



## Dare to Care: Enhancing Emotional & Physical Well-Being

### *Fostering Connection and Resilience*

*By Barbara Green, PhD  
YHC Medical Director*

As we absorb the news now on a 24/7 cycle, it is critical that we are proactive as adults who care about youth today and the messages they hear. It is easy for youth to not be able to distinguish between what the media presents and the messages we give:

- To respect others
- To be compassionate and caring
- To not bully
- To communicate honestly
- To follow rules
- To work hard and have purpose
- To believe in a positive future



I read a wonderful piece today written by Dr. Edward Hallowell, a personal friend and colleague. It was inspiring as he shared the ever more important and powerful role of connection and caring in today's world.

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### **Youth Health Connection Meetings & Events**

#### **South Shore FACTS**

March 10, 2020 from 2:30-4 PM

*Presenter:*

Ann Marie Winchester  
of Duxbury FACTS  
"PCO Hope Overview"

*Group Discussion:*

"Under the Right Influence"  
*Prom & Celebration Guide*

#### **Youth Health Connection**

April 2, 2020 from 8-10 AM

*Community Meeting*

Location: 30 Reservoir Park Drive,  
Rockland, MA

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Connection can be toward family, to friends, to community, to nature, to animals, to self, to a higher power. No matter the form it takes; what matters is that we foster the essence of connection and help underscore how connection emboldens resilience. Resilience is the ability to handle life's ups and downs, which are inevitable.

What I want to encourage all of us to do is to raise up our voices and help youth ask important questions, be ready to answer them carefully, to foster dialog. This is a time we can all learn and value connection, compassion, caring, honesty, following rules, and living life with work and purpose. There is no right answer, but what is correct is open, clear, honest, compelling dialog and connection.

### FREE Wellness Education and Demos for Schools

*Offered by Jen Logan, MS, MHA*

*Community and Aquatics Programs Manager for SSH*

**ATTENTION SCHOOLS:** In an effort to provide quality, accessible education to our community, Jen Logan has offered to provide free presentations and demos for staff and students. For more information or to schedule a time, email Jen at [jlogan@southshorehealth.org](mailto:jlogan@southshorehealth.org).

#### Talks:

- Building a Healthy Lifestyle
- Incorporating Movement into the Classroom
- Importance of Exercise
- Exercise and Stress Management

#### Demos:

- Mindfulness & Movement for Stress Management
- Proper Techniques for Stretching and Strengthening
- How to Create an Exercise Program for You!



Jen has worked as an Exercise Physiologist for over 15 years with a variety of clinical populations for aquatic and land based exercise. She also holds a certification with the American College of Sports Medicine as a registered clinical exercise physiologist.

## **Dare to Care: Enhancing Emotional & Physical Well-Being**

### **What is Music Therapy and how can it help my child?**

*By Nicole Craven, MA MT-BC*

*Founder/President, Sing Explore Create, LLC*



So many of us have a strong connection to music. We hear a certain song and it takes us back to a memorable summer in our teens, we sing a lullaby to our child and feel a sense of peace, we feel the stress melt away from a bad day as we listen to a favorite song. When I tell people I am a music therapist, most comment about how therapeutic music is for them. Many of us have had cathartic experiences as we listen to a certain piece of music or make music to help us relax. It's as if music has a magical healing power.

But did you know that there is actually a lot of research and scientific knowledge around how music impacts our brain and development? In fact, board-certified music therapists use this knowledge every day to help people of all ages, abilities, and stages of life to improve their lives. Music therapy is used to improve cognitive functioning, gross/fine motor skills, social and emotional development, including addressing anxiety and symptoms of depression. In addition to being strong musicians, music therapists need to have an understanding of development (from birth to end of life), counseling techniques, psychology, and medical diagnosis. Music therapists work in schools, rehabilitation facilities, hospitals, and many other healthcare and community facilities.

So how can music therapy help your child? Music therapy interventions can be used to help process emotions, regulate or calm a child experiencing anxiety, relieve/manage stress, and improve all areas of development that may be affected due to trauma, anxiety, developmental delay, or other diagnosis. The best part of this therapy is there is no experience necessary and children almost always find it FUN to participate! The music therapist helps the child engage in a variety of interventions based on the clinical goals being addressed and the child's preferred music/activities. Such interventions may include singing, playing instruments, songwriting, lyric analysis/discussion, music and movement, active listening, guided imagery, improvisation, and rhythmic breathing. Our goal in a music therapy session is not to teach a musical instrument, but to use music as a tool to address the developmental, socio/emotional, or mental health needs of the child we are working with.

Sing Explore Create, LLC is a center for music therapy, education, and wellness in Rockland, MA. We provide individual and group music therapy services, as well as outreach at schools, day-habs, residential programs, and healthcare facilities across Southeastern, MA.

<https://singexplorecreate.com/>

## **Dare to Care: Enhancing Emotional & Physical Well-Being**

Massachusetts law prohibits operators of motor vehicles from using **any** electronic device, including mobile telephones, unless the device is used in hands-free mode.

The “hands-free” law is effective as of February 23, 2020.

### **Drivers who are under 18**

- **Are not allowed to use any electronic devices.** All phone use while driving **is illegal**, including use in hands-free mode.

**Operators may use a cell phone to call 911 to report an emergency. If possible, safely pull over and stop before calling 911.**

For more information, please visit  
***Mass.Gov/Handsfree***





## AG HEALEY SUES JUUL FOR CREATING YOUTH VAPING EPIDEMIC

*Suit reveals new facts about campaign targeting young people and demands JUUL pay for the cost of the state's public health crisis*

**BOSTON** — Attorney General Maura Healey announced today that her office has sued JUUL Labs Inc. for creating a youth vaping epidemic by intentionally marketing and selling its e-cigarettes to young people. Based on multiple depositions and hundreds of thousands of pages of company documents, AG Healey's lawsuit reveals new facts that have not previously been made public about JUUL's youth-oriented advertising campaign in 2015.

In a lawsuit filed in Suffolk Superior Court today against JUUL Labs Inc. and its predecessor entity Pax Labs Inc. (together, "JUUL"), the AG's Office alleges that the company illegally advertised and sold nicotine products to underage youth and created an epidemic of nicotine addiction among young people. The lawsuit demands that JUUL pay for the costs associated with combating this public health crisis affecting young people across Massachusetts.

**"JUUL is responsible for the millions of young people nationwide who are addicted to e-cigarettes, reversing decades of progress in combatting underage tobacco and nicotine use," said AG Healey. "Our lawsuit sheds new light on the company's intent to target young people, and we are going to make them pay for the public health crisis they caused in Massachusetts."**

AG Healey was the first attorney general to announce an investigation into JUUL in July 2018. Today's lawsuit provides the first real window into JUUL's original marketing plan, and shows that JUUL intentionally chose models and images that appealed to young people, that the company advertised its products on websites geared toward kids, and that JUUL shipped e-cigarettes to underage youth who ordered them directly from JUUL online.

*Provided by Mary Cole, Program Manager  
Greater Boston Tobacco-Free Community Partnership  
Bay State Community Services)*

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*Youth Health Connection is a community benefits program of South Shore Health dedicated to the positive mental health and physical well-being of youth. Our programs collaborate with schools, families and community providers 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.*

**Youth Health Connection:**

*Builds and sustains community connections through healthy dialogue and sharing knowledge to keep our youth safe today and moving forward.*

To subscribe, please visit:  
<http://bit.ly/2CjppKj>

**Connect with us:**

