

Kindness and Gratitude Thoughts for the Season

By Kim Noble RN, MBA; YHC Program Coordinator

The season of thanks and giving is upon us. It can also be a season of stress; with meals to plan, events to attend, gifts to obtain and wrap, all in addition to work and school demands. There have been two challenges popping up on social media that might help us all minimize the stress while acknowledging gratitude:

- 10 Days of Gratitude Challenge on Facebook in which people are nominated by others to post three things they are grateful for on 10 consecutive days and then nominate someone else. This challenge is posted on the “Inspired by Family” online-magazine. **To view the 10 Day Gratitude Challenge** visit: <http://bit.ly/1MSpXuC>
- 30-Day Gratitude Photo Challenge that can be on Facebook, Twitter and Instagram. This challenge originated in the blog Positively Present and lists out daily gratitude prompts. **To view the 30-Day Gratitude Photo Challenge** prompts from Positively Present visit: <http://bit.ly/1NbIMMu> ■

Tip for Better Living:

“Acknowledging the good that you already have in your life is the foundation for all abundance.”

Eckhart Tolle
b. 1948
writer, public speaker



**South Shore
Hospital**

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Youth Health Connection Meeting & Events:

YHC All Advisory Meeting

December 8, 2015 from 10-11:30 AM

“Knowing Every Child: Connecting Research to Practice,” Elizabeth R. McCarthy, LICSW from Harvard PEAR (Program in Education, Afterschool and Resiliency)

RSVP to Karin_farrell@sshosp.org ■

YHC will **NOT** publish a newsletter next week due Thanksgiving. The next edition will be published on December 3, 2015

Anxiety and Depression in the Classroom

Anxiety and depression are two of the most common mental health problems facing students today. For parents and teachers alike, these mood disorders can be difficult to detect and hard to support – especially during the tween or teen years. They impact learning and development in significant ways and when left untreated, can lead to risky Behavior(s).

On December 2, 2015 at 4 PM, The Duxbury Parent Connection will host Dr. Nadja Reilly, author of *Anxiety and Depression in the Classroom*, in Room 104 at Alden School. Dr. Reilly will identify the signs and symptoms of anxiety and depression at all age levels so children who suffer in silence can get the support(s) they need. Appropriate for both educators and parents, the program offers practical tools and approaches that show adults how to help children cope with and manage their feelings.

Dr. Reilly promotes a broad view of children's mental health, recognizing that fostering our children's emotional health is a long-term investment in their lives.

Dr. Reilly is a Lecturer of Psychiatry at Harvard Medical School & Associate Director of the Freedman Center for Child and Family Development at William James College.

Tickets are \$7 in advance, \$10 at the door, to learn more visit:
<http://bit.ly/1kNf6rc> ■

Know Your Family Health History

By Gina Vertil RN, Curry College Nursing Student

A family health history is a list of chronic diseases that your parents, siblings and your close relatives have or had. Among them might be so chronic diseases as: high blood pressure, diabetes, high cholesterol, heart disease, cancer, stroke, and arthritis. When certain diseases are present in your family history, it does not necessarily mean that you are going to have them. However, you are at greater risk of getting them. Knowing and understanding your family's health history may help you make changes to your lifestyle. Eating healthier foods and exercising are two important ways to avoid premature illness and even early death.

It is important to increase awareness about family health history because not too many people even think about it. Family health history can be used by health care professionals as tools to guide their patients' care. For example, ordering specific screening or laboratory tests and even gene testing. In 2013, the well-known actress, Angelina Jolie, knowing her family history of breast cancer and early death, decided to have both breasts removed after testing for the BRCA (**BR**east **CA**ncer) gene. This courageous decision will definitely save her life!

After Angelina Jolie went public with her breasts surgery, a 2014 study in the United Kingdom found the demand for genetic testing for breast cancer nearly doubled, and the number of people seeking information about risk-reducing mastectomies also increased. In that study, the researchers looked at data that had already been collected in the years prior to Jolie Pitt's announcement and compared it to data collected after her announcement. When celebrities publically disclose health related information, it does help educate the general public!

In another case of my close family member; he was a 16 year old male student playing basketball with his friends in the school gym, and he suddenly collapsed. Even though emergency medical services were administered, this young athlete was ultimately declared dead. His autopsy revealed that he suffered a pulmonary emboli, a moving blood clot, that went to his lungs due to a deadly heart murmur that no one knew about. The teen's primary care doctor recommended that the rest of the family should have their hearts evaluated. The results were shocking! His two younger brothers and two other close cousins had the same condition. (*Continued on Pg.3*)

New Bullying Prevention Resources

The U.S. Department of Health and Human Services, and the Health Resources and Services Administration (HRSA) Maternal & Child Health Division has created a new webpage for Bullying Prevention Resources. The resources include:

- The Children's Safety Network (CSN) webinars on the IOM Building Capacity to Reduce Bullying and its impact on Youth across the Life Course.
- National Association of School Resource Officers 2015 webinar entitled "Moving from Awareness to Action in Bullying Prevention"
- Community Action Toolkit
- Infographics
- Guidelines for media when covering stories about bullying

To view the HRSA website and access the resources visit:

<http://1.usa.gov/1S45Z0g>

For more information on the CSN visit:

<http://bit.ly/1OQl5IM>



National Night of Conversation-TONIGHT!

A reminder that tonight, November 19, 2015, we are all being encouraged to talk about the serious national public health problem of dependence on alcohol and drugs. Meaningful discussions can help those around us avoid the disease of addiction. The links below will help you with the discussion in your home.

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> ■



Know Your Family Health History (cont.) By Gina Vertil RN, Curry College Nursing Student

They all required immediate heart surgery to avoid the same untimely death. While the teen's loss was certainly devastating, his family was grateful because his premature death saved his loved ones.

Being familiar with your family health history may save your life and allow you to live a longer, healthier one. So, when the health care providers ask about your family health history, they want to identify your risks for certain chronic diseases and help you avoid early illnesses or even death. Be smart! Stay alive and well!! Know about your family's health history!!!

For more information visit:

The C.D.C (Centers for Disease Control and Prevention) has many resources on their family health history page, including a web based tool "**My Family Health Portrait**" that will assist you in creating your own family health history.

<http://1.usa.gov/1MmrYLT>

National Health History Day, this website includes the Family Health Portrait web tool:

<http://1.usa.gov/1PAvnev> ■



November is National Caregiver Month

by Maureen Collins RN, Curry College Nursing Student

An important care provider to consider is the youth caregiver, defined as children and adolescents who are 18 years old or younger who provide assistance on a regular basis to relatives or household members who need help because of physical or mental illness. The youth caregiver may not be the primary caregiver but one who helps out with the overall care. The youth caregiver could be the teen living in a multigenerational home. The youth caregiver in addition to attending school, participating in sports or extracurricular activities is also providing assistance to members of their household and family. This may lead to youth isolation which can cause stress, poor school performance, depression, and resentment.

The youth caregiver must take care of their health and wellbeing in order to remain healthy and not feel alone. Something as simple as exercise can help:

- Set aside a specific time every day for exercise. Set a daily target when it can fit into your day of 20 minutes to walk or exercise.
- Take a daily walk. Find a friend to walk and talk with.
- Check out group exercise classes, yoga, tai chi and swim classes offered through community centers, gyms, YMCAs, and houses of worship.



Sometimes talking about caregiving responsibilities can help. Others may be able to assist in providing services to the youth caregiver by offering transportation to school or one of their activities, offering to provide transportation for the family member who may need a ride to an appointment or making a meal for the family. Don't forget that the youth caregiver can ask for advice from the school nurse, a teacher, or other adult at school. Your health team including your physician or nurse practitioner can also help.

For more information visit:

American Association of Youth Caregivers at: <http://bit.ly/1LjWjcq>

Caregiver Action Network at: <http://bit.ly/1SAmrVR> ■

Medical Director:

Barbara Green, PhD
(781) 749-9227 x101

Barbara@bjgreenphd.com

Program Coordinator:

Kim Noble, RN, MBA
(781) 624-7415

kimberly_noble@sshosp.org

Secretary:

Karin Farrell, BS
(781) 624-7849

karin_farrell@sshosp.org

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.

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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.