

# THE CCNTR HELPER

Health – Environment – Lifestyle – Prevention – Emergency Response

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By: Richard Silverberg, Managing Director

## Community Needs Assessment, what does it all mean?

### Public Health Needs Assessment 2011

The Caring Community Network of the Twin Rivers as part of its overall efforts to work with the public health in the 14 participating communities will conduct its comprehensive needs assessment commencing in the spring of 2011. The final results will be released in the late fall of 2011. CCNTR will conduct the survey in cooperation with local private non-profit organizations, municipalities, civic groups and participating businesses and industry. The survey will use many standardized techniques that have been used in previous CCNTR community wide public health needs assessments. These will include analysis of public health data from the Department of Public Health, environmental data from the Department of Environmental Services, risk factor behavior data from the Behavioral Health Risk Factor Assessment Survey. It will also involve gathering information from area citizens at community forums or as part of other community meetings. It will include the results of key informant interviews and the results of surveys done with residents of the region. Once all of the information is collected it will be analyzed by staff from CCNTR and reviewed by the Community Needs Assessment Committee and CCNTR Board of Directors. The final reports will be made available to all of the participating municipalities, health and human service agencies and anyone else from the region that has interest.

The survey results are utilized in developing the Community Health Improvement Plan, which is revised after each community needs assessment process to guide the work of CCNTR for the next 3 to 5 year cycle.

CCNTR has conducted needs assessments utilizing these types of techniques over the past 15 years including four complete needs assessment cycles and subsequent development of community health improvement plans. Watch for the staff of CCNTR that may be contacting you for your interest to be involved in the survey in community forums or to participate on one of the community assessment committees. The process of assessing community public health issues is a broad range in responsibility and involves the entire community.

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*“A comprehensive Public Health Network focuses on the needs of all its citizens through assessments”*

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## Community Health Education

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By: Liz Lawrence

### CCNTR Healthy Homes Committee

Why do we care about healthy homes? Young children spend nearly 80-90% of their time indoors. Housing affects health both directly & indirectly. Health problems encountered as child can last a lifetime so we can no longer afford to not address health & housing. The total annual costs for certain childhood environmental disease in the US are estimated to be **\$54.9 billion** dollars per year. The Franklin Area Health Homes committee which is supported by C.C.N.T.R. has completed a collaborative strategic planning process in December of 2010. This process includes a short term or one year objective to implement a “one touch” pilot program by collaborating with key stakeholders in the Greater Franklin-Bristol Public Health Region. The two to five year goal is to expand the pilot project by serving an estimated two thousand households in Franklin and through-out the region.

For information please contact Liz Lawrence at 934-0177 ext 102

### CCNTR Health & Wellness Committee

CCNTR’s Healthy Heart for Life Make the Move Project focuses on HEAL-Healthy Eating Active Living (<http://www.healnh.org>) and educating three sectors of the Greater Franklin Area schools (including after school programs, preschool and daycare centers), community organizations and municipalities, and the food & recreation industries. Partners include Health First Family Care Center, Franklin Regional Hospital, the Franklin Recreation Department, Casey Family Services, Community Action Program, the Franklin, Newfound and Winnisquam School Districts, Spaulding Youth Center and UNH Cooperative Extension, the Franklin Odell Park Committee. CCNTR and Partners have helped implement programs such as the national recognized Early Sprouts Program that teaches preschoolers how to garden, the FIT WIC program that supports nutrition and exercise with women and children, the CATCH Kid’s Club program, a researched based active and non competitive games and healthy eating program. For more information on the Healthy Heart for Life Make the Move HEAL programs, please contact Liz Lawrence at 934-0177 ext 102 or visit [http://www.ccntr.org/healthy\\_heart.asp](http://www.ccntr.org/healthy_heart.asp)

### Youth Alcohol Prevention Outreach Team

CCNTR continues to support activities that prevent underage drinking through funds from the NH Department of Health and Human Services and support from the Capital Region Community Prevention Coalition. CCNTR continues to partner with Health First Family Care Center to provide counseling support to youth and families, the Franklin Mayor’s Drug and Alcohol Task Force by supporting efforts to receive additional grant funding, with the Franklin Police Department by providing funding for additional training and funding to implement Public Services Announcements that educate the public about the hazards of underage drinking. For more information please contact Liz Lawrence at 934-0177 ext 102

## Regional Public Health Emergency Preparedness

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By James Richardson  
Regional Public Health Preparedness Coordinator

### Public Health Preparedness

The Public Health Emergency Preparedness efforts have been ongoing including updating the Greater Franklin-Bristol Public Health Emergency Preparedness and Response Plan. The latest updates include the Resource Appendix, the Medical Surge Annex, the MACE (Command and Control Annex), and the Risk Communication Annex. The region has also applied for and received additional funding that has been made available through the Centers for Disease Control and Prevention. The funding request for the region includes equipment for the two regional MACE locations in Franklin and Bristol, a sub-contractor to assist with the major updating of the Point of Dispensing Annexes, as well as a sub-contractor to help continue with the development of the Medical Reserve Corps Unit 1565.

Our region is facilitating and coordinating a tabletop exercise in collaboration with the Greater Plymouth Public Health Network as it relates to our MACE and POD annexes. This exercise will test the functionality of our plans and allow us to make improvements to it going forward. Our partners in health care, public safety, and emergency management along with state, military, and federal partners will be participating as well. The date for the exercise is March 15, 2011 and will be held at the New Hampton School. The staff at CCNTR has been busy conducting several trainings to our local partners in the area of Incident Command and the National Incident Management System.

As part of our community outreach program the staff at CCNTR have begun meeting with the elected officials in our region to provide them with updates on the successes and challenges as they relate to public health and emergency preparedness programs that the agency is currently undertaking.

I would like to take this opportunity to personally thank all those community officials both elected and appointed for their continued support and for spending countless hours assisting us in making the Greater Franklin-Bristol Region a safer, healthier, and more prepared region.

For more information please feel free to contact Jim Richardson at [jrichardson@ccntr.org](mailto:jrichardson@ccntr.org) or via phone at 934-0177 ext 135

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*"A key milestone was reached recently which allows quick access to the entire Greater Franklin-Bristol Public Health Preparedness plan online @ [www.gfbcertmrc.com](http://www.gfbcertmrc.com)*

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## Immunization Outreach Program

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By Maren Bicknell  
Immunization Outreach Coordinator

### **School Based Influenza Vaccination Clinics**

This year the State of New Hampshire Immunization Program offered to five public health networks a pilot project for schools in their respective regions to participate in school based seasonal influenza vaccination clinics. CCNTR partnered with NHIP and 13 schools (SAU 4, SAU 59, Salisbury Elementary, and Andover Elementary Middle School) to offer seasonal influenza vaccination to their students.

### **Marketing Efforts**

Monthly columns have occurred in the Home Town Voice and the Winnisquam Echo about influenza vaccination. In November "Who Needs A Flu Shot? You!" discussed the importance of receiving flu shots for all ages. December's article "Children & Influenza" enlightened the reader about the dangers of influenza on our young population. January article "Are You at Risk for Complications from the Flu? Influenza Vaccination: It's Not Too Late!" discussed some of the risk factors of the flu and the need to get vaccinated as soon as possible. In an effort to vaccinate those of our citizens against influenza the CCNTR staff as well and our regional CERT and MRC volunteers distributed over two hundred and fifty free flu vaccination vouchers through-out the region recently. These vouchers will assist those residents that have no health insurance in getting vaccinated against the influenza virus this year. These vouchers can be obtained at any community Town or City Hall or by calling Maren Bicknell at 934-0177 x162

However, if you are one of the many that still have not received your annual influenza vaccination, don't despair it's not too late! Influenza season typically runs from November through April, with most influenza cases occurring between late December and early March. Although it's ideal to get vaccinated early, vaccination can still be helpful in January as there are still 2 or 3 months left in the flu season

## Greater Franklin-Bristol Citizen Corps Council

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By Donna Quinn, CCNTR  
CERT and MRC Coordinator

### CERT and MRC in the News

The CERT (Community Emergency Response Team) and the MRC (Medical Reserve Corps) are two of the Citizen Corps programs sponsored by CCNTR. It is through these programs that we offer a role for community members to support their communities and first responder community in times of need. Both teams have been actively training and preparing for deployments when requested. Additionally, we have been actively recruiting for new members.

Unit Director James Richardson and Coordinator, Donna Quinn attended the Region I and II Training Summit in November held in Saratoga Springs New York. This conference provides a forum for sharing regional information and stories. Best practices and lessons learned are a take away that benefits leaders in many ways.

In December the CERT team was instrumental in installing a new amateur base radio station at Bristol Fire. This “ham” radio provides a back up form of communication to Bristol Fire’s Emergency Operations Center. Many of our CERT and MRC members are licensed HAM radio operators and they will be assisting in regular tests of this communication system.

In December we held a call down drill with our volunteers using the Code Red System of Grafton County Sheriff’s Department. Code Red is the official notification system for all Greater Franklin-Bristol CERT and MRC members. The call down drill is held two times a year to allow our volunteers to become familiar with the system, as well as, to check the accuracy of our volunteer contact data. The training calendar for 2011 is already packed with some terrific training opportunities:

- On January 5 there will be training on HIPAA in disasters; this training will be held at Franklin Regional Hospital.
- January 25, we will host training on Sheltering and the role of volunteers.
- On February 16<sup>th</sup> and March 9<sup>th</sup> there will be training on Animals Sheltering and considerations for your pets during an emergency. Location to be determined.
- On March 2<sup>nd</sup> we will host an ICS 100.a, an Introduction to Incident Command System. This course is held as a computer lab training for new volunteers as well as, those looking for a refresher.

For a full listing of upcoming training or to join our volunteers please visit us at:

[www.gfbcertmrc.com](http://www.gfbcertmrc.com)