Coming Together: “Time to Talk, Time to Listen”  
By Barbara Green, PhD

November 19th was National Night of Conversation, promoted by SAMSHA. The research shows that parents who talk with their children about the risks and express disapproval of underage and illicit substance use have a very powerful positive impact on reducing use.

I would like to take this a step further however. With Thanksgiving and time at a Thanksgiving table just behind us, I am hoping to encourage making “Time to Talk, Time to Listen” a regular focus and habit. While this may seem quite apparent and simple, it is actually something that can slip by without realizing it has been displaced. The busy pace of life today, our 24/7 world, the constant presence of electronics, all contribute to less personal connection and conversation. People regularly comment when they are in my office for a clinical appointment how it feels to sit one on one and talk and really listen, without distraction. “Time to Talk, Time to Listen” can create a very powerful force in our lives. It truly is the basis for strong relationships. The research shows that connection is one of the greatest anti risk factors we have available. (continued on page 3)

Tip for Better Living:

“May your walls know joy, may every room hold laughter and every window open to great possibility.”

Mary Anne Radmacher  
artist, author
Building Your Resilience
By Alison T. Brill, MPH, Community Suicide Prevention Coordinator; MA Department of Public Health

No matter your age, it’s possible that you’ve been through a lot in life. Perhaps you’ve had traumatic experiences, lost people who were very close to you, and/or you’re dealing with daily discrimination and prejudices. Despite these traumas, you’ve bounced back and are going on with your life. You’re still living, fighting, and taking on the world. Pause and think about that for a minute. That’s pretty remarkable!

Resiliency is the capacity to recover quickly from hard times. It’s that “toughness” quality and the ability to adapt well to stress and adversity. Resilient people have the ability to reframe the phrase, “What’s wrong with me?” to “What happened to me?” They are able to take negative experiences and use them as fuel for tackling new challenges, as well as helping people who are in similar situations. Humans are social creatures and a strong social network is vital for everyone, so it’s important to have a strong support system.

Some people have a natural knack for resilience and the ability to handle and rebound from stressful events better than others. But everyone can build resilience. (continued page 3)

Supporting Socio-Emotional Development in Students—Join us!

Every student is a unique individual and it is the challenge for educators and parents alike to recognize the strengths and challenges of the youth in their lives. Through recognition and acknowledgment of the differences within each young person, the adults in their lives can assist them to attaining their personal best. With the fast pace in today’s classrooms, communities and homes it might seem like a daunting task for us all.

We hope that you can join us on Tuesday December 8, 2015 from 10-11:30 AM and learn about The Holistic Student Assessment (HSA) a data-driven self-report tool that can help identify the strengths and challenges in each student. The HSA is a component of PEAR (Program in Education, Afterschool and Resiliency) at McLean Hospital and it can assist in detecting socio-emotional barriers to learning, help to differentiate teaching approaches and intervention strategies.

The presenter; Elizabeth R. McCarthy, LICSW, Training and Network Manager from P.E.A.R., will also share information about the PEAR Responsive Advocacy for Life and Learning in Youth (RALLY) Support Groups. These are specialized group interventions to help meet the specific needs of vulnerable students, designed specifically for ages 9-15 years.

This event will be held at South Shore VNA, 30 Reservoir Park Dr., Rockland, MA, 02370.

Space is limited—reserve your seat today! RSVP to karin_farrell@sshosp.org

(continued page 3)
Building Your Resiliency (continued from page 2)
By Alison T. Brill, MPH, Community Suicide Prevention Coordinator; MA Department of Public Health

It’s possible to strengthen your inner self by defining and believing in yourself as capable and competent.

No matter what has happened to you, or what you’ve experienced, everyone can benefit from reminders of the strengths they have. You can support your resilience by thinking along these three lines: I Have, I Am, I Can. As an exercise, try writing down responses to each of these lines. Keep this sheet of paper in a special place and refer to it whenever you need a reminder of how resilient you are.

Ladder over brick wall

- **I Have:** (List the external supports that help you get through the day.) Examples: strong relationships, structure, rules at home, role models
- **I Am:** (Think of the inner strengths that you already have and can be developed further.) Examples: a person who has hope and faith, cares about others, is proud of themself
- **I Can:** (Describe all the interpersonal and problem-solving skills that you have acquired to handle daily issues.) Examples: communicate, solve problems, gauge the temperament of others, seek good relationships

A Practice for the Season

Breathing, it is something that we all do on average about 23,040 times each day. This action is vital to our survival and therefore part of our Autonomic Nervous System. The action of taking a breath is done by most of us all day long without any conscious thought and because of that we can miss the benefits of thoughtful and focused breathing. Some of the benefits are stress reduction, promotion of relaxation and a general calming sensation.

The busy holiday season is a great time for us all to be reminded to breathe. The personal benefits can be felt with 3 cycles of the thoughtful breathing. 

**Breathe in**-feeling the breath on inhale, pause-and calm during the stillness of the **middle**, **breathe out**-hearing the breath on exhale. Practice it throughout the day when you are feeling overwhelmed with gift giving, or can’t think of what to bring to the cookie swap, or decorating the house.

Let your children see you complete this practice and encourage them to practice with you as they start and end their day. Are there high school or college age young people in your home? Share this video link with them and encourage them to try this practice as well as utilizing it while studying for exams and right before the exam. Here is to a calm holiday season!

**To access the 3 minute video** on the 4-7-8 Breathing Technique visit: [http://bit.ly/1Hyez6W](http://bit.ly/1Hyez6W)

Coming Together: “Time to Talk, Time to Listen”
(continued from page 1) By Barbara Green, PhD

With intention we can make it happen. Whether it is at a dining table, in the car, or in the comfort of a family room, by taking a moment, shutting down electronics, and talking/listening we strengthen the basic principles of caring and knowing. Just think about asking “What was something good that happened today for you?”, “What was something you might remember tomorrow about today?”

We all want to matter, to live life positively, and to be able to handle adversity. It is through connection, conversation and listening that happens.

As you move through the holiday season remember what truly the best gift to give is.
Local Support Groups Forming

Child & Family Psychological Services, Inc. has many groups currently forming for children, adolescents and parents.

A few of the groups are:

- **Child Anxiety & Stress Management Group**: This group is for elementary school-aged children with symptoms of anxiety including frequent worry, fears, nervousness and stress.

- **Preschool Child Behavior Management Program for Parents**: This group is designed for parents of preschool aged children with disruptive behavior problems including noncompliance, defiance, aggression impulsivity or frequent tantrums.

- **Child Social Program** helping children learn to maintain positive relationships.

- **Child Behavior Management Program for Parents** of children ages 4-11 years who display noncompliant behavior alone or in conjunction with other disorders.

- **Parenting Anxious Children & Teens** is a series of workshops for parents with children ages 5-14 years.

- **Anxiety Management Group for Young Adolescents**, this is a 10 session group for children ages 11-14 who are struggling with excessive worry, panic generalized anxiety or specific fears.

- **Emotional Coping Skills Group for Teens**, this 10-session skills based group is for teens ages 14-18 who are currently struggling with anxiety, excessive worry, panic, irritability or depressed mood.

To learn more about these various groups please visit: http://bit.ly/1KLajQ6

Questions? Contact Kelly at 781-551-0999 x457.