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14th Annual Massachusetts (MA) State Suicide Prevention Conference

On April 29th and 30th, 2015 the MA Department of Public Health, MA Coalition for Suicide Prevention and AdCare Education Institute Inc. will present "New Momentum: Suicide Prevention Across the LifeSpan." This year the annual conference will be held at the Sheraton Framingham Hotel & Conference Center, 1657 Worcester Rd, Framingham, MA.

The keynote speaker on Wednesday, April 29 is John, Draper, Ph.D., Director of the National Suicide Prevention Lifeline. This keynote address will be followed by over 16 different breakout sessions, including one by Barbara J. Green, Ph.D., Youth Health Connection Medical Director.

Thursday, April 30 begins with a keynote address by DeQuincy A. Lezine, Ph.D., Author of "Eight Stories Up: An Adolescent Chooses Hope Over Suicide," Director for Suicide Prevention Innovations, Center for Dignity, Recovery and Empowerment; speaking on "Forward Momentum-Valuing Lived Experience." This second day will also include an additional 10 breakout sessions and a lunch time plenary panel: "The Face of Suicide."

Registration:

\$50 per individual day or
\$80 to attend both
conference days.

Continuing Education

hours are 5.5 hours/day,
see website for full listing
of professions.

To learn more and to
register visit:

<http://bit.ly/1FrW403>



Youth Health Connection Upcoming Meetings & Events:

RESCHEDULED:

Hidden In Plain Sight-Train the Trainer March 23, 2015 from 3:30-5:30 PM.

Typical or Troubled®-

April 14, 2015 from 3:30-5:30 PM. Speaker: Barbara J. Green, Ph.D.; YHC Medical Director.

To register for either event please contact:
Karin_farrell@sshosp.org

All events are held at
SSVNA, 30 Reservoir Park
Drive, Rockland, MA.

On Saturday, March 21st from 10am-10pm stop in to **California Pizza Kitchen** at the **South Shore Plaza in Braintree** and hand them the attached flyer and 20% of the sale will be donated to South Shore Hospital's Walk for Hospice.

(see flyer link under "Quick Links" to right of newsletter).

Tip for Better Living:

"I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do."

Edward Everett Hale
1822-1909
author



Public Safety: Did You Know?

Are you aware that the Massachusetts Enhanced 911 System has a unique public safety program called “**The Silent Call Procedure?**”

This program allows a caller who is unable to verbally communicate their emergency over the phone to receive the appropriate response. If an individual calls 911 and they are unable to speak for any reason, such as physical disability,

domestic violence or home invasion, follow these simple steps using a touch tone telephone or cell phone.

FIRST-Dial 9-1-1

Once the call is answered, indicate your need by pressing the appropriate number on your telephone.

- If you need the **POLICE**, press 1.
- If you need the **FIRE** Department press 2.

- If you need an **AMBULANCE** press 3.

The 911 dispatcher may ask questions that require a yes or no answer,

- Press 4 for **YES**
- Press 5 For **NO**

(Content taken from the Mass.gov website at <http://1.usa.gov/1FrTgA7>)

This program costs \$75/pp which includes printed materials, continental breakfast and lunch. Participants will receive 0.6 CEU's.

To register visit:
www.neushi.org

School Health Conference-Opioid Abuse Prevention

On Friday, May 15, 2015 the Northeastern University School Health Institute will be hosting a full day conference entitled “Opioid Abuse Prevention and Education in Schools: Impacting Student Success.”

This conference is from 8 AM -3 PM and will be held in the DCU Center, 50 Foster St., Worcester MA, and is for school nurses, guidance counselors, school

psychologists and school administrators.

Speakers & topics are:

- Ruth Potee M.D., Valley Medical Group Greenfield, MA; will speak on the impact of substances on the developing brain and how this negatively impacts academic success,
- Joanne Peterson, Executive Director Learn2Cope, will be offering resources for educators and families

dealing with this issue,

- Karen Jarvis Vance School Nurse Leader, Northampton Public Schools will speak about the positive impact of SBIRT (Screening, Brief Intervention, Referral to Treatment.)
- Melissa Weiksnar, Parent
- Mary Ann Gapinski, Director, School Health Unit, Department of Public Health.

Typical or Troubled™ to be offered April 14, 2015

On Tuesday, April 14, 2015, Youth Health Connection will host “Typical or Troubled™” with Barbara J. Green, Ph.D., Youth Health Connection Medical Director, presenting at the South Shore VNA, 30 Reservoir Park Drive, Rockland, MA from 3:30pm-5:30pm.

The content of this program covers the range of the mood continuum and when to be concerned about a teenager’s behavior; signs that a teen is experiencing a mental health concern and the basic differences between: Clinical Depression, Bipolar Disorder, Anxiety Disorder, ADHD, Eating Disorders,

Conduct Disorders and Oppositional Defiant Disorder.

Certificates of Attendance and Contact Hours for Nurses will be awarded.

To reserve your seat at this *free* event please contact: Karin_farrell@sshosp.org

National Poison Awareness-Part 1

by Jane Botelho RN, BS Candidate, Curry College

Children love to explore. They move quickly. Younger children put everything into their mouths. Over the Counter (OTC) and prescription medications often look like candy. While there are many poisonous dangers in and around the home, (cleaning, lawn & garden and health & beauty products to name a few) this article will explore the safety precautions, storage, and disposal of OTC's and prescription medications.

Consider all the sources of potential prescription and OTC's medication poisoning within your home, where you visit or which may be brought into your house. Curious children find opportunities to explore anywhere including purses, on a countertop, in a nightstand or even on the ground. So, what can you do to help keep children and your whole family safe?

Here are a few safety tips from the Centers for Disease Control and Prevention (CDC):

- Store all prescriptions and OTC medications products up, away and out of your sight and the reach of children.
- Keep all products in their original bottles. Remember, child resistant is NOT child proof. Close caps tightly.
- When taking or dispensing OTC's and prescription medications at night, turn on a light. Always take the time to read and follow the directions before using OTC and prescription medications, containers may look similar.
- If a dosing measuring device (cup, spoon, dropper or oral syringe) is provided, use it. Kitchen spoons and measuring spoons will not accurately measure the same amount.
- Clean out your cabinets every 6 months. Throw away unused or expired medications. Many communities offer medication take back programs; contact your local police or health department for complete disposal information.
- Never refer to medicine as candy.
- When you have guests in your home offer to secure purses, bags and coats out of the reach of children. Ask overnight guests to store any OTC or prescription medications up and away.

National Poison Prevention Week is March 12-21, 2015.

This is a time to identify items and products that might be a danger in your home. Take action now to create a safer home for your family by cleaning out your medicine cabinets, properly disposing of any unwanted or unused OTC or prescription medications and storing all remaining medications safely.

(Next Week, Part 2: What to do if you suspect an accidental poisoning)



For more complete information:

From Safe Kids Worldwide please visit:

<http://bit.ly/1NF8iWT>

On proper disposal of OTC and prescription medication visit:

<http://1.usa.gov/1D13h7Y>

On the CDC's "Up and Away and Out of Sight" campaign visit:

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

To link to a brief video visit:

<http://1.usa.gov/1AwizC7>

Parent App: "Drug Guide for Parents"

The Partnership for Drug Free Kids has just released a new FREE app to help parents. The app is called the "Drug Guide for Parents" and is available for both android and iPhones.

The content is based on their online *Drug Guide* resource. You can search through the

alphabetized *Drug Guide* to learn more about specific drugs.

There is a section for Links and Resources which includes information on the developing teen brain (under the "Get Information" section,) and in the "Get Help," section you can link

to various free intervention e-books, fact sheets and various guides and brochures. There is also a direct link to the Parents Toll Free Helpline within the app.

Don't have a smart phone? Visit the Partnership for Drug Free Kids website to find all this content at:

<http://bit.ly/RZsERA>



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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.

Youth Health Connection is a community benefits program of
South Shore Hospital

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<http://www.southshorehospital.org/yhcpublications>

www.southshorehospital.org

Health Knowledge
and Risk Prevention
through Collaboration,
Respect, Connectedness
and Coalition Building



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Parent Support Groups for Children with Type 1 Diabetes

The Juvenile Diabetes Research Foundation (JDRF), New England Chapter offers a few local area parent support groups.

The Hanover Moms Group meets on the last Wednesday of the month from 7-9 PM in the Clubhouse at the Hanover Legion Elderly Housing Complex, 70 Legion Dr. Hanover MA. Upcoming meetings will be held on March 25 and April 29, 2015- RSVP to Nancy Gaudet at (617) 448-2910 or NGaudet@corcoranmgmt.com

The Quincy Parent Support Group meets on Tuesday April 21, 2015 from 6:30-8 PM at Christ Church, 12 Quincy Ave, Quincy, MA. at this meeting the Guest Speakers are: Jennifer Rein, LICSW and Victoria Ochoa, LICSW from Children's Hospital Boston; discussing Autism Spectrum Disorder/Executive Function Challenged (ADHD) Children and T1D (Type 1 Diabetes) Please RSVP by April 17, 2015 to jamendolare@wellscap.com

For more information about the N.E. Chapter of the JDRF, including a list of all meetings, newsletter sign up, fact sheets and more visit: <http://bit.ly/1APmzq0>

