



Boston's Faith Based Leaders

BPHC Outreach Division
Newsletter Issue 3: Winter 2012

BPHC
Outreach Program
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[www.bphc.org/
faithbasedinitiative](http://www.bphc.org/fairbasedinitiative)

Happy New Year from Outreach!

Outreach would like to wish you and your loved ones a healthy, happy New Year! We have many exciting projects to share with Boston's Faith Based Leaders in 2012, including our new Wellness Center Toolkit. Stay tuned for all of our upcoming trainings, workshops and other events by visiting our website at www.bphc.org/fairbasedinitiative.

Outreach Division Staff

Outreach is planning to host several trainings and workshops for faith based organizations and their leadership in 2012. **We want to hear from you!** Help us to determine what types of workshops and trainings will interest you and meet the needs of your organization. If you haven't already completed our short online survey, please provide us with feedback by visiting:

www.surveymonkey.com/FaithBasedTraining

Wellness Center Toolkit Launch

Outreach is very excited to announce the launch of our **Wellness Center Toolkit** in Winter 2012! We have compiled numerous resources and tools to help your Faith Based Organization host successful health initiatives and programs in the coming year. Outreach will be partnering with organizations interested in performing a needs assessment of their community to learn what types of programs/services should be offered. In addition, Outreach will provide support and guidance in planning health fairs, educational programs and other wellness activities. Stay tuned for the announcement of a Wellness Center Toolkit training!

Interested in learning more about Boston Faith Based Leaders? Outreach has developed a new **Faith Based Public Health Initiative Fact Sheet** to share with the community. Learn the background of Boston Faith Based Leaders and what we've accomplished so far through the initiative. Download the fact sheet by visiting our website at:

www.bphc.org/fairbasedinitiative

Barbershop Men's Health Program

In Fall 2011, Outreach and the Office of Oral Health hosted a Men's Health Day at several barbershops in Roslindale. **Mr. D&A, Castro's** and **D'Cachet** Barbershops all hosted mini-health fairs for their customers and employees. Outreach Staff provided information on hepatitis C, flu, tobacco cessation, nutrition and heart health at all 3 locations. Several customers had their blood pressure screened and all participants received free oral health supplies and education while visiting the shops. The day was a great success, stay tuned for more barbershop updates on our website: www.bphc.org/outreach

Interested in learning more about the Barbershop Men's Health initiative? Contact Michaela at (617) 534-2340 or mbyrnes@bphc.org.



Blogging @ BPHC

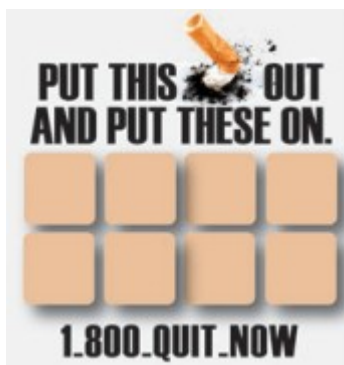
<http://healthybostonblog.wordpress.com/>

This blog is brought to you by Mayor Menino and the Boston Public Health Commission. Learn the latest in health news while staying up-to-date with BPHC programs and community events!

<http://mayorshhealthline.wordpress.com/>

The Mayor's Health Line blog is a communication tool that serves to educate Boston residents about the Massachusetts health care industry, and inform the public about current events and other health news that may affect their daily lives.

BPHC **FREE** Nicotine Patch Giveaway!

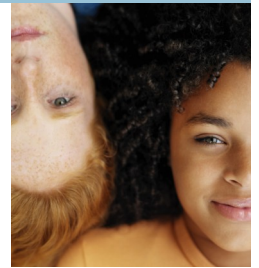


The Boston Public Health Commission is for the first time offering Boston residents free nicotine patches to help them quit smoking. Residents who are 18 and older can call 1-800-QUIT-NOW to receive the free nicotine patch and quit smoking for good.

Not only does quitting smoking add years to your life but it will also save you a significant amount of money. The average smoker spends \$3,000 a year on cigarettes. While quitting smoking is never easy, using nicotine replacement therapy such as the patch can significantly increase one's chances of success. So call 1-800-QUIT-NOW today. Medical restrictions may apply.

Early Childhood Mental Health

In partnership with the Massachusetts Executive Office of Health and Human Services and the Department of Public Health; the Boston Public Health Commission offers two programs to families with children between the ages of 0 to 8; who may be at risk or who have demonstrated social and emotional delays.



Located in seven community health centers across the city; MYCHILD and Project LAUNCH are collaborations of families, health centers, and child serving agencies led by a team consisting of the child's primary care physician, a mental health clinician and a family partner.

The Family Partner is a parent of a child with mental health or developmental needs as well as an advocate experienced in parent education and care coordination. Together, the team provides comprehensive, individualized services to families of young children with social and emotional health needs.

For more information please contact: Christy Moulin, Project Director (617)534-2631

MYCHILD Site Locations: Bowdoin St. Community Health Center, Joseph Smith Community Health Center, Dorchester House, Healthcare for the Homeless

Project LAUNCH Site Locations: Boston Medical Center, Codman Square Health Center, Martha Eliot Health Center



Winter Walking Group Safety Tips

Remember safety in numbers. Walk with your family and friends, it's a great way to socialize while getting fit!

Walk in well-lit areas preferably during daylight hours.

Dress in layers and wear boots with nonskid soles.

Wear bright or reflective clothing so drivers can see you.

Always keep babies or small children in front of you and as close to the curb as possible when walking on street.

Walk on sidewalks whenever possible. If sidewalks are covered in snow or ice and you must walk on the street, walk against the flow of traffic and close to the curb!

Make sure all cars and bikes have come to a complete stop before crossing the street.

Do not cross when cars have the right of way. They are less likely to see you in winter and may not be able to stop in time.

Visit the City of Boston **KNOW SNOW** website to request street plowing, report unshoveled sidewalks and stay up to date on snow emergency alerts.

<http://www.cityofboston.gov/snow/>



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To subscribe to our free electronic newsletter please contact us at:
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*Our mission is to protect, preserve,
and promote the health and well-being
of Boston Residents, particularly those
who are most vulnerable.*



The Family Justice Center (FJC) of Boston offers services to victims of child abuse, domestic violence, and sexual assault. FJC provides a safe and welcoming environment where individuals and families benefit from the availability of services offered by diverse nonprofit and governmental partner organizations. FJC strives to coordinate violence intervention and prevention services that are culturally responsive and accessible to all victims.

FJC Partners are here to serve all victims and survivors including non-English speakers, immigrants (regardless of your status) and gay, lesbian, bisexual and transgender individuals. FJC offers training for the community on domestic violence, sexual assault, human trafficking or crimes against children. All of the 13 program partners at the FJC provide training in addition to direct services. To learn more about training opportunities, contact Anne Marie Delaney at (617) 779-2150.

Need an emergency referral? Click here to print the FJC Emergency Contact List: <http://www.bphc.org/programs/cafh/violenceprevention/fjc/emergencycontactinformation/Pages/Home.aspx>