

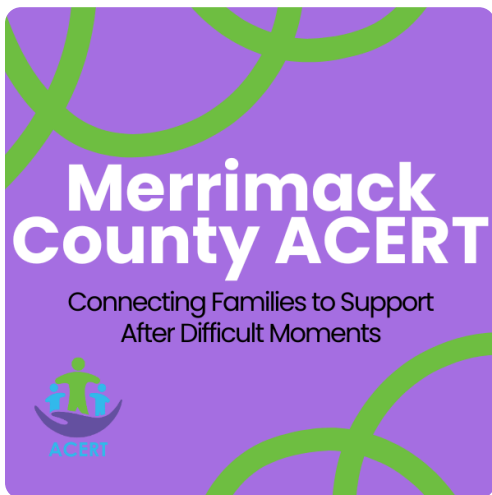
Capital Area Public Health Network

Welcome to the CAPHN Monthly Newsletter!

This month we are highlighting a new ACERT Communications Campaign. We are also sharing a bit of what our team has been up to in January, spotlighting resources for legislative advocacy, and previewing some of the events we are looking forward to in February.

ACERT Communications Campaign

CAPHN has launched a new ACERT communications campaign focused on reducing stigma around families seeking support after difficult or traumatic events. This campaign also aims to increase understanding of Adverse Childhood Experiences (ACEs) and the role ACERT (Adverse Childhood Experiences Response Team) plays in the community.



Two radio ads are currently running across the region. One ad is designed for families and explains what ACEs are and how ACERT can support families by connecting them to resources during challenging times. The second ad is aimed at the general public and highlights ACEs, protective factors, and how the community can support services like ACERT that help strengthen families.

Together, these messages reinforce that asking for help is a sign of strength and that community-based services like ACERT are here to support families when they need it most.

New Hampshire Teen Institute: Leaders in Prevention

This month, Cailynn had the opportunity to staff New Hampshire Teen Institute's Leaders in Prevention Weekend! This 3-day program brings together teams of middle school students from across New Hampshire for a long weekend of leadership training, prevention education, and action planning.

This year, we were excited to have both Andover Elementary Middle School and Merrimack Valley Middle School participate in the January session. Both teams worked with volunteers from Teen Institute to work through the community action planning process and develop a project to make a positive difference in their community!

Upcoming Event: Screenagers

On February 12th, Capital Area Public Health Network and Merrimack Valley School District are excited to host a **free** community screening of the documentary “Screenagers Next Chapter,” followed by a youth-led discussion from the Getting to Y Student Group. Join us at **5:30 for a free family dinner**, with the movie beginning at 6:00. **Free childcare is also available for children ages 4+.**

In “Screenagers Next Chapter: Addressing Mental Health in the Digital Age,” we follow physician and filmmaker Delaney Ruston as she discovers solutions for improved adolescent stress, anxiety, and depression in the digital age. Learn more about Screenagers, and Dr. Ruston’s work here:

Space is limited, so register ASAP: <https://tinyurl.com/5frka8nr>

Resource Spotlight: New Futures

A new year brings the start of the new state legislative session. This year saw a record number of bills introduced, many of them targeting critical public health systems and essential community services. One of our strongest community partners – and a key statewide resource – in monitoring and advocating for public health policies is New Futures.

New Futures is a nonprofit, non-partisan advocacy organization that provides evidence-based solutions to New Hampshire’s health challenges. Their mission is to improve the health and well-being of all Granite Staters through public policy change and civic empowerment. They do this through community advocacy trainings, tracking key pieces of legislation, sending action alerts for important committee hearings and votes, and supporting individuals in crafting their story for effective testimony.

Sign up for Advocacy Trainings, Lunch and Learns, and Other Events: <https://new-futures.org/Events>

Sign up for Action Alerts: <https://new-futures.org/sign-up>

Upcoming Events

Date	Event	Details
Month	Black History Month	
Month	Teen Dating Violence Prevention Month	
12	Community Movie Night: “Screenagers Next Chapter” with Merrimack Valley School District	https://www.eventbrite.com/e/community-movie-night-screenagers-tickets-1979751690600?aff=ebdsoporgprofile
14	Valentine’s Day	
16	Presidents’ Day	