



**MYSTIC VALLEY**  
Public Health Coalition

## September 2024 Newsletter

The Mystic Valley Public Health Coalition works to build the collective responsibility of creating and sustaining environments where communities can thrive in supportive and healthy spaces.

### **Suicide Awareness Month**

September is National Suicide Prevention Month – a time to remember the lives lost to suicide, acknowledge the millions who have experienced suicidal thoughts, and the many individuals, families and communities that have been impacted by suicide. It's also a time to raise awareness about suicide prevention and share messages of hope.

During September, and throughout the year, we can care about suicide prevention; connect to community, culture, data, and research; and collaborate with others to address this public health problem that has impacted millions of Americans. Suicide affects whole communities.

#### **Suicidal thoughts**

Suicidal thoughts are often complex and determined by a multitude of factors such as mental illness, substance misuse, trauma, loss, exposure to violence, and social isolation. Warning signs may look different among youth and adults.

Youth may be:

- Talking about or making plans for suicide
- Expressing hopelessness
- Displaying severe or overwhelming emotional pain or distress
- Changing or withdrawing from social connections
- Experiencing changes in sleep
- Increasingly hostile and angry
- Increasingly agitated

Adults may be :

- Talking about or making plans for suicide
- Expressing hopelessness
- Acting anxious, agitated, or behaving recklessly
- Talking about being a burden
- Increasing substance use
- Experiencing changes in sleep
- Withdrawing from social situations
- Showing rage or talking about seeking revenge
- Experiencing Extreme mood swings

## Stigma

Mental health stigma is the negative attitudes and discrimination that people may face due to their mental illness and contributes to the self-stigma or shame that some people may feel regarding their own mental health. This can be a barrier to people accessing mental health services, but **you should never feel ashamed for needing support.**

You can work to reduce stigma by:

- Talking openly about mental health.
- Educating yourself and others by responding to misperceptions by sharing facts and experiences.
- Be conscious of language.
- Show compassion for others.
- Be honest about mental health treatment and normalize it.

## Resources

Here are several resources that are available for those struggling with suicidal thoughts, or those who are worried about someone they know struggling with suicidal thoughts.

## **988 Suicide and Crisis Line**

### **Nacional de Prevención del Suicidio**

[888-628-9454](tel:888-628-9454)

### **Suicide Prevention Hotline**

[800-827-7571](tel:800-827-7571)

**Interface** - A referral service that collects information regarding what the situation is and what preferences (gender identity, LGBTQ+, BIPOC, religious status, in-person appointments vs online, etc.) the client may have for a mental health provider and provides a list of providers in the area that accept the clients insurance.

[888-244-6843](tel:888-244-6843)

<https://interface.williamjames.edu/>

### **Suicide Prevention Resource Center**

[202-481-381943](tel:202-481-381943)

Foundry Ave. Waltham, MA

**The Trevor Hotline** - LGBTQ+ youth specific

[866-488-7386](tel:866-488-7386)

<http://thetrevorproject.org>

## **Recovery Resources and Events**

The MVPHC partners with The Bridge Recovery Center in Malden. Through this partnership, the MVPHC Regional Recovery and Outreach Subcommittee meets monthly at the Bridge to discuss current resources and programming across the region to bring back to their communities.

Check out these events coming up this month in our communities and at The Bridge!

# THIRD ANNUAL Stoneham Recovery Fest

Join us for a Family Friendly  
Event and Empowerment!

Stoneham Town Common  
Saturday  
September 28th  
3 – 6:00 PM

Opening Remarks by: Representatives Michael Day and Jason Lewis

## Something for everyone:

- Raffles
- Games
- Live music
- Information about wellness
- Recovery Resources



T-shirts will be available for purchase. All proceeds will go toward sober living funding



Experience the talent of  
local band **Neil & Co.**

FOR MORE  
INFORMATION



POWERED BY

HOSTED BY



# Community NARCAN TRAINING



**Sept. 17, 2024  
6:00–6:45pm  
Reading Public Library**



- Identify overdose signs & symptoms
- Practice the recovery position
- Narcan usage in an emergency
- Learn 911 procedures & resources
- Free Narcan doses

**Use Registration Link OR QR code to sign up!**

<https://lp.constantcontactpages.com/ev/reg/rrttxum>



**THE BRIDGE  
RECOVERY CENTERS'**

# **NARCAN TRAINING**

**SATURDAY 9/28  
6:30PM**

**LEARN HOW TO  
PREVENT AN OPIOID  
OVERDOSE**

Participants will be trained on how to administer nasal Narcan and receive information on where to obtain it.



**FREE NARCAN KITS WILL  
BE PROVIDED.**



239 Commercial St  
Malden MA  
781-480-4937



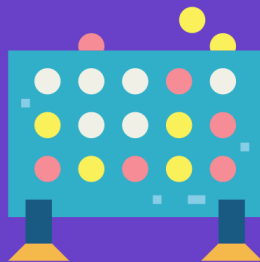


# FAMILY FUN



Join us for an afternoon to share  
your recovery community  
with your friends & family!!

- Arts & Crafts
- Yard Games
- Music & More



September  
15th

1:00 -  
4:00 PM

**THE  
BRIDGE**  
RECOVERY CENTER  
A Malden Overcoming Addiction Program

239 Commercial St  
Malden, MA  
781-480-4937

**miva**  
malden overcoming addiction

## Mental Health Events





**Mental Health FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING

## YOUTH MENTAL HEALTH FIRST AID

### GET CERTIFIED IN YOUTH MENTAL HEALTH FIRST AID

**Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.**

#### WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

**Parents - Grandparents - Adults who Work with Youth - Teachers - School Staff - Coaches - Camp Counselors - Group Leaders**

### JOIN US

**NOV. 12, 19, 26 &  
DEC. 3 FROM 6-8 PM  
READING PUBLIC LIBRARY**

### Registration link below

**<https://lp.constantcontactpages.com/ev/reg/eejnck9>**

Join the Reading Coalition for Prevention & Support for Youth Mental Health First Aid (MHFA). This course teaches you how to identify, understand and respond to signs of mental health and substance use challenges among youth.

**Instructor:** Taunya L. Jarzyniecki, LMHC, LADAC-I.

Registration link:

<https://lp.constantcontactpages.com/ev/reg/eejnck9>





National Alliance on Mental Illness

# **nami** Family-to-Family

## **A FREE class for family and friends of individuals living with a mental health condition**

**The experience offers the invaluable opportunity of open conversation and mutual support in a stigma-free environment.**

**Learn about:** diagnoses, treatments & therapies, mental health resources, communication techniques, problem solving, managing crisis & relapse, coping skills, self care, and more.

**[namicentralmiddlesex.org](http://namicentralmiddlesex.org)**



- **In person in Winchester MA, Saturdays, starting Sept. 14th**
- **Online option, Tuesdays, starting Sept. 24th**

**REGISTER NOW**



**nami**

National Alliance on Mental Illness  
Central Middlesex

NAMI's Family to Family course is for family members and friends of individuals living with mental health conditions.

**REGISTER NOW**



**nami Basics**

National Alliance on Mental Illness



**A free course for parents and family caregivers of  
children & adolescents with emotional or behavioral concerns**



NAMI Basics provides critical strategies for taking care of your child and learning the ropes of recovery.

Participants will learn communication tips, how to problem-solve, and the skills to help them cope with the emotional impact of caring for their child.

The group setting provides mutual support and shared positive impact.

The course meets weekly for six sessions and is taught by NAMI trained teachers who are parents of children with similar concerns.



**In person option in Beverly MA starts October 15**  
**[namicentramiddlesex.org/educational-courses](https://namicentramiddlesex.org/educational-courses)**

NAMI's Basic course is for parents and caregivers of children and adolescents showing signs of behavioral and emotional challenges.

## **Stoneham Events**



Join the Stoneham Health Department and the Stoneham Coalition at the Stoneham Town Day!

They will have a table available from 11am-4pm!

**Have a minute to take a survey?**



## Community Health Needs Assessment (CHNA)

### Help Us Improve the Health of Our Community!

#### Take Our Community Health Survey

Beth Israel Lahey Health and its member hospitals are doing a Community Health Needs Assessment to learn about the issues affecting people in our communities. This anonymous 15-minute survey will help us understand what you think about quality of life and available resources so we can improve patient care and community services.



*The survey is available in multiple languages*

#### Take the Survey by November 1st:

Use your phone to scan the QR code or complete the survey online at <https://survey.jsi.com/s3/FY25-BILH>

#### Enter Our Drawing:

Complete the survey for a chance at winning a \$100 Visa gift card.

For more information, to have paper copies dropped off, or to have an email sent to your organization or place of work, contact [LeighAnne.Taylor@bilh.org](mailto:LeighAnne.Taylor@bilh.org).

[www.winchesterhospital.org](http://www.winchesterhospital.org)

Beth Israel Lahey Health   
Winchester Hospital

Complete the Beth Israel Health Survey for their needs assessment to be able to highlight areas of community health to improve!

If you complete the survey prior to November 1st you will be entered in a raffle to win \$100 gift card.

<https://survey.jsi.com/s3/FY25-BILH>

## Local Events

Are you hosting an event that serves our students or families? Could folks benefit from the work that you're doing? Would you like to get the word out to collaborators in the region?

Submit your upcoming events here and we will feature them in the future editions of our newsletter. Use the button directly below.

[Submit Events for a Future Feature Here!](#)

**Mystic Valley Public Health Coalition**

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United States of America



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