

Identifying, Managing and Reducing Back to School Stress and Anxiety in Kids



Presenter: Kathleen M Bambrick, LICSW
Director of Training and Social Worker, Aspire Health Alliance

Please join us for a 1 hour presentation and discussion for parents managing their child's stress (and perhaps parents' too) about returning back to school.

There is a choice of **two dates and times**, Tuesday, April 27 at 7:00 pm and Wednesday, May 5 at 6:00 pm.

Registration **is required to attend either event**, which you can do by clicking the corresponding Zoom link below to sign-up.

Tuesday, April 27, 2021 07:00 PM Eastern Time (US and Canada)

To register in advance for this meeting click the link below:

https://umassboston.zoom.us/join/join?secret=grT0jHtJG8T2cokwkCkUulte_rIA

Wednesday, May 5, 2021 06:00 PM Eastern Time (US and Canada)

To register in advance for this meeting click the link below:

https://umassboston.zoom.us/join/join?secret=vPnrg001DvOgvLSKy2_u

Questions you may have and we'll discuss:

- Are my child's reactions about school just normal worries or an anxiety disorder?
- My child has been so stressed with worries about the pandemic and school this last year, will my child rebound?
- My child is worried about being separated from the safety of the house, parents and family members.
- My child is worried about catching COVID at school and bringing it home to other family members with fears their family members will be very sick or die.
- My child is worried they have fallen behind academically or has worried they no longer have a peer group at school.
- I'm not sure if my child has developed an anxiety disorder and needs professional help.
- What can I say or do to ease my child's fears?

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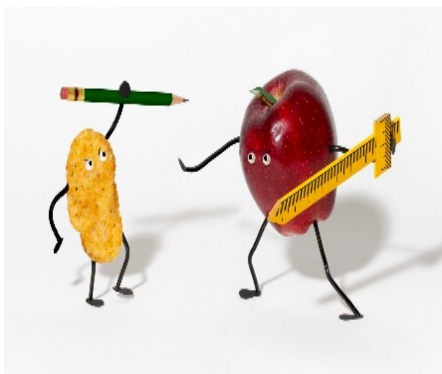
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What Parents Need to Know About School Meals

From [CDC Healthy Schools](https://www.cdc.gov/healthy-schools/)

School meals are free for all children through September 30, 2021. Visit your school district's website for more information.

Many schools provide students with access to meals through federal school meal programs, including the [National School Lunch](https://www.fns.gov/nsl/) and the [School Breakfast](https://www.fns.gov/sbp/). In the past, all students were able to participate in school meal programs, and some were eligible to receive free or reduced-price meals. However, in response to the COVID-19 pandemic and concerns about food insecurity, the [US Department of Agriculture](https://www.usda.gov/) (USDA) is providing free school meals for all students aged 18 and younger, regardless of household income, through September 30, 2021.



How do school meals benefit parents?

Parents are used to juggling multiple roles and responsibilities, but as a result of the COVID-19 pandemic, many parents are helping their children with virtual learning while also balancing responsibilities at work and at home. School meals can help parents save time with home meal prep and stretch the household budget. Parents can also feel good knowing their child will have good nutritious meals. School meals also provide opportunities for children to try new foods that parents might otherwise not think to serve at home.



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Who can participate in School Meal Programs?

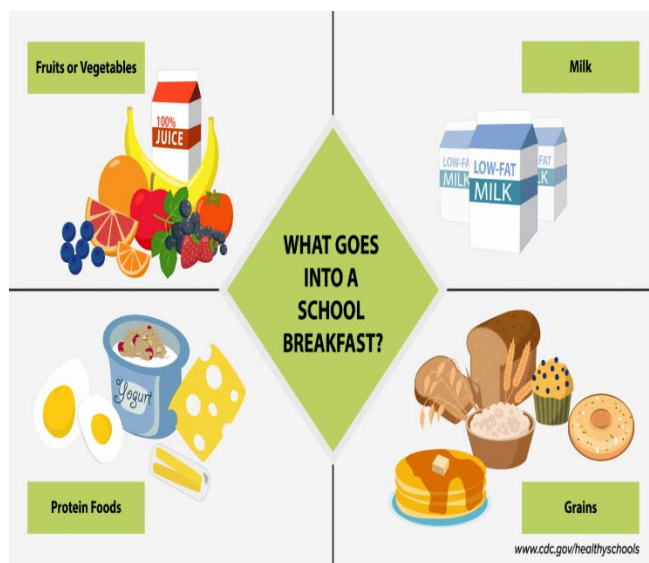
All students can participate in school meal programs, and some students are eligible to receive free or reduced-price meals. The U.S. Department of Agriculture has [extended flexibilities](#) to allow free meals to be available to *all* children, regardless of household income, through September 30, 2021

What about Meals & After-school Snacks?

- Programs like the National School Lunch Program's Afterschool Snack Service, the At-Risk Snack and Meals component of the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP) offer financial support to provide children and youths with nutritious snacks and meals. CACFP and SFSP specifically reach children from low-income areas.
- School food service departments have experience following food safety and nutrition guidelines. This makes them strong candidates for serving as a Child and Adult Care Food Program or Summer Food Service Program sponsor.

CDC Healthy Nutrition Resources:

- [Institute of Child Nutrition tools and trainings](#)
- [Alliance for a Healthier Generation resources for school meals](#)
- [FoodCorps](#)
- [CDC School Health Guidelines to Promote Healthy Eating and Physical Activity](#)
- [USDA HHFKA Implementation Research Brief Series](#)
- [At-Risk Afterschool Meals Component of CACFP](#)
- [National School Lunch Program Afterschool Snack Service](#)
- [Summer Food Service Program](#)
- [No Kid Hungry Best Practice Center](#)
- [FRAC Resource Library](#)



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The National Prescription Drug Take Back Day is Saturday, April 24th

This day addresses a crucial public safety and public health issue. According to the 2019 National Survey on Drug Use and Health, 9.7 million people misused prescription pain relievers, 4.9 million people misused prescription stimulants, and 5.9 million people misused prescription tranquilizers or sedatives in 2019. The survey also showed that a majority of misused prescription drugs were obtained from family and friends, often from the home medicine cabinet.

The DEA's Take Back Day events provide an opportunity for Americans to prevent drug addiction and overdose deaths.



Click [HERE](#) for more details and to find a location near you



Hingham CARES interviewed the creators of the documentary "Taking a Toke"

Hingham CARES sat down with Joe Collymore and Lori Tobin, the creators of the documentary "Taking A Toke" that is due out this fall. Tune in to hear about the making of their film that cautions against the dangers of teen vaping.

Click here to watch the 10-minute interview. [r20.rs6.net]

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National Prevention Week



National Prevention Week (NPW) is a public education platform that promotes prevention year-round through providing ideas, capacity building, tools, and resources to help individuals and communities make substance use prevention happen everyday.

NPW culminates in May recognizing the important work that has been done in communities throughout the year to inspire action and prevent substance use and mental disorders.

SAMHSA's NPW is **May 9 through 15, 2021**. Each year around this observance, communities and organizations across the country come together to raise awareness about the importance of substance use prevention and positive mental health.

Click [HERE](#) for more information and ideas

Click [HERE](#) for the Toolkit for your NPW event

RISK FACTORS	PROTECTIVE FACTORS
<ul style="list-style-type: none"> Chaotic home environment Ineffective parenting Little mutual attachment and nurturing Inappropriate, shy, or aggressive classroom behavior Academic failure Low academic aspirations Poor social coping skills Affiliations with deviant peers Perceived external approval of drug use (peer, family, community) Parental substance abuse or mental illness 	<ul style="list-style-type: none"> Strong family bonds Parental engagement in child's life Clear parental expectations and consequences Academic success Strong bonds with pro-social institutions (school, community, church) Conventional norms about drugs and alcohol 

SOURCE: US Department of Health and Human Services, National Institutes of Health, National Institute on Drug Abuse, (1997) Preventing drug use among children and adolescents: A research-based guide. NIH Publication No. 97 - 4212.



9 OUT OF 10
PEOPLE WITH SUBSTANCE
PROBLEMS STARTED USING
BY AGE 18



Need a little help?

Find the resources you need quickly and easily

Find Programs | Connect to Services | Apply for Benefits | View Hours and Locations



SouthShoreHealth.org/CommunityResources

Because everyone needs a little help sometimes.



YHC Contact Information

Medical Director:

Barbara Green, PhD

781-749-9227 x101

Barbara@BJGreenPhD.com

Program Coordinator:

Karen Peterson, M.S.

781-624-7415

Kpeterson4@southshorehealth.org

Administrative Secretary:

781-624-7423

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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Group by South Shore Health

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