



Dare to Care: Enhancing Emotional & Physical Well-Being

Families that Exercise Together Are More Likely to Stay Connected

By Judy Neer, Exercise and Movement Mentor
Center for Integrative Counseling and Wellness

The benefits of exercise are the same for children as they are adults. It builds stronger muscles and bones, leaner bodies, increases your self-confidence, improves brain power and reduces anxiety.

It is important for all of us to build more movement and exercise into our lives, not just individually but as a family. There are positive benefits of exercising together:

- It creates a family bond
- Improves the mood of both parents and their kids
- Creates memories and connections
- Makes the family unit stronger

Knowing the benefits of family exercise is one thing. Building it into your life is another. Juggling work, homework, carpooling, doctor's appointments, and school schedules is challenging. But with a plan of attack, it can be done. Here are six steps to make that happen.

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Good habits
formed at youth
make all the
difference.

Aristotle

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Youth Health Connection Meetings & Events

Tuesday, January 21st

South Shore FACTS Meeting @
2:30-4 PM with Kristen Esson,
Recovery Nurse Care Manager
at South Shore Health

Thursday, February 6th

YHC Coalition Meeting
@ 8-10 AM

*Both meetings will take place
at 30 Reservoir Park Drive in
Rockland.*

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Introducing Caron's Digital Learning Free Education Resources for the Community

From Traci Wojciechowski, Regional Director of Education
Caron Treatment Centers

CONNECT 5: Find the NicoTEEN-Free You! CONNECT 5 is a nicotine reduction and cessation digital experience designed to help **youth** make a positive impact on their health. This course motivates youth towards change and assists them in developing a personalized plan for success that is unique to their needs and situation. For schools, parents, and students, CONNECT 5 fills a critical need in addressing the widespread abuse of nicotine vaping and other tobacco products among youth.

PREP: Prevention Resources and Education for Parents/Caregivers: Parents and caregivers are the most powerful influence in deterring their children from alcohol, nicotine, and other drug use. When parents/caregivers have skills, knowledge, and resources regarding substance use and prevention, their influence on their children's actions and decisions increases. This program for **parents, grandparents, and other caregivers** provides information that research shows can reduce the chances that young people will engage in substance use.

Vaping and Marijuana Trends: As a **school, child-serving, or healthcare professional**, you have the ability to impact the youth you serve and help them avoid substance use. To be effective in your efforts, you first need to understand the pressures and motives behind their decision to begin using. This program will help you understand the whys of use, employ proven prevention tactics, identify those already using through observable behaviors, and recognize marijuana and vaping trends and devices.

SBIRT: Screening, Brief Intervention, and Referral to Treatment (SBIRT) is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs. Caron's SBIRT modules will (1) highlight for **school and healthcare professionals** various screening tools available to assess for harmful and hazardous substance use patterns, (2) demonstrate motivational interviewing techniques to guide students and patients towards healthy change, and (3) identify resources should further assessment or treatment be needed.

BOOK review



Tell Your Children the Truth about Marijuana, Mental Health, and Violence

By Alex Berenson

Click [HERE](#) for more information

*“An eye-opening report from an award-winning author and former *New York Times* reporter reveals the link between teenage marijuana use and mental illness, and a hidden epidemic of violence caused by the drug—facts the media have ignored as the United States rushes to legalize cannabis.”*

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- **Pick activities you will enjoy:** Brainstorm activities that everyone will want to do. If kids feel a part of the planning, they will be more excited and likely to do it. It can be bicycling, ice skating, soccer in the back yard, jogging around the neighborhood. The activities can vary week to week to keep it interesting. Write down a menu of ideas and post it somewhere visible.
- **Come up with a weekly plan:** Making exercise a part of the family schedule makes a big difference. Sit down as a family every Sunday night and talk about schedules for the week. This is a good idea anyway as it can provide a sense of inclusion, control and organization. The plan can include time for the whole family to exercise together or subsets of the family. Pick from the menu of activities. Maybe everyone gets a week to choose the exercise for that week. Write the days and times in your calendar like you would a doctor's appointment.
- **Start out slowly:** Start with a goal of one time per week. After a month or so increase to two times per week. It may be that not everyone can do it two times, but it is a goal for as many family members as possible.
- **Keep a journal:** Assign a family member to be the exercise scribe. Write in the plan for the week and then how it went at the end of the week. Add to the journal how it felt to work out together. This way you can look back over the months to see how you've done.
- **Don't use weather as an excuse:** Winter weather slows many of us down. It gets dark early; it's cold and the chance of sleet and snow are good. Any one of these can be an excuse to skip exercise. If inclement weather is in the forecast, add indoor activities to your calendar. There are lots of exercise shows on YouTube that can be done indoors.
- **Keep it fun:** As soon as it feels like a chore, it's time to come up with new exercise options. Be sure they are activities everyone will want to do.

The steps above are the road map for positive family exercise time.

Happy Exercising!

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The Facts About the New Massachusetts Tobacco Law

By Mary Cole, Program Coordinator

Greater Boston Tobacco-Free Community Partnership

A new tobacco law in Massachusetts is now in place, and it affects where tobacco and vaping products can be sold. These changes are designed to reduce the youth vaping epidemic in Massachusetts and stop tobacco companies from targeting and addicting young people. The tobacco and vaping industries have long targeted youth, LGBTQ populations, and communities of color, resulting in terrible health consequences for the public.

Here's a simple summary of how the law will change where and what tobacco and vaping products can be sold:

- The new law substantially restricts where e-cigarette and nicotine vaping products and flavored tobacco products can be purchased.
- Now all flavored e-cigarettes and nicotine vaping products can only be purchased for on-site consumption at licensed adult-only smoking bars in Massachusetts.
- Non-flavored nicotine products with a nicotine content of 35 milligrams per milliliter or less can continue to be purchased at stores licensed to sell tobacco products like convenience stores, gas stations, liquor stores and bodegas.
- Non-flavored nicotine products with over 35 milligrams per milliliter of nicotine content can only be purchased at licensed, adult-only retail tobacco stores and smoking bars.
- Beginning on June 1, 2020, menthol cigarettes and other flavored tobacco products like cigars and flavored chewing tobacco can only be purchased for on-site consumption at licensed, adult-only smoking bars.
- Also on June 1, 2020, the price of e-cigarettes and nicotine vaping products will increase because of the addition of a 75% excise tax on the wholesale price.

The new law substantially restricts the sale of flavored tobacco and nicotine products to protect youth since flavors, including mint and menthol, are a leading reason they start using them. Local Boards of Health have the authority to assure that the new law is being followed by retailers in their communities. For more information, visit mass.gov/NewTobaccoLaw.

Contact Mary Cole at the Greater Boston Tobacco-Free Community Partnership, mcole@baystatecs.org or 617-471-8400 ext. 138 to learn more about how this new law will protect youth from tobacco addiction and fight the tobacco industry's targeting of youth, LGBTQ individuals, and communities of color with vaping products and menthol cigarettes.

Help for those who want to quit vaping, smoking, or using other tobacco products is available at 1-800-QUIT-NOW (1-800-784-8669) and KeepTryingMA.org. Organizations that want to support people in quitting can contact Mary Cole for information and guidance on simple strategies they can implement.

Springboard to Active Schools

National guidance for classroom physical activity in schools:

The following can help enhance the benefits of classroom physical activity:

- * Incorporate classroom physical activity into the planning for a Comprehensive School Physical Activity Program.
- * Do not replace physical education and recess with classroom physical activity.
- * Integrate physical activity into planned academic instruction to reinforce academic concepts.
- * Provide physical activity, such as physical activity breaks, outside of planned academic instruction.
- * Use classroom physical activity as a way to reinforce skills learned in physical education.
- * Ensure that barriers to classroom physical activity, such as lack of equipment or available space, are minimized.
- * Do not withhold classroom physical activity from students as a disciplinary approach.
- * Provide ongoing professional development on classroom physical activity.

Springboard to Active Schools is an initiative of the National Network of Public Health Institutes (NNPHI) and Health Resources in Action (HRiA) through Cooperative Agreement CDC-RFADP16-1601 (NU1ADP003094) with the Centers for Disease Control and Prevention (CDC).

www.schoolspringboard.org

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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.

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<http://bit.ly/2CjppKj>

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