

HANDLE WITH CARE

North Central / North Quabbin

February 2024

www.heywood.org/handlewithcare



Handle With Care presents an opportunity to help children exposed to trauma through improved communication and collaboration between law-enforcement, schools, and when identified, mental health providers.

WELCOMING

**North Brookfield
Police Department**

AND

**North Brookfield
School District**



FIRST RESPONDERS: HWC LAW ENFORCEMENT AND EMERGENCY DEPARTMENT



Law Enforcement Data Tracking Since 2019

19-20 school year - 79 students
20-21 school year - 86 students
21-22 school year - 124 students
22-23 school year - 360 students



HWC LAW ENFORCEMENT

January 2024

41 youth notifications

Cumulative youth
notifications since 2019:
877 identified youth

HWC EMERGENCY DEPARTMENT

March 2023 - Dec 2023

2,365 youth visits

Of the 2,365 youth seen, 1536
referrals were accepted and
nearly 7% of referral visits were
behavioral health and/or and
substance use need related.

HWC DATA WILL HELP REGIONAL LEADERS GAIN AN INCREASED UNDERSTANDING OF TRENDS IN STUDENTS' INVOLVEMENT IN HWC INCIDENTS, THE CAPACITY OF SCHOOL STAFF, LAW ENFORCEMENT AND AGENCY STAFF TO RESPOND TO STUDENT NEEDS, AND STUDENT OUTCOMES.

What's New

Congratulations to Narragansett Regional Middle / High School for receiving a prestigious National Recognition for Commitment to Empowering Students. [Please see the article here.](#)



If you weren't able to attend the January HWC quarterly meeting, we have you covered! [Click here.](#)

Please use the following password: #8Px.Nb

[Big thanks to Ellen Miller and DA Early's office for providing taped sessions.](#)



May 28, 2024

HWC quarterly IN PERSON meeting, 10am

Location: Ashburnham PD

99 Central Street

What's New

PTSD911 is a powerful new documentary film that tells this story from first hand accounts with first responders themselves.

<https://ptsd911movie.com/>

Podcast #16 with Director Conrad Weaver



What's New

**Gardner Domestic Task Force,
Greater Gardner Community
Action Team, Bil Gardiner and
Producer / Director AJ Ali are
collaborating to bring
to our area:**

**Walking While Black: L.O.V.E is
the Answer**

Premiere coming in 2024!

**To learn more about this
movement, please click here.**



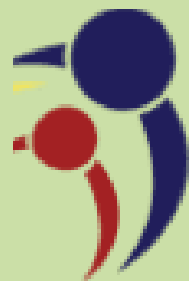
What's New

Heywood is pleased to announce:

HWC NC / NQ Initiative is teaming up with Fitchburg State University to produce a 3-5 minute Handle with Care public service announcement for use with community stakeholders. The PSA will be completed by May 2024.



Generously Sponsored By:



Health Equity Partners
of North Central Mas
CHNA 9



Resources



HEYWOOD'S SCHOOL BASED TELE-BEHAVORIAL HEALTH PROGRAM

Tele-behavioral health programs affiliated with Heywood Hospital are in place at five local area secondary education schools to assist with virtual in school therapy: Athol / Royalston, Gardner, Narragansett, Orange and Winchendon.

Offering:

- Individual Counseling
- Youth Mentor
- Adolescent Community Reinforcement Approach (A-CRA): Teen substance use & mental health
- Community Resources



For more information regarding these programs, click [here](#).

Christie Cutting, Heywood TBH Director

e: sbtelehealth@heywood.org

Resources



The Center on Child Wellbeing & Trauma and Office of the Child Advocate supports the work of child-serving organizations and professionals across Massachusetts. In addition to the trainings and resources available on its website, we'd like to partner and collaborate with you in these areas:

- Assessment and Coaching
- Professional Learning Communities
- Resources and Innovative Practices

Podcasts and Webinars: [click here for viewing](#)

- Intergenerational Trauma
- Pathways to Resilience: Handle with Care & Law Enforcement
- Continual Quality Improvement through a Trauma Informed and Response Lens
- Achieving Racial Equity in Massachusetts: The Dynamic Duo



CENTER FOR YOUTH WELLNESS



ABOUT

We are a national leader in the effort to advance pediatric medicine, raise public awareness, and transform the way society responds to children exposed to Adverse Childhood Experiences (ACEs) and toxic stress.

Early screening for adversity is a clear way forward.

We believe routine screening for ACEs at pediatric well-child visits should be as common as checking for hearing loss or exposure to lead paint. With early detection, we can help identify and treat children at risk of a lifetime of health issues.

[For more information, please click this link.](#)



Resource

 Beth Tyson  
T R A U M A C O N S U L T I N G

Various webinars and podcasts available,
find more at the website below.

www.bethtyson.com



Suggested Reads



Click [here](#) for the PACES Podcast and
Article links below:

WHY FAMILY ENGAGEMENT
IS ESSENTIAL FOR
SUPPORTING STUDENT
MENTAL HEALTH

CHILDHOOD
TRAUMA LINKED TO
45% GREATER RISK
OF CHRONIC PAIN IN
ADULTHOOD



Thursdays at 4pm EST, Listen Live
Hosted by Ingrid Cockhren & Mathew Portell



Click [here](#) for the PACES Podcast with
Dr. Bruce Perry:
Historical Trauma & "What Happened to
You?"



Thursdays at 4pm EST, Listen Live
Hosted by Ingrid Cockhren & Mathew Portell

Suggested Reads & Podcasts



Attachment & Trauma Network (ATN)



Click [here](#) for the Attachment & Trauma Network Podcast on: Trauma Informed Special Education.

To learn more about ATN, a parent founded trauma informed care organization and its resources, click [here](#).

HANDLE WITH CARE TEACHER TIP SHEET



Handle With Care (HWC) is a program designed to enhance communication between law enforcement and schools regarding children's exposure to traumatic events. Students may exhibit academic, emotional and/or behavioral problems as a result of the event. HWC is aimed at ensuring that school-aged children who are exposed to trauma receive trauma sensitive supports in lieu of punishment. The HWC notice indicates the student has experienced an adverse event, it does not indicate a criminal event. ***It can happen to anyone!***

Using a Trauma Sensitive Lens with Students



THINGS I MIGHT **SEE**

- ☐ Over or under reaction to physical contact, sudden movements and sounds
- ☐ Poor control of emotions
- ☐ Complaints of headaches, stomachaches or fatigue
- ☐ Unpredictable or impulsive behavior
- ☐ Difficulty with authority, redirection or criticism
- ☐ Separation anxiety or clinginess towards teachers
- ☐ Decreased interest in or withdrawal from friends and normal activities



THINGS I MIGHT **DO**

- ☐ Let relationships be the focus
- ☐ Develop consistent routines
- ☐ Provide daily-check ins
- ☐ Clarify expectations
- ☐ Teach coping skills such as breathing
- ☐ Provide opportunities to regulate
- ☐ Create safe, calming spaces
- ☐ Focus on your own wellness and self-care
- ☐ Create opportunities for expressing a range of emotions



THINGS I MIGHT **SAY**

- ☐ "I'm here for you"
- ☐ "You're not in trouble"
- ☐ "I am concerned about you"
- ☐ "How are you feeling?"
- ☐ "Could you use a break?"
- ☐ "Let's handle this together"
- ☐ "You are not alone"
- ☐ "I care about you"
- ☐ "It seems like you are going through a difficult time"
- ☐ "Please come sit with me"



HWC Do's and Don'ts



DO

1. Provide empathy and sensitivity to what the student MAY be experiencing
2. Practice patience and compassion
 - Show care instead of consequences
3. Give grace-consider offering time for a quick nap in nurses office or second chances
 -

DON'T

1. ASK QUESTIONS-the event does not change our response
2. Don't play the role of investigator
 - Discuss HWC notification with student
3. Don't share notifications with others



CALMING KITS

Providing the tools for at risk children to self-regulate.

Our calming kits have been used by first responders, police officers, and professionals working with at-risk youth to achieve the best possible outcome for those they serve and the situation at hand.



Donate Today!
[Empowerchildrenforsuccess.org](https://empowerchildrenforsuccess.org)

SCAN QR CODE



**Pictured from L to R: Jessica Johnston & Tina Duguay
with Athol Hospital ED; Ashburnham PD & Renee
Eldredge, HWC Program Manager; Lt. John Czasnowski,
Gardner PD - HWC Program Manager**

**HWC PDs and EDs received 100 calming kits for youth.
Thank you Ms. McLean, Empower Children For Success CEO**

Self-Care Corner



Do you have self-care tips to share with the collaborative, please email Renee, renee.eldredge@heywood.org, to add in next quarterly newsletter, thank you!



Use the QR code to find great
resources: PowerPoints, on-line
trainings and HWC forms on
Heywoods' HWC webpage.
www.heywood.org/handlewithcare



Upcoming Conference

Please join us!

2024



TO REGISTER
CLICK HERE
RSVP BY APRIL 8, SPACE
IS LIMITED.

Handle with Care

North Central - North Quabbin

1st Annual Conference



MC:

Michael Ellis

Sponsored by:

Gardner Police
Heywood Healthcare
Montachusett Suicide
Prevention Task Force

*Refreshments
and a Grab & Go lunch
is provided.

KEYNOTE SPEAKER

DR. HEATHER FORKEY

UMASS Pediatric Doctor and
Director, Foster Children
Evaluation Service - PACES

SPEAKERS

- Susanne Bahnan, DA Early's Office - TIC Training
- Edward Jacoubs, JBS International
- Tara Rivera, Anna Maria Adj. Professor - PTSD911
- Dr. Kyle Moody, FSU Professor & Class - HWC PSA

SPECIAL GUESTS

- Bil Gardiner, L.O.V.E is the Answer

Gardner City Hall, Perry Auditorium
95 Pleasant Street, Gardner, MA

APRIL

30th

2024

9 AM - 1 PM



Upcoming Events



Feb 17, 2024

**North Quabbin Community Coalition
Loving Your Recovery: Family event
YMCA, Athol
12pm-2pm**

Feb 21, 2024

**Gardner Domestic Violence Task Force
Vigil for Ms. Pennington
Gardner City Hall, Perry Auditorium
6pm**

Feb 27, 2024

**North Quabbin Community Coalition
Chris Herren Story: Prevention Starts with All
YMCA, Athol
5pm-8pm (FREE Child Care)**

March 7, 2024

**DA Early's office
The Evolving Dynamics of the Polysubstance Use Crisis
Speaker: Dr. Wilson Compton
Worcester Vocational High School
5:30pm**

March 21, 2024

**HWC National Collaborative
Topic: HWC_ED Massachusetts First Responder initiative
Presenters: Selena Johnson & Renee Eldredge
12pm-1:00pm**



Drug Endangered Children (DEC) Awareness Training - FREE

Children are impacted on a daily basis by their parents, caregivers and community's substance misuse; often these children are the first impacted and the last ones to be identified and to receive services.



Join us for one of the virtual trainings being offered to learn how you can be a part of providing help, hope and support to the children and families in Worcester County, Massachusetts.

DEC Awareness Training

- Understand the risks and long-term impacts associated with parental and caregiver substance misuse and drug activity.
- Understand the many opportunities (often missed) to identify drug endangered children and the benefits of early intervention.
- Learn what multidisciplinary collaborative efforts look like and how it incorporates the unique and often limited resources within a community and applies them in a manner that provides better care for drug endangered children.

Children + Drugs = RISK

Questions? Contact Ellen Miller at ellen.miller@mass.gov with District Attorney Joseph D. Early Jr.'s Office

Virtual Trainings

Register Here for
Tues., February 27
from 2pm-4pm

Register Here for
Wed., February 28
from 10a m-12pm

Training sponsored by



Training presented by



www.nationaldec.org

Upcoming Events



April 17, 2024

**Gardner Community Action Team (GCAT)
Health and Wellness Fair
Gardner City Hall, Perry Auditorium
5pm-7pm**

April 18, 2024

**Trauma Informed Care Training: Nursing Students and Nursing Professionals
Susanne Bahnan, DA Early Community Outreach Coordinator
MWCC Auditorium, Gardner
12:30-2:30pm**

April 24, 2024

**Gardner High School: Health Fair
9am-11am**

April 27, 2024

**Gardner Domestic Violence Task Force: Purple Paws Pet Foster Walk Event
Gardner, Location (TBD)
9:30am-noon**

April 2024

**Montachusett Suicide Prevention Task Force:
23rd Massachusetts Suicide Prevention Conference
More information to follow!**





Handle With Care:
Promote safe &
supportive
environments
that protect children
with trauma. Send
those notices!



Collaborative Members



The Handle with Care collaborative consists of first responders, community-based organizations, school districts and District Attorneys offices supporting youth in the Greater Gardner area.

Partners include: Ashburnham-Westminster School District * Ashburnham Police Department * Athol Police Department * Athol-Royalston School District * Barre Police Department * Boys & Girls Club * CAPs Collaborative Schools* Clinical Support & Options *Fitchburg Police Department * Fitchburg State University * Gardner Police Department * Gardner Public Schools * Heywood Healthcare * Mahar Regional School District * MOC Early Education * Monty Tech High School *Mount Wachusett Community * Narragansett Regional School District * North Brookfield Police and North Brookfield School District *North Western County District Attorney, David Sullivan's Office * Parent Professional Advocacy League * Petersham Police Department * Phillipston Police Department * Quabbin Regional Schools * Royalston Police Department * Templeton Police Department * Orange Police Department * Westminster Police Department * Worcester County District Attorney Joseph Early's Office

