Youth Health CONNECTION

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Resources to Help Educate Youth

The Minds Matter series from the National Institute of Drug Abuse (NIDA) has been providing resources to help youth in grades 5-9th learn the facts about the health risks of substance use for 20 years with the ***Mind Over Matters*** series. This content has now been updated, redesigned and renamed as Mind Matters and focuses on easy to understand scientific facts.

The titles are:

- Drugs and the Brain
- The Body's Response to:
  - Marijuana
  - Nicotine
  - Opioids

In addition, there is an online-only ***Teacher's Guide*** that includes background information, lesson plans, and activities for each of the student booklets. ***(Content from the NIDA website)***

To view or download ***Mind Matters*** content including those on Marijuana and Opioids visit: http://bit.ly/2Kf5whb ■

Tip for Better Living:

"Every morning you have two choices: continue to sleep with your dreams, or wake up and chase them."

Steve Maraboli

b. 1975

motivational speaker, author,

South Shore Health

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Youth Health Connection Meetings and Events:

June 18, 2019 from 2:30-4:00 PM South Shore FACTS Meeting. **All are Welcome**.

SAVE THE DATE:

Sept. 11, 2019 YHC Collaborative Community Meeting 8-9:30 AM.

Sept. 24, 2019 South Shore FACTS Meeting 2:30-4 PM

All events are at South Shore VNA, 30 Reservoir Park Dr. Rockland, MA. 02370.

RSVP for events:
jkelly2@southshorehealth.org ■

Guiding Word-Focus

by Kim Noble BS, MBA, RN; YHC Program Coordinator

This month I moved my point of reference from an internal level of focus to an external one. Residing in a seaside community during this very slow to appear spring has offered me the opportunity to "pause and observe" the signs of the changing seasons all around.

If I only choose to pay attention to the air temperature, I might feel as if winter was extremely slow to depart this year. However, one only has to look at how green the grass is, how beautiful the lilacs are or see seasonal residents returning to open up their home to know that warmer weather is coming. Yes, it is taking its time this year, but we all know warmer weather is coming.

This past weekend was Memorial Day, it brought a great many people into my town. During morning walks the sidewalks were much busier. I could have been frustrated with the need to weave between people and with the need to slow my pace on occasions. Yet, if that was my mindset I would have missed so much!

By focusing outwards and paying attention to all that was happening around me, I was able to observe joy and positive interactions in so many varied and small ways.

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Bereavement Services Beach Walks-Summer 2019

This summer, Hospice of the South Shore will host four Bereavement Services Beach Walks on Nantasket Beach. These are supportive calming walks that invite people for company and agenda-free conversation.

Walks will take place from 6:30-8 PM on the following Thursday's: June 20th, July 17th, August 1st ,and August 15th.

To RSVP or for more information contact the Hospice of the South Shore Bereavement Coordinator Aubrie Hills at: 781-624-7046 or ahills@southshorehealth.org

Gather in the parking lot adjacent to the Red Parrot Restaurant and look for the teal T-Shirts. ■

Summer Vaping Cessation Program for Teens

Project Connect is a 7-week nicotine cessation support groups developed specifically for teens who wish to slow down or stop their use of vapes or cigarettes. These small group meetings will be co-facilitated by Laura Minier, LICSW and Melanie Sullivan, Social Work Intern for the Town of Scituate.

This is a free event for teens ages 14-18 years old from Scituate and surrounding communities. The group will meet from July 11th-August 22nd on Thursday's from 1:00-2:00 PM at The Susan Phippen House, 125 Mann Lott Rd., Scituate, MA. Parent/Guardian permission is required to participate and space is limited. See flyer attached.

To learn more and to register contact Melaine Sullivan at melanie.sullivan@scituatema.gov or 781-545-8824.



Seeking Youth Serving Organizations and Schools

The Search Institute is seeking schools and out-of-school time programs to help pilot a new survey in Fall 2019. Measuring What Matters: The Developmental Relationships (DR) Survey Project, will provide measures of SEL and the relationships in your organization that help develop those capabilities.

Are you interested in measuring young people's social and emotional learning (SEL) in a way that provides usable and actionable data that will inform practice within your school or program?

You will receive an organization-specific report with data on social and emotional capabilities and developmental relationships. Search Institute will provide resources and support on using your data to improve youth outcomes.

What is needed: Willingness to administer fall 2019 survey to a group of at least 30 youth ages 10-18.

To learn more and to register your organization/school visit: http://bit.ly/2VTlbtu ***(content from Search Institute website)***

Summer Webinar Series on Immunizations

Beginning on Wednesday, June 5th and running weekly through September 25th the Centers for Disease Control (CDC) experts will host a webinar series that discusses a chapter/week of the Epidemiology and Prevention of Vaccine-Preventable Diseases, 13th Edition. (Commonly known as the "Pink Book.") The series will provide an overview of vaccines and the diseases they prevent.

Continuing education will be available for each event.

Advanced registration for the webinar series is required: izlearn@cdc.gov and archived versions will be available two weeks after the live event.

To learn more visit: http://bit.ly/2I2xoSJ ■

Helping Adults Learn About Anxiety in Youth

A March 2019 article by Taylor Pittman in the ***Huffington Post*** overviewed a number of current books that can help parents (and other adults) gain a better understanding of anxiety issues in children and teens.

The article reports that HuffPost reached out to various mental health professionals to obtain their recommendations on books for parents of anxious youth.

Some of the suggested books are:

1. *"The Happy Kid Handbook: how to Raise Joyful Children in a Stressful World,"* by Katie Hurley, L.C.S.W.
2. *"The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears*," by Lawrence J. Cohen, Ph.D.
3. *"Growing Up Brave Expert strategies for Helping Your Child Overcome Fear, Stress and Anxiety,"* by Donna B. Pincus, Ph.D.
4. *"Freeing Your Child From Anxiety,"* by Tamar E. Chansky, Ph.D.

To read the ***Huffington Post*** article and access the full list of book titles visit: http://bit.ly/2VT6GRn ■

Guiding Word-Focus

by Kim Noble BS, MBA, RN; YHC Program Coordinator

Just what did I see?

- A couple holding hands,
- Children playing ball,
- A dad with his daughter and the radiance of happiness on both of their faces in just being together,
- Smiles and a "Good Morning," from people walking the opposite way.

On the other hand, there were other people that I observed on a beautiful warm sun-filled day by the water who were:

- Spending way too much time on taking "selfies,"
- Looking at their devices,
- Or taking a phone call in the middle of an in-person conversation.

My focus continues with goals of being mindful of what is happening around me, paying attention to those family and friends that I am with and really be in the moment with them and to observe all the wonderful small and truly special moments occurring throughout the day wherever I am.

To read more about being present and mindfulness read this blog post from ***Mind Valley*** "10 Mindfulness Exercises for Living in the Present Moment," visit: http://bit.ly/2W8JhjU ■



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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

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Focus on Foundations: Healthy Youth and Communities