adults”: A group for adults ages 18+ to get together and play board games to help foster relationships and encourage social interaction. Will meet on a weekly basis.

Please feel free to contact Jade Martin, LMHC, R-DMT, Clinical Care Manager, CCBHC, at 978-249-9490 x4129 or jade.martin@csoinc.org with any questions about the program.
The North Quabbin Community Coalition’s Children’s Health & Wellness System of Care Presents:

Munch & Move

The best family night of your winter vacation!

February 20, 2019

5:00 - 8:00 pm
RC Mahar Regional High School Cafeteria
507 South Main Street, Orange

Dinner, games, dancing, music & fun by and more!

Free!

For more information, call 978-249-3703. This is not a school sponsored event.
Volunteer Opportunity with the North Quabbin Recovery Center

The North Quabbin Recovery Center (NQRC), a project of the NQCC, is looking for allies and peers to volunteer! Located at 416 Main Street, Athol, the NQRC provides a place for individuals pursuing multiple pathways of recovery. Consider becoming a member of their valued team offering hope and help to those in recovery and their loved ones. All are welcome!

Want to learn more? Stop by during their open hours of 10:00 am to 2:00 pm, Wednesday, Thursday, and Friday, call them at 978-249-4989, or email them at nqrc@nqcc.org.

Using the New Food Code

Offered on Two Dates!
February 27, 2019 Marlborough AND February 28, 2019 Pittsfield

Presenters
Lisa Berger, Berger Food Safety Consulting
Pamela Ross-Kung, Safety Food Management
Diane Bernazzani, MA DPH (Marlborough only)
Jennifer Robertson, MA DPH (Pittsfield only)
Tom Herney, FDA

More details to come!

Learn how to make choices to live a healthier life!

Join a Healthy Living Workshop Series

Winter 2019 Workshops
Chronic Pain Self-Management
Thursdays, February 14–March 21 | 1–3:30 pm
North Quabbin Recovery Center, Athol

Chronic Disease Self-Management
Mondays, February 18–March 25 | 6–8:30 pm
YMCA in Greenfield

A Matter of Balance: Managing Concerns about Falls
Thursdays, Feb 14–April 4 | 2–4 pm
The Arbors at Greenfield

Healthy Eating for Successful Eating
Tuesdays, February 19–March 30 | 1–3:30 pm
Gil Montague Senior Center

Chronic Pain Self-Management helps people build self-confidence to assume an active role in managing their chronic pain by exploring:

• The root cause of pain
• Distraction and relaxation techniques
• Techniques for dealing with difficult emotions, stress, fatigue, isolation, and poor sleep
• Appropriate exercise
• Strategies on healthy eating, weight management, and nutrition
• Facing activity and rest

Workshops are free for participants and are open to people with one or more chronic health conditions as well as their caregivers and loved ones. For more information or to register for a workshop, call 413-773-5555 x2297 or 978-544-2259 x2297, or email awaisman@lifepathma.org. For a complete list and more details about upcoming workshops, visit LifePathMA.org. And stay tuned for next season’s offerings!

Chronic Pain Self-Management:
Living Well with Long-Term Health Conditions

Free! Thursdays, February 14–March 21, 2019 | 1–3:30 PM
North Quabbin Recovery Center, 416 Main St, Athol, MA

For more information or to register for a workshop, call 413-773-5555 x2297 or 978-544-2259 x2297, or email awaisman@lifepathma.org. For a complete list and more details about upcoming workshops, visit LifePathMA.org.
Do you know someone who has trouble reading this sign? It is not uncommon, as 14% of Americans have low literacy. The Literacy Project North Quabbin can help. They have open slots in their Basic Skills/Pre-Hi-Set class. Call the Literacy Project at 978-544-8917 for an easy intake interview to get folks started on improving their reading, writing, and math skills. Their classes are small, personal, and are offered at no charge to students.
RECOGNIZING AND RESPONDING TO CHILD ABUSE IN OUR COMMUNITIES

March 19, 2019 – 4-8 PM
French King Restaurant
129 French King Hwy, Erving, MA

Speakers
Northwestern District Attorney, David E. Sullivan
Baystate Health Care MD, Dr. Stephen Boos
Chief of the Child Abuse Unit-Assistant District Attorney Linda Pisano
Department of Children and Families, Screening and Intake personnel
Commercial Sexual Exploitation of Children Coordinator, Stacey Langknecht

$20 Registration fee
Light Dinner will be served

Register at staelens@cacfranklinq.org or 413-772-9069
Underage Drinking Prevention

Video Creation Contest

Want to see your video as a YouTube Ad? Want to win an iPad?

Rules/Guidelines:
- Video must feature the slogan “Most youth in Central MA choose not to use alcohol, it’s not worth it” and ask people to “Share the message”
- No profanity.
- No images of drugs, alcohol, or other risky behaviors.
- Length of submission should be 15-30 seconds.
- Video should feature positive things about youth.
- Can only use images and music that are provided by Powtoons.
- Submissions must be maintained in your free account until contest is complete. If chosen as winner, you will be requested to resend your submission to the appropriate email address.
- Submissions must be made by individuals only, no groups please!
- By submitting your video you agree to have LUK make edits if needed for publishing purposes.
- By submitting your video you agree to render your ownership of the video to LUK.
- By submitting your video you agree that if chosen your video will be played as a YouTube Ad.

How to Submit Your Video:
1. Log in to your Powtoon account (can be created for free at www.powtoon.com).
2. Go to ‘My Powtoons’
3. Next to the video that you would like to submit, click the ‘More’ option
4. Click ‘Collaborate’
5. Where it says ‘add email here’, enter the email ‘prevention@luk.org’
6. Where it says ‘Title’, please put your first and last name.
7. Where it says ‘Description’ please put what school you attend, your email address, and your phone number.
8. Then click the ‘Collaborate’ button.

Prizes:
- The first place winner will receive an iPad (donated by the Leominster Community Action Team).
- Second and third place prizes may be awarded.

The video submission deadline is Sunday, February 10, 2019, by 11:59pm

If you have questions or need assistance please contact:
prevention@luk.org or 800-579-0000
LUK, Inc. 545 Westminster St. Fitchburg, MA 01420
The Opioid Task Force Public Safety & Justice Committee invites you to come learn about

Public Safety, Behavioral Health & Community Responses to Drug Overdoses

The Drug Addiction and Recovery Team (DART) is a free county-wide service run out of the City of Northampton’s Health Department that supports people who are at risk for an opioid overdose or family members affected by overdose. DART is made up of specially trained recovery coaches, harm reduction specialists, and police officers who provide:

- Access to harm reduction tools, such as NARCAN and safety plans for use.
- Connections to community resources.
- Short or long-term recovery support.

Northampton Police Chief Jody Kasper and DART Officer Adam Van Buskirk will share how their DART Team helps to support individuals impacted by opioid misuse. Cherry Sullivan and Michele Farry of Hampshire HOPE will also be on hand to talk about Hampshire County DART efforts. Free and open to all!

Monday, February 4, 2019, 1 - 2:30 PM
Franklin County Justice Center
Jury Pool Room, 3rd Floor
43 Hope Street in Greenfield, MA

www.opioidtaskforce.org / 413.775.7474
3 DAY FACILITATOR TRAINING
NURTURING FAMILY PROGRAM

Learn and practice key skills and become acquainted with the Nurturing Parenting Program ® Model

Learn from highly experienced facilitators of Nurturing Family Programs

Required to attend this training:

✓ You MUST be able to commit to attend ALL 3 days-
  Monday, Wednesday & Thursday
✓ To Register: Click here
✓
✓ Contact LaWaun Curry for more information

Register NOW!
Protecting Your House of Worship with Compassion and Common Sense

A comprehensive training on best practices to promote safety and security for places of worship and faith-based organizations. For faith leaders, clergy, lay ministers, staff from churches, temples, synagogues, mosques, and meeting houses; law enforcement personnel; government leaders from Hampshire and Franklin counties and Athol.

Tuesday, March 5, 2019
8:00 a.m. to 5:00 p.m.
Northampton Senior Center, 67 Conz Street, Northampton, MA

Cost: $55.00 per person - Registration Link: www.regonline.com/WorshipSecurity-NorthamptonMA-030519

Safety and security planning is increasingly important for places of worship and faith-based organizations. From acts of violence and vandalism to disruption of services, there are a wide range of security threats to houses of worship across the country. Law enforcement sources identify places of worship and faith communities as especially vulnerable targets, but there are ways to strengthen their protection. During this one-day training, instructors will review cases of violence in places of worship, talk through ways to prevent incidents and respond to an active shooter event and its aftermath, including effectively working with the media.

In addition, instructors will guide participants in how to undertake comprehensive safety and security risk assessments and develop policies to effectively address not only acts of targeted violence, but also other areas of vulnerability including sexual misconduct, financial exploitation and other crisis situations.

Sponsored by the Northwestern District Attorney’s Office and the Northampton Police Department
The Training Class is presented by Training Force USA
For more information, contact Laurie Loisel at laurie.loisel@state.ma.us, director of outreach and education at the Northwestern District Attorney’s Office
Register for this class at www.regonline.com/WorshipSecurity-NorthamptonMA-030519

Training Force
The knowledge you seek and the training you require

Northampton Police Department
2019 North Central MA Health & Human Services Breakfast

The Joint Coalition on Health and the SHINE Initiative present the 2019 North Central Massachusetts Health & Human Service Legislative Breakfast on February 15 in partnership with The North Central Mass Minority Coalition, and other community partners. The Keynote Speaker will be Dr. Ruth Potee, Family Physician, Valley Medical Group; School Physician, Pioneer Valley School District; Medical Director, Franklin Recovery Center; and Medical Director, Franklin County House of Corrections.

As in prior years, the focus will be on the social determinants of health and healthcare access. This year, they will look at these issues through the lens of mental health, substance use disorder, and recovery. Bring your questions, concerns and suggestions! If there are barriers which may prevent you from attending and participating, please let them know and they will do their best to accommodate you. Free and open to the public. Register through https://www.eventbrite.com/e/2019-north-central-ma-health-human-service-legislative-breakfast-tickets-54796499806.

Athol Bird & Nature Club

Events take place at the Millers River Environmental Center, 100 Main Street, Athol, unless otherwise noted. www.atholbirdclub.org.

Feb. 17 @ 1:00 pm:  ABNC Geology Division Meeting —The recent program on Hoosac Tunnel as well as the Athol Fault trip will be reviewed. Paul will speak about mines or quarries. We will talk about the recent earthquake, which was felt mostly in Templeton and Gardner. If you have any specimens for which you have written descriptions from our last get-together, please bring them. As in the past, please feel free to bring one or two mineral or rock specimens which we might discuss. Start the new year off with a look back at this year's highlights by members.

Feb. 23 @6:15 am: Field Trip to Coastal MA—Join Club director Ernie LeBlanc on a trip to coastal Massachusetts for the wintering birds of Cape Ann, including gulls, alcids, and sea ducks. Meet at 6:15 am at Center. Please call ahead to let us know you are attending. Bring snacks and EXTREME cold weather clothing! Info: Ernie 978-249-4064 or lebroyal@aol.com.

MassHire Offers TRAIN: Training Resources and Internship Network

Build your skills to get a better job with free classes offered by MassHire! The program offers essential work skills training (develop the skills most asked for by employers), job training (get specific work skills such as culinary/hospitality, foundational, and other occupational training options), and internships and job placement (get connected to employers—complete a short internship). Informational meetings are being held in February. To learn more about this free program and the informational meetings, click here. If you are unable to attend an information session, contact Donna for more information at 413-774-4361 ext. 314 or donnaharris@masshirefhcareers.org.
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.

Congressman James P. McGovern’s Local Office Hours in Athol

Congressman James P. McGovern, serving the 2nd Congressional District, Massachusetts, has local office hours at the North Quabbin Community Coalition, 251 Exchange Street, Athol. Staff will be available on the third Friday of every month from 11:00 am to 2:00 pm to meet with you and provide assistance/advocacy with matters pertaining to federal government agencies and to discuss concerns, thoughts or opinions regarding matters pertaining to the federal government. To schedule an appointment or for additional information, please contact Eladia Romero, Regional Manager at 978-466-3552.