



# Resilience Catalysts: Cambridge, MA



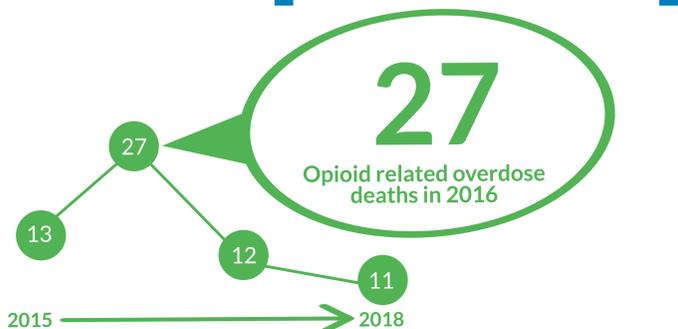
Cambridge  
Public Health  
Department

## Who We Are:

Resilience Catalysts in Public Health is a national collaborative and network of local health departments seeking to eliminate adversity, foster equity, and build resilience through policy, practice, and program change.

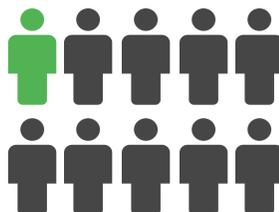
In Cambridge, MA a coalition of health providers, ranging from the Department of Health to community-based partners, have identified an opportunity to address alarming suicide rates among young men of color.

## Cambridge by the Numbers: Why Community Resilience Matters



Opioid related overdose deaths in Cambridge reached a high point in 2016 with 27 deaths but have been on decline.

**1 in 10**  
youth seriously  
considered suicide



About 1 in 10 students in grades 6-12 seriously considered suicide, and more than 2% made suicide attempts.

## Adverse Childhood Environments



1 in 3 middle school students are bullied in school

1 in 6 high school students are verbally or emotionally abused by someone in the family

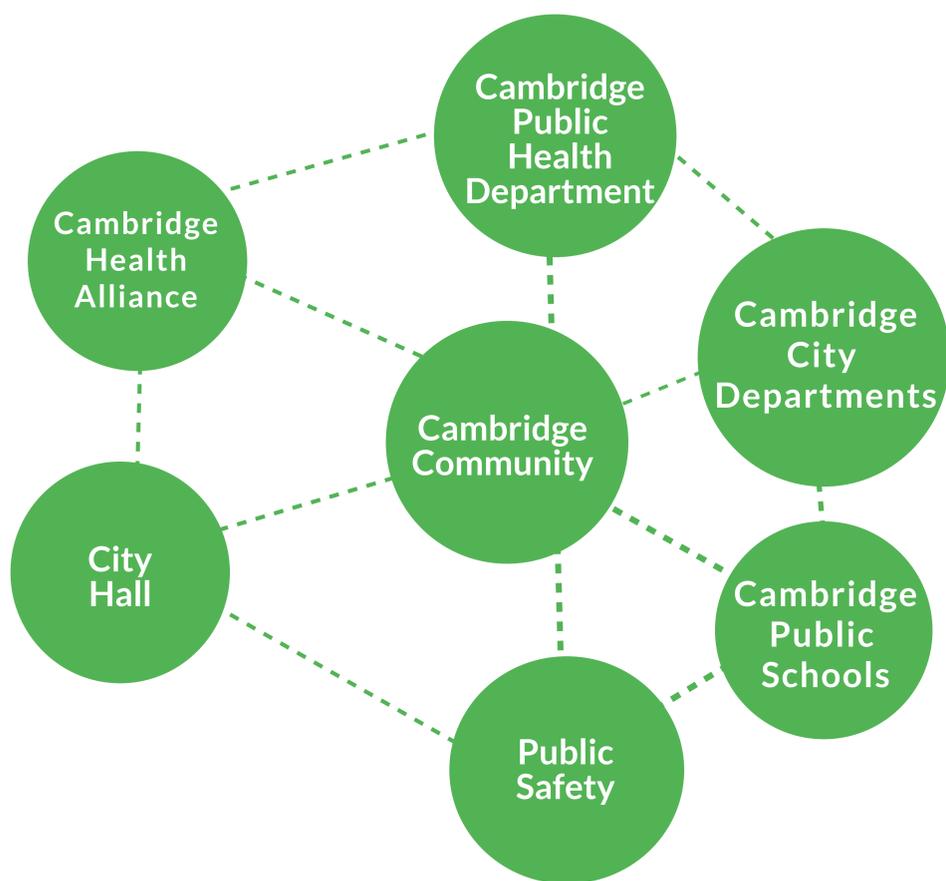


1 in 10 middle & high school students witnessed violence in their neighborhood

15% of high school students worry about family not having enough money to get by



## Who We Work With



Cambridge Public Health is collaborating with community members, community-based organizations and several cross-sector partners.

## How We're Doing It

✓  
Mental Health

✓  
Opioid Response

✓  
Community & Social Resilience

Using the Community Resilience framework, the Cambridge Resilience Catalysts collaboration will identify policy, practice and program change to address adversity, build resilience and create buffers to prevent suicide and suicidal ideation for young men of color.



In collaboration with the Center for Community Resilience at the George Washington University, the National Association of City and County Health Officials (NACCHO), the American Public Health Association (APHA).