



South Shore Community Partners in Prevention

South Shore Community Partners in Prevention (CHNA 23)
Wednesday, December 13 2017
8:45 A.M.to 10:15 A.M.
Beth Israel Deaconess Hospital - Plymouth
Funkhouser Conference Room A
275 Sandwich Street, Plymouth

Minutes

In attendance:

<u>First Name</u>	<u>Last Name</u>	<u>Organization</u>	<u>E-mail</u>
Kim	Allen	SSCPP Coordinator/United Way of Greater Plymouth County	chna23@gmail.com
Fiona	Bitteker	Hospice of South Shore	
Gail	Brennan	Kennedy Donovan Center	gbrennan@kdc.org
Andrea	Chiros	Center for Active Living	achrios@townhall.plymouth.ma.us
Sarah	Cloud	BID Plymouth	scloud@bidplymouth.org
Kathleen	Considine	NAMI Plymouth Area	kconsid@att.net
Katie	Dahlen	Marshfield COA	katedahlen@ymail.com
Barbara	Decunzo	NAMI Plymouth Area	info@namiplymoutharea.org
Nancy	DeLuca	Health Imperatives	ndeluca@healthimperatives.org
Maureen	Doherty	BID Plymouth	mdoherty@bidplymouth.org
Amy	Duarte	SSVNA	

CHNA 23: South Shore Community Partners in Prevention

Serving the communities of Carver, Duxbury, Halifax, Hanover, Hanson, Kingston, Marshfield, Pembroke, Plymouth, Plympton, and Rockland

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Kathy	Dunn	New Heights	
Shawna	Fanning	High Point	sfanning@hptc.org
Sheila	Flaherty	NAMI Plymouth Area	
George	Gorgizian	PCCF	gGorgizian@PCSdma.org
Kerry	Haskell	BID Plymouth Access	khaskell@bidplymouth.org
Mike	Jackman	Congressman Keating, SSCPP Chair	Michael.Jackman@mail.house.gov
Malissa	Kenney	New Heights & Healthy Plymouth	wmakenney@msn.com
Tricia	Maini	Crossroad Tx Center	pmanini@crossroadstreatmentcenters.com
Bobbi	Martino	HL Committee	
Patrick	McGuire	DMH	Patrick.McGuire@MassMail.State.MA.US
Siobhan	McKay	DDS	siobhan.mckay@state.ma.us
Jim	O'Neil	Bridgewater Patient Advocacy	bridgewaterpatientadvocacy@gmail.com
Merielle	Paul	High Point Prevention Services	mpaul@hptc.org
Deb	Schopperle	BID Plymouth	dschopperle@bidplymouth.org
April	Thompson	Center for Active Living	aprilthompson@townhall.plymouth.ma.us
Amy	Slyvia	SSRAC Road to Healing	
Susan	West	BID Plymouth	swest@bidplymouth.org
Joyce	Young	Naturopathic Physician	drjoyceyoung@gmail.com
Anellen	Zalis	High Point	azalis@hptc.org

Meeting called to order by Mike Jackman, SSCPP Chair. Everyone was welcomed and gave self-introductions.

Minutes for the November 8th SSCPP general meeting were approved unanimously by all in attendance. SSCPP financial reports were made available by SSCPP Treasurer, George Gorgizian.

Mike reviewed SSCPP's funding opportunities: Mini grants up to \$3,500, Health Compass grants up to \$7,500 and Health Literacy grants up to \$10,000. We are also finalizing RFP for our SSCPP behavioral

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health grant for up to \$25,000 per year for up to three years.
Grant information is available on our website: chna23.org/funding

Presentation: The Challenges of Caregiving – Compassion Fatigue

Dr. Donna M. White RN, PhD, CS, CADAC

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- Teaches community health at Shattuck Hospital.
- Reviewed inherent values in healthcare and the philosophical roots of our work.
- Compassion fatigue is “a debilitating weariness brought about by the repetitive empathetic response to pain and suffering”.
- Moral distress can put us on overload and in high gear for burnout.
- The topic of compassion fatigue started with the Vietnam War- men had PTSD and clinicians had secondary PTSD.
- We are absorbing compassion stress (aka secondary stress).
- Reviewed Charles Figley’s Model of Compassion, Stress, and Fatigue.
- Recommended idea of asking someone to listen to you unload without asking him or her for any advice or follow up action.
- Reviewed cognitive impact of secondary traumatic stress and how stress affects the human body. Suggested prioritizing self-care.
- Examples of self-care suggested include: watch your own attitude, recognize you are not super human, get enough rest, exercise, and eat slowly. Also reviewed mindfulness techniques.

Announcements:

SSCPP Health Literacy Award Event at 8:30AM on April 6, 2018 at the Plymouth Library: Received several terrific nominations. Will be holding this spring event to honor awardees.

SSCPP has purchased a premium Survey Monkey package and it is available for SSCPP members to use.

The floor was opened for agency announcements.

The next meeting is scheduled for **January 10th**. We will be having a two part housing as it impacts healthcare panel in January and February.

Respectfully submitted by Kimberly Allen
CHNA 23 Coordinator

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