



# MEPHC Newsletter

## Youth Mental Health First Aid Training

MEPHC recently coordinated a Youth Mental Health First Aid training led by instructor Christine Shaw, Ph.D. for staff and partners from across our member communities. This training provided participants with the skills to recognize the signs of mental health challenges in young people and respond with practical, supportive strategies.

By organizing regional trainings like this, the Collaborative helps make important learning opportunities more accessible to local health departments and community partners. Bringing communities together for shared training not only builds individual knowledge, but also strengthens our collective ability to support youth and families across the region.



## Upcoming Events

MEPHC Nurses Workgroup  
Haverhill Citizen Center  
April 9 at 11:30 AM

MEPHC Advisory Board  
Andover, MA  
April 13 at 1 PM

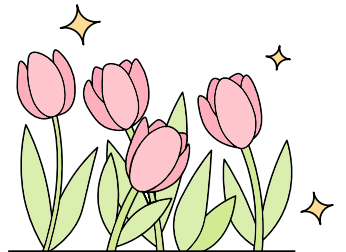
MEPHC Inspector Office Hours  
Virtual  
April 22 at 3 PM

MHOA National Public Health  
Week Events  
April 6-12

MEPHC Opioid Workgroup  
Lynnfield | In-person  
April 30 at 10 AM

MAPHN Conference  
May 13-14  
Springfield, MA

Check out the  
training calendar!



## Follow MEPHC on Facebook!

We are excited to announce that MEPHC is now on Facebook! This launch is a key step in alignment with our Strategic Plan Goal 1.3.1, enhancing our regional communication and outreach. Follow our page for the latest health updates, community resources, and exciting event announcements.

We encourage you to add us and share our page with your network and friends to help us grow our community. Stay connected and informed by following us today!

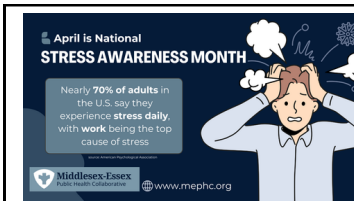
[Follow MEPHC on Facebook](#)

[FOLLOW US ON LINKEDIN](#)

Middlesex-Essex Public Health Collaborative

mephc@northandoverma.gov  
www.mephc.org

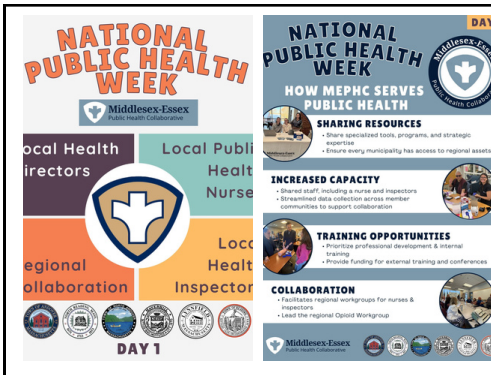
# Resource Center



## Monthly Health Topic

April recognizes Stress Awareness Month and Alcohol Awareness Month. Images for both campaigns are available on our website if you would like to share them on your social media platforms. If you need a new image or have a specific health education request, please reach out to Lea Anne.

[Access Resources Here](#)



## National Public Health Week

National Public Health Week is recognized April 6-12<sup>th</sup>. This year we created five images, 1 image for each day of the week to recognize the important work of local public health nurses, inspectors, health directors, and regional collaboration.

[National Public Health Week Images](#)



## Bump, Baby, & Beyond!

Join us for a regional event dedicated to supporting families through every stage of early parenthood. This event offers a space for expecting and new parents to connect with local experts, explore community resources, and build a supportive network for the journey ahead.

[Facebook Event](#)



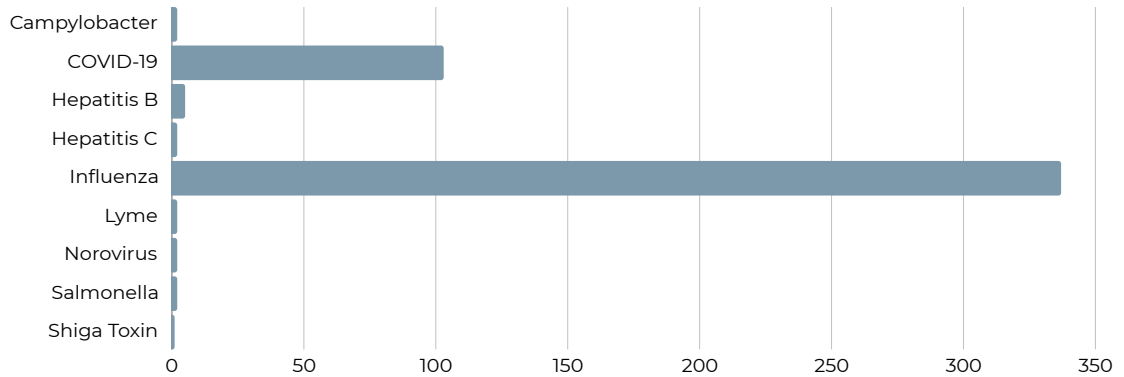
## Join the Opioid Workgroup in April

MEPHC Regional Opioid Workgroup meets quarterly to discuss the use of Opioid funds within the communities. The group often shares resources and provides a space to ask questions with others working in this space. Join our next meeting on April 30<sup>th</sup> at 10 AM at Lynnfield Media Studios.

This disease trend report aggregates data from the communities of North Andover, Andover, Reading, North Reading, Haverhill and Lynnfield.

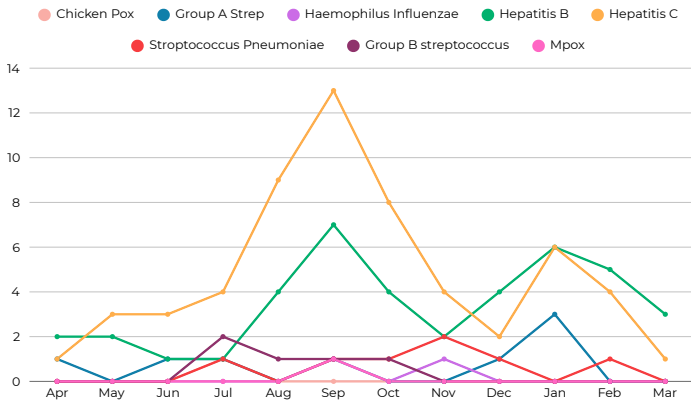
## Confirmed & Probable Diseases Reported

February 15, 2026 to March 14, 2026



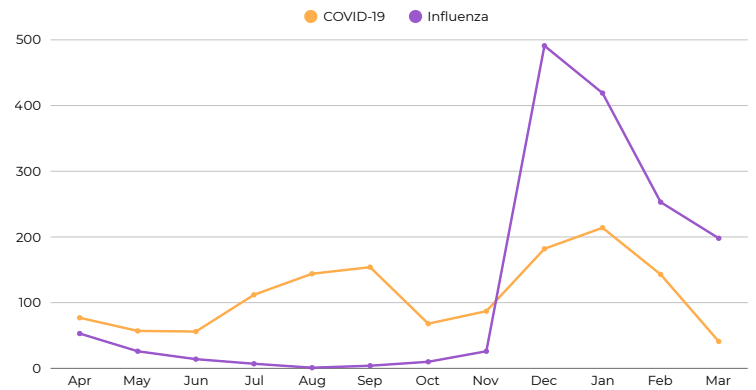
### Confirmed & Probable Communicable Diseases

April 1, 2025 - March 15, 2025



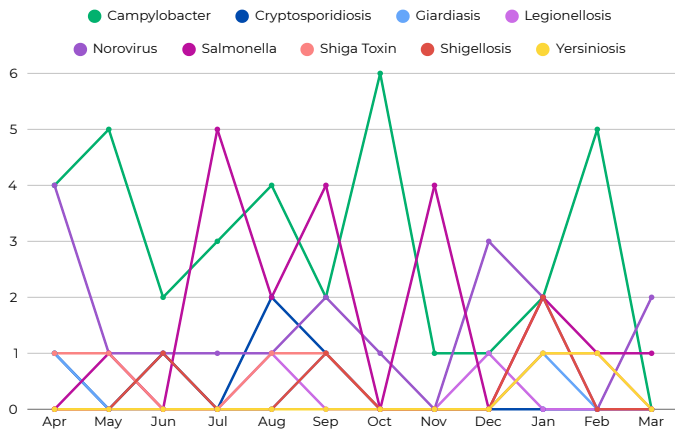
### Confirmed & Probable Influenza & COVID-19 Cases

April 1, 2025 - March 15, 2026



### Confirmed & Probable Foodborne Diseases

April 1, 2025 - March 15, 2026



### Confirmed & Probable Vectorborne Diseases

April 1, 2025 - March 15, 2026

