

# YouthHealth CONNECTION



January 19, 2017 · Volume 1, Issue 3

## Lifeskills® Training Events in Massachusetts

Botvin Lifeskills® Training (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug misuse, and violence. LST® Level 1 consists of a series of Sessions for the 6<sup>th</sup> or 7<sup>th</sup> grade. It can be implemented by adults who attend this one-day, six hour, Certification Training. The training, curriculum and student guides are offered at **no charge** by the Massachusetts Department of Public Health (MDPH). (*content from registration website*)

This event is sponsored by MDPH, Bureau of Substance Abuse Services and School Health Services & AdCare Educational Institute, Inc.

### Programs will be held:

|                                      |                                       |
|--------------------------------------|---------------------------------------|
| Feb. 15 <sup>th</sup> in Bridgewater | Feb. 16 <sup>th</sup> in Peabody      |
| Feb. 17 <sup>th</sup> in Marlborough | March 8 <sup>th</sup> in Hyannis      |
| March 9 <sup>th</sup> in Boston      | March 10 <sup>th</sup> in Northampton |

Nursing Contact Hours will be awarded.

**To register** for one of these programs visit: <http://bit.ly/2iyHU5j> ■

### Tip for Better Living:

“One must care about a world one will not see.”

**Bertrand Russell**  
1872-1970  
Philosopher, Mathematician



**South Shore  
Health System**

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## Youth Health Connection Meetings and Events:

### South Shore FACTS Meeting

January 24, 2017 from 2:30-4 PM  
Open to all who are interested in learning about local substance use prevention initiatives. **At this meeting we will discuss Underage Drinking Enforcement Strategies.** We welcome coalition members to join us and share strategies working or being considered in their communities.

### Mental Health Advisory Meeting

March 1, 2017 from 8-9:30 AM with guest

**All meetings** are held at South Shore VNA, 30 Reservoir Park Dr. Rockland, MA. 02370. ■

## Will You Join Us Next Tuesday?

**By Kim Noble BSN, MBA, RN;  
YHC program coordinator**

On Tuesday January 24, 2017 from 2:30-4 PM we will be hosting a meeting of **South Shore FACTS** (Families, Adolescents and Communities Together against Substances) we welcome all individuals interested in learning more about the substance use prevention work being accomplished throughout our region. We hope that local coalitions will send a representative but want to extend the invitation to all local interested residents.

### **At this meeting we will:**

- Hear from Steve Nikolsky, Manager of Clinical Social Workers, Department of Care Progression at South Shore Hospital speak about specific work being done and programs within his department.
- Hold a guided discussion about Underage Drinking Enforcement Strategies that your community is considering, has found beneficial or has completed with success. Annmarie Galvin, Scituate FACTS will help lead this guided discussion, please come ready to share.
- Share upcoming events throughout the region!

This meeting will be held at South Shore VNA, 30 Reservoir Park Dr. Rockland, MA. To help us plan please RSVP to [jean\\_kelly@sshosp.org](mailto:jean_kelly@sshosp.org) ■

## Gateway to College at Massasoit

Gateway to College at Massasoit is an early college high school program that enables qualified, motivated youth to earn a high school diploma while accruing college credits. Although all activities take place on the Massasoit College campus, students are still enrolled in high school, and receive a high school diploma from the district in which they live. Students earn an average of 31 college credits upon graduating from the program.

Gateway to College students are a diverse group of young people between the ages of 16 and 21 who are ready and willing to work hard to be successful in the program. Students range from those who believe that a mainstream high school setting is not the right fit to students who are over-aged/under-credited to the academic achievers getting a head start on a college education.

The Gateway to College program is committed to helping all students accomplish their goals by transforming them into lifelong learners. Under the guidance of resource specialists, as well as a caring team of instructors, students learn the skills they need to succeed—in college, career and life—all while earning a high school diploma and significant college credits.

Because the program is located on a college campus, students respond well to the academic and behavior expectations of the college environment. Gateway to College courses are offered in the morning and the afternoon. We also offer accelerated courses to significantly reduce the amount of time required to complete the program.

The current school district partners include Abington, Brockton, Braintree, Easton, Hanover, Holbrook, Holliston, Middleboro, Norton, Randolph, Weymouth and Whitman-Hanson.

**For more information call** (508) 588-9100 ext. 1691 or visit our website at [www.massasoit.edu/gateway](http://www.massasoit.edu/gateway) ■



## Social & Emotional Learning Event

On Thursday February 9, 2017 from 6-7:30 PM the South Shore Family Network, a program of South Shore Community Action Council will host a free workshop on Social & Emotional Learning.

Playing to learn and learning to play is the foundation of all other kinds of learning! Join South Shore YMCA Staff Lauren Browning, Diane Thureson and Jamee Beaudry for this informative Parent Workshop! The workshop will be held at South Shore YMCA Early Learning Center, 1075 Washington St., Hanover, MA. ■

**Registration** for this free event is preferred.

**Please contact**

Debbie Wightman at  
[dmwighman@sscac.org](mailto:dmwighman@sscac.org) or  
call  
508-747-7575 x6247



## Announcing the arrival of SShAGLY, a safe social space for LGBT youth on the South Shore.

**SShAGLY** (South Shore Alliance of Gay, Lesbian, Bisexual and Transgender Youth) is a youth-led, adult-supported group committed to social justice, and creating, sustaining and advocating for programs, policies, and services for the GLBT youth community.

It operates under the umbrella organization of BAGLY (The Boston Alliance of GLBT) Youth.

Monthly meetings take place at 7:00 PM on the fourth Monday of each month at First Parish Church, 842 Tremont Street (Rt. 3A), Duxbury, MA. It is a good place for youth ages 14-22 to feel safe, have fun, build a social justice community and experience personal growth while expressing their authentic selves. PFLAG support group meetings for families of LGBT youth meet at the same time and place.

**Visit Shagly South Shore** on FB. For further information call 781-236-3087. ■

## Eating Disorder Awareness

By Anna Bregoli, YHC Intern,  
Curry College '17

According to the *National Eating Disorder Association* (NEDA), 20 million women and 10 million men in the US suffer from a clinically diagnosed eating disorder. Unfortunately, like any mental health issue, there is a stigma surrounding eating disorders that make them extremely hard to talk about.

NEDA Awareness Week takes place from February 26 to March 4. It was created to highlight the seriousness of eating disorders. NEDA aims to educate the public on understanding the causes and treatments, as well as provide them with access to resources.

The physical and emotional problems that stem from the many types of eating disorders can create further health consequences. Early detection and intervention could save a loved one's life.



National Eating Disorders Association

If you are concerned about yourself or a loved one, visit: <http://bit.ly/1e1bLA1>

For more information about eating disorders, go to:  
<http://bit.ly/1iwFwL3> ■

## Young Children and Digital Media Use

The American Academy of Pediatrics released a policy paper in October 2016 entitled “Media and Young Minds.” This 8-page resource provides an overview for both parents and professionals on the impact of digital media use on the children ages 0-5 years. Some of the highlights are that there are some benefits to interactive video-chat options with family and friends who are traveling or live a distance away (e.g. FaceTime and Skype.)

There is a concern for the various applications designed for the very young as many are not designed to encourage both child and parent to interact within the application.

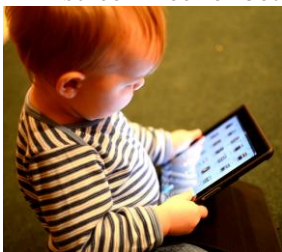


Related health concerns are not new and the policy statement highlights reasons for concerns related to obesity, sleep disturbances and child development.

A highlighted area of concern is parental media use while with their children. Parents who are engaging with television, computers or mobile devices demonstrated less verbal and non-verbal interaction with their children.

### Some of the recommendations include:

- Avoiding digital media use in children under the age of 18-24 months, except for video-chatting.
- Choose high-quality programs and interact together with your child who is over the age of 24 months.
- Limit screen time to 1 hour per day for children ages 2-5 years of age. Keep bedtime, mealtime and parent-child time screen-free for both child and parents. ■



**To read the full** 8 page pdf article visit: <http://bit.ly/2ixK7TK>

**For resources** to create a family media plan visit: <http://bit.ly/2jwnu1g>

**To find information** on various media for children and teens visit Common Sense Media at:

### **Medical Director:**

Barbara Green, PhD  
(781) 749-9227 x101  
[Barbara@bjgreenphd.com](mailto:Barbara@bjgreenphd.com)

### **Program Coordinator:**

Kim Noble, RN, MBA  
(781) 624-7415  
[kimberly\\_noble@sshosp.org](mailto:kimberly_noble@sshosp.org)

### **Administrative Secretary:**

Jean Kelly  
(781) 624-7423  
[jean\\_kelly@sshosp.org](mailto:jean_kelly@sshosp.org)

*Youth Health Connection is a community benefits program of South Shore Hospital dedicated to the positive mental health and physical well-being of youth. Our programs collaborate with schools, community health providers, law enforcement officers, state agencies, religious leaders, parents and peer leaders to help young people deal with the various challenges they face and the decisions they must make as they grow and mature. By combining efforts, we can ensure that local youth have access to the health-related knowledge, skills and resources they need to make healthy decisions throughout their lifetime.*

To subscribe please visit:  
[southshorehospital.org/yhcpublications](http://southshorehospital.org/yhcpublications)

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### **Youth Health Connection:**

**Builds and Sustains Community Connections through Healthy Dialogue and Sharing Knowledge to Keep Our Youth Safe Today and Moving Forward**