



South Shore Community Partners in Prevention

South Shore Community Partners in Prevention (CHNA 23) Wednesday, December 8, 2021 8:55 A.M. to 10:15 A.M. Zoom Meeting Minutes

In attendance: Abigail Foley, Gosnold; Trudy Avery, Cook Family Charitable Fund; Jen Cantwell, Community Programs Coordinator, Plymouth County DA's Office; Collette Puleo, Health Imperatives; Kim Scotland, United Way of Greater Plymouth County and Coordinator for SSCPP; Peggy Hall, Father Bill's & MainSpring; Jenn Hoadley, Regional Manager of Southeastern MA for the Alzheimer's Association; Ann Burke, Cape Cod Advocate/ Fenway Health/ Violence Recovery Program; Vicky Butler, Plymouth County Outreach; Rhiannon Thai, Nurse Case Manager, Plymouth Public Schools; Colleen Kennedy-Mello - Southeast Tobacco Free Community Partnership at SevenHills Behavioral Health in New Bedford; Jennie Babcock, Co-Chair Plymouth County Suicide Prevention Coalition; Erin Morley, Assistant Director, Coordinated Care Network; Linda Gabruk, Bridgewater State University School of Social Work; Kara Doherty-Care Coordinator with Community Partners Program (Aspire Health Alliance); Justin Gates, Plymouth Youth Development Collaborative; Patrick Ronan, Director of Community Relations, Father Bill's & MainSpring; Katelyn McSweeney, HPTC Prevention Services; Stephanie Higgins, Director of Social Impact Boys and Girls Club of Marshfield; Kathleen Considine, NAMI; Dr. Barbara Green; Michael Jackman, Congressman Keating & SSCPP Chair; Siobhan McKay, Plymouth DDS

Mike kicked off meeting at 9:06am. All encouraged to introduce themselves in the chat.

All voted to approve the November general meeting minutes.

Father Bill's & MainSpring (FBMS) Presentation

Patrick Ronan, Director of Community Relations

Peggy Hall, Stabilization Manager

- Pat shared a video "Patsy's Story" to showcase FBMS's work during the pandemic and where they are headed.
- FBMS helps folks experiencing homeless. Provide permanent supportive housing to over 550 households and have multiple shelters in Brockton, Quincy, and Plymouth.

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- During pandemic, had a 20% infection rate. Set objectives to not go back to having shelters overfilled and to continue growing. Are currently converting Roadway Inn in Brockton into 69 supportive housing units. Less congested shelters improve quality of life.
- Peggy shared an update on the Plymouth area. FBMS has a housing hub in the North Plymouth area as well as in Wareham.
- Have a street outreach team and an outreach worker who is working to see how we can help those currently homeless in Plymouth. Also have an emergency winter shelter at the Plymouth Nights of Hospitality. Partner with Plymouth Area Taskforce to End Homelessness. Last year due to COVID used a hotel but are currently back to church model. Run this shelter from November – April.
- In Plymouth/Wareham area have about 80 scattered sites for permanent supportive housing. Clients are assigned a case manager to help with needs such as food, benefits, and workforce development.
- Also provide homelessness prevention which helps folks at risk of experiencing homelessness. Goal is to help before folks end up in shelters.
- Gave a shoutout to Brandon Reynolds, Housing Case Manager on the call.
- Pat shared a bit about how folks can help this holiday season:



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- Also started an Amazon Wishlist as they plan to distribute 300 gift bags to shelter guests. Amazon Wishlist can be found on the FBMS website: www.helpfbms.org

Major Topic: "New Moments: Moving Forward and Putting Your Own Mask on First"

Barbara J. Green, PhD

Clinical Psychologist, Center for Integrative Counseling and Wellness

Medical Director, South Shore Health’s Youth Health Connection

- Dr. Green shared a presentation and slide deck. Slides sent to SSCPP e-mail list and presentation recording will be put on SSCPP website.
- “Self-care is the antidote to giving care to others.” If you take care of yourself, you are better prepared to take care of others.
- Shared research on the benefits of positive self-care: increases well-being, increases happiness, improves personal relationships, decreases stress, increases neuroplasticity, and increases emotional resilience.
- Taking care of ourselves helps in a wide variety of ways. It helps to count our blessings and practice gratitude.
- Shared the RE’s of Taking Care of Ourselves:



- Discussed some of the challenges and demands: multiple roles competing for time & energy; professional work role/personal lives (family & friends). Discussed competing balances of working from home.
- We are often asked to do more and more “putting 50lbs in a 5lb sack”.

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- The key is empowering ourselves! Perspective and mindset are essential and powerful. Have a mindset to value yourself and give yourself permission to rest. Suggests moving from a preset mindset to a reset mindset.
- Three questions to ask oneself: What am I feeling? What is making me feel this way? What can I do about it? Suggests repeating regularly throughout the day. If you want to give light, you have to glow within yourself.
- Suggests trying to place mini moments of self-care in day such as 10 minutes of meditation in the morning. Dr. Green encourages mental tracking of how you are feeling physically, emotionally, spiritually and in your relationships.
- The secret answer is “develop a personal plan” and use the SMART guidelines:

And the Secret Answer is....

- Develop a personal plan
 - *What do you presently do to take care of yourself?*
 - Be comprehensive with categories of recharge options
 - Evaluate it constantly and revise, revise, revise
 - *Do you need support to build and fill your toolbox?*

<div style="font-size: 2em; font-weight: bold; margin-bottom: 5px;">S</div> <div style="font-weight: bold; margin-bottom: 5px;">Specific</div> <div style="font-size: 0.8em; margin-bottom: 5px;">Who? What? Where?</div> <div style="font-size: 0.7em; margin-bottom: 5px;">Use details while keeping the goal clear and succinct. What will you do?</div> <div style="font-size: 1.5em; margin-top: 10px;">🔍</div>	<div style="font-size: 2em; font-weight: bold; margin-bottom: 5px;">M</div> <div style="font-weight: bold; margin-bottom: 5px;">Measurable</div> <div style="font-size: 0.8em; margin-bottom: 5px;">From? To?</div> <div style="font-size: 0.7em; margin-bottom: 5px;">Identify evidence for when you reach the goal. How will you know?</div> <div style="font-size: 1.5em; margin-top: 10px;">📊</div>	<div style="font-size: 2em; font-weight: bold; margin-bottom: 5px;">A</div> <div style="font-weight: bold; margin-bottom: 5px;">Adjustable</div> <div style="font-size: 0.8em; margin-bottom: 5px;">How? Progress?</div> <div style="font-size: 0.7em; margin-bottom: 5px;">Done in action, reflect and adjust the goal as needed. How can you assess it?</div> <div style="font-size: 1.5em; margin-top: 10px;">📝</div>	<div style="font-size: 2em; font-weight: bold; margin-bottom: 5px;">R</div> <div style="font-weight: bold; margin-bottom: 5px;">Realistic</div> <div style="font-size: 0.8em; margin-bottom: 5px;">Why? Worthwhile?</div> <div style="font-size: 0.7em; margin-bottom: 5px;">The goal should meet personal interests, skills, and resources. Can you achieve it?</div> <div style="font-size: 1.5em; margin-top: 10px;">👍</div>	<div style="font-size: 2em; font-weight: bold; margin-bottom: 5px;">T</div> <div style="font-weight: bold; margin-bottom: 5px;">Timely</div> <div style="font-size: 0.8em; margin-bottom: 5px;">When?</div> <div style="font-size: 0.7em; margin-bottom: 5px;">Create a time frame for accomplishing the goal. What is the deadline?</div> <div style="font-size: 1.5em; margin-top: 10px;">🕒</div>
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- Suggests doing a personal assessment and creating a personal approach toolkit: be practical, customize individually, revise and refill, and make it adaptable to needs and situations. If we are adaptable and flexible but pragmatic, we can create a daily practice
- Dr. Green led a conversation about the self-care toolbox.

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Tools to fill your customized tool box

- Breath work
- Meditation
- Yoga
- Journaling
- Sleep
- Healthy Nutrition
- Exercise & Movement
- Mantras and Positive affirmations:
 - One day at a time & This too shall pass
- Connection and positive relationships
- Moderate substance use
- Disconnect electronics
- Gratitude Journal
- Count Your Blessing Jar
- Be one with nature



More Tools to fill your customized tool box

- Play hard, work hard
- Explore new hobbies and activities
- Become a life long learner
- Set limits and hold boundaries
- Build a plan and constantly monitor it
- Mindset matters!
- Practice baby steps!
- Practice kindness to others



Opened for Q&A and announcements.

Next Meeting: January 12th

Topic: Community Health Needs Assessment Focus Group

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