

All Advisory Meeting-Will You Be Joining Us?

Youth Health Connection is excited to announce our 7th Annual All Advisory Meeting to be held on December 8, 2015 from 10-11:30 AM at South Shore VNA, 30 Reservoir Park Dr., Rockland MA.

The program is entitled ***“Knowing Every Child: Connecting Research to Practice,”*** and the speaker will be Elizabeth R. McCarthy, LICSW, Training and Network Manager P.E.A.R. (Program in Education, Afterschool and Resiliency,) McLean Hospital.

The topics to be discussed are:

- Learn about a data-informed system for understanding socio-emotional strengths and challenges of youth in the school and out-of school (OST) settings.
- Gain a familiarity with PEAR’s strengths-based socio-emotional assessment, the Holistic Student Assessment.
- Learn how to use PEAR’s multi-tiered support system to identify the strengths and gaps in your own school/community/system.

This event is free and open to all, please **RSVP** to Karin_Farrell@sshosp.org or 781-624-7849. ■

Tip for Better Living:

“Forget yesterday—it has already forgotten you. Don’t sweat tomorrow—you haven’t even met. Instead, open your eyes and your heart to a truly special gift-today.”

Steve Maraboli, Ph.D.

b. 1975

behavioral scientist, author, motivational speaker



**South Shore
Hospital**

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Youth Health Connection Meeting & Events:

South Shore FACTS

Regional Coalition Meeting, Tuesday
November 17, 2015 2:30-4 PM. All
are welcome!

YHC All Advisory Meeting

December 8, 2015 10-11:30 AM

Presenter from Harvard PEAR
(Program in Education, Afterschool
and Resiliency) **SAVE THE DATE!**

All meetings held at:

South Shore VNA, 30 Reservoir Park
Drive, Rockland, MA. ■

MCPAP Updates

The Massachusetts Child Psychiatry Access Project (**MCPAP**) which was started in 2005, is a system of regional children's behavioral health consultation teams designed to help Primary Care Providers (PCP's) meet the needs of children with behavioral health concerns. The teams include a child psychiatrist, licensed therapists, care coordinators and administrative support. There is no fee to participate in this project, however PCP's need to register their practice so that their regional team can get to know the practice. **MCPAP** is funded by the Massachusetts Department of Public Health. There is a section on the **MCPAP** website for families that includes a list of resources.

MCPAP for Moms, a program that started in July 2014, is a separate consultation program that provides obstetricians, midwives and PCP's treating pregnant or post-partum mothers with psychiatric consultation for behavioral health concerns or questions around medications when pregnant or breastfeeding.

(information from MCPAP and MCPAP for Moms websites)

To learn more about **MCPAP** visit:
<http://bit.ly/1QimYhr>

To learn more about **MCPAP for Moms** visit:
<http://bit.ly/1GX2DLL> ■

Social Emotional Skill Building Apps for Educators

In the November 2, 2015 Edutopia, an online magazine and newsletter there was an article by Jayne Clair, special education teacher, education app curator, consultant; entitled "Social-Emotional Apps for Special Education." Within this article she lists nine skill building apps for preschool age through adult, a few of them are highlighted below:

- **Breathe, Think, Do** is an app designed by Sesame Street for preschool age to learn calming techniques. This simple app is intended for small children.
- **GoNoodle** is a web-based resource for classroom teachers to help all children focus, calm and stay engaged throughout the day. There are short 5 minute programs that can easily be used and incorporated into the classroom. There is also a section within the website for parents and children to use at home. Please share with families!
- **Stop, Breathe, Think** is a free mindfulness, meditation and compassion app designed by Tools for Peace. The app first asks students to complete a quick "check in on how they are thinking and feeling," the app will then recommend items beneficial to help them stay calm and gain perspective on issues. To see a 2 minute video on the **Stop, Breathe, Think** app visit:
<http://bit.ly/1iUcS7Z>
- **If...**The Emotional IQ Game is inspired by the Rudyard Kipling poem "If," and is an adventure game for children ages 6-12 that helps them develop Emotional Intelligence Skills. (be aware that only the first chapter is free)

To read the full blog by published on Nov. 2, 2015 in Edutopia visit: <http://bit.ly/1WLgHiw> ■



Mindfulness Practice in a Mobile App

Smiling Mind is a unique free web and App-based program developed in Australia by a team of psychologists with expertise in youth and adolescent therapy, Mindfulness Meditation and web-based wellness programs. The content helps make balance and mindfulness practices easily accessible to everyone.

There are sections within the program for ages: 7-11 years, 12-15 years, 16-22 years, adults plus sections for quick bite-size or extended options.

To learn more about Smiling Minds visit: <http://bit.ly/1N68uzf>

To check out an example of Exploring Thoughts for ages 16-22 visit: <http://bit.ly/1SIwBUY>

To check out an example of Body Scan for Adults visit: <http://bit.ly/1Y4o4Pe> ■



Student Scholarship Opportunity

Foot Locker Scholarship for Scholar Athletes is accepting applications until 5 PM EST on Dec. 17, 2015. They will award 20 scholarships of \$20,000 each to high school students who will enter a 4-year college program in September 2016. Applicants do not need to play varsity sports, but they need to show commitment to sports. In addition applicants need to have a GPA of 3.0, 2 recommendations, demonstrate leadership in multiple settings and answer two essay questions (300-500 words each.) (*information from website*)

To learn more about this scholarship opportunity visit:

<http://bit.ly/1HvfQvo> ■



Free Webinar

On December 8, 2015 at 7 pm EST Families for Depression Awareness will host a free one-hour webinar “Coping with Stress and Depression Training.” The presenter will be Timothy Petersen, Ph.D., a psychologist from Massachusetts General Hospital Department of Psychiatry and Military Home Base Program and Faculty at Harvard Medical School.

Participants will learn:

- Practical ways to reduce the effects of stress.
- How to recognize signs of depression.
- What to do if you or someone you know is suffering from depression.
- What resources are available to you and your family.

This webinar is for family caregivers, human resource managers, employee assistance program professionals and adults concerned about themselves or others.

To learn more and to register for this webinar visit: <http://bit.ly/1OiRK9C> ■



The National Night of Conversation

By Kim Noble RN, MBA, YHC Program Coordinator

Recently, the U.S. Surgeon General, Vice Admiral Vivek H. Murthy, M.D., M.B.A. appeared on the Dr. Oz Show to talk about the **National Night of Conversation** to be held on November 19, 2015. This event will be the first of its kind nationally; encouraging households across America to participate in open dialogue about substance use. Research shows that youth who learn about the risks of drugs from their parents are up to 50 percent less likely to use drugs and drink alcohol. *(from SAMHSA Blog 11/10/2105)*

To help parents/guardians be prepared to talk with the young people in their lives about this important topic **The Parental Discussion Guide** was developed with input and advice from the National Institute on Drug Abuse (NIDA), The Substance Abuse and Mental Health Services Administration (SAMHSA), The National Council on Behavioral Health, and HealthCorps, a high school program founded by Dr. Oz.

Everyone is encouraged to show support for this initiative by posting a photo of an empty plate on social media in recognition of the fact that on November 19, 2015 conversation is even more important than the actual dinner. #NightofConversation



To access the SAMHSA Blog “Let’s Have a Conversation,” this includes links to other resources visit: <http://1.usa.gov/1WMvo54>

To access the 5 page toolkit designed by The Dr. Oz Show visit: <http://bit.ly/1lk5HrB>

To access the SAMHSA “Talk They Hear You,” resources visit: <http://1.usa.gov/1MnClQR> ■

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Youth Health Connection is a community benefits program of South Shore Hospital dedicated to the positive mental health and physical well-being of youth. Our programs collaborate with schools, community health providers, law enforcement officers, state agencies, religious leaders, parents and peer leaders 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.

To subscribe please visit:
southshorehospital.org/yhcpublications

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Youth Health Connection:
Building and Sustaining Community Connections through Healthy Dialogue and Sharing Knowledge to Keep Our Youth Safe Today and Moving Forward.