Youth Health CONNECTION

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Compassion and Empathy Lead Us to Love

By Barbara J. Green Ph.D.; YHC Medical Director

I want to draw our attention to the fundamental core principles of compassion and empathy. February is certainly the month of "Love". Thinking about what makes us feel love and experience love is a topic I ponder regularly, not just in February. I have been especially drawn to it recently as I observe behavior nationally that has affected so many.

Compassion is the understanding and caring for what others are feeling and experiencing. Empathy takes it a step further by directing us to be able to "put ourselves in another's shoes" and to "see the world from behind their eyes".

Pain and suffering are not something to minimize. We must be able to hold compassion and to feel empathy for conditions that are challenging, frightening, overwhelming, debilitating, distressing, or life-changing. ***(continued on page 2)***

Tip for Better Living:

"Giving is the master key to success, in all aspects of human life."

Bryant McGill
b. 1969
American author, speaker and activist

South Shore Health

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Youth Health Connection Meetings and Events:

SAVE THE DATES!

Collaborative Community Meeting
Wednesday March 6, 2019 from 8-9:30 AM

South Shore FACTS Meeting
Tuesday March 19, 2019 from 2:30-4 PM

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

Compassion and Empathy Lead Us to Love

By Barbara J. Green Ph.D.; YHC Medical Director *(continued)*

One of the mantras to which I meditate is "Suffering and Pain are universally felt, we are not alone."

It is with compassion and empathy that we can feel love, experience love and give love. Giving of ourselves is the ultimate gift. When we give of ourselves with compassion and empathy we reduce pain and suffering and we build loving connections. It is through a loving connection that we become a better nation and society.

The absolutely vital aspect of modeling as adults to our youth that we lead with compassion that we live with empathy for others, that we give and extend love is the most important value and orientation we impart. We are not islands, we are a society that cares and takes care.

So, as you think about February and the month of Love and Valentine's demonstrate the essence of love by extending your hand to others in need with compassion, empathy, and connection. ■



International Young Eco-Hero Award

Action For Nature (AFN), a non-profit organization, has created the International Young Eco-Hero Awards to recognize and reward the successful individual environmental initiatives of young people ages 8 to 16. AFN encourages young people around the world to carry out individual environmental action projects.

Action For Nature is currently accepting applications for its 2019 Applicants must be between 8 years and no more than 16 years of age on February 28, 2019. Prizes include public recognition, cash prize up to $500 and a certificate for outstanding efforts to help protect and preserve the environment.

This award is for project-based activities, things to consider:

- The project concerns environmental health, advocacy, research or protection of the natural world.
- The project is action-based and self-initiated, and not one assigned by a teacher or other adult.
- The project is close to completion or was completed within the last year.

Complete an electronic application, visit: http://bit.ly/2HGajZ9 ■

Mindfulness, Resiliency & a New App

A new Mindfulness App called Breathr was created by B.C. Children's Hospital and Kelty Mental Health Resource Center . It is free and simple to use. Check out the Resource Library tab for a depth of resources. One long but amazing video is entitled: "The Art of Raising Resilient Children," by Linda Uyeda, M.D. This video provided an amazing overview on attachment theory, mindfulness, resiliency, and ways for adults to help support youth. The end of the video is filled with many book titles and other resources it closes with a young person's personal journey.

Learn more about **mindfulness and the Breathr app** at: http://bit.ly/2CQhbh0

To view the **video on resiliency** in children visit: http://bit.ly/2DGemkn



Access resources and learn more at: http://bit.ly/2RZbjwn

Wey360 Seminar Series Continues Tonight!

Wey360 is a multi-session evening seminar program for parents and interested community members in Weymouth and beyond. The series started on January 24, 2019, and the second session is tonight Feb. 7, 2019, starting at 6 PM at the Weymouth Police Station, 140 Winter St, Weymouth MA. Tonight's program will discuss underage drinking and marijuana use.

Upcoming presentations:

March 7th: Inhalants, Salvia & Hallucinogens

March 21st: Performance Enhancing & MDMA (Ecstasy)

April 4th: Synthetic Drugs, Cocaine & Crack

April 18th: Prescription/Over the Counter drugs & Methamphetamines

May 2nd: Opioid/Heroin & Fentanyl

For more information visit: http://bit.ly/2MKQ7o5 ■

The Opioid Epidemic in the Workplace

On Thursday, February 28, 2019, from 7:30-9:30 AM the Quincy Chamber of Commerce in collaboration with Blue Hills Community Health Alliance (CHNA 20) will host a free breakfast event to discuss *The Opioid Epidemic in the Workplace* at the Boston Marriott Quincy.

The opioid epidemic impacts employers, employees, and dependents across the commonwealth. Hear from experts about the issues of opioids in the workplace, including impacts on the problem, innovative programs, best practices and recommendations for employers.

The keynote speakers will be Secretary Marylou Sudders, Executive Office of Health and Human Services and Heidi Sulman, MSW, MPS, Sc.D. Candidate; Institute for Behavioral Health, Heller School Brandeis University, Opioids in

There will also be a stakeholder panel with Daurice Cox, Bay State Community Services; John King, Milton Police Department; Peter Lawton, LeadSMART, Mark Mulhern, South Shore Peer Recovery; Nan O'Neill, Murphy Hesse Tommey & Lehave, LLP; and Anthony Sheehan, Aspire health Alliance (Moderator.)

To learn more and to register for this FREE event visit: http://bit.ly/2B8igkm ■

Text-to-9-1-1 Now in Massachusetts

On December 14, 2018, Text-to-9-1-1 became available in Massachusetts. This means citizens now have the ability to send a text message to reach 9-1-1 emergency call takers from a mobile device. Please remember, Text to 9-1-1 should only be used when you are unable to make a voice call in an emergency situation, or if you are deaf, hard of hearing or speech impaired.

How do you use this service?:

- Just type in "911" in the "to" or "recipient" field.
- Text-town name, address, and location
- Inform about what is happening
- Additional details about your location-ex.: apartment number.

While this service is available throughout Massachusetts, it is not currently available throughout the U.S., if used in an area not covered the sender will receive a bounce-back message to inform them the text did not go through and that they need to voice call for support.

To learn more including when to use, program limitations and to download a pdf informational flyer visit: http://bit.ly/2sSGhHh ■



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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, familes 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

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Focus on Foundations: Healthy Youth and Communities