

Our Workplaces and the Opioid Epidemic

On Thursday June 16, 2016 Massachusetts Health Council will host a conference entitled *“Our Workplaces & the Opioid Epidemic,”* for businesses and all employers with expert guidance on managing & supporting employees. This program will help employers to better understand the opioid epidemic, health and legal issues involved and how to manage and support employees, or their family members, affected by a substance use disorder. Topics to be addressed:

- The nature and scope of opioid addiction
- The impact of opioids on business
- Treatment, recovery & prevention
- Managing and supporting employees while keeping the workplace safe and productive
- Employee assistance programs
- Substance use education in the workplace
- Legal considerations: protecting the employer & employee

This program will take place from 8 AM-Noon at the Westin Waltham and tickets cost \$85/pp (\$75/pp for Mass. Health Council members) to purchase tickets and to view the full draft program agenda visit:

<http://bit.ly/1pYDR5S> ■

Tip for Better Living:

“There is no never....just long periods of not yet.”

Solenn Heussaff
b. 1985
actress



**South Shore
Hospital**

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#ChoosePrevention

Acknowledging ***National Prevention Week 2016***-dedicated to increasing public awareness of mental &/or substance use disorders.

To learn more visit:
<http://1.usa.gov/1JCzXUW>

Youth Health Connection Meeting & Events:

May 24, 2016 South Shore FACTS (Families, Adolescents and Communities Together against Substances) Meeting from 2:30-4 PM, all are welcome!

RSVP to karin_farrell@sshosp.org

Meeting will be held at South Shore VNA, 30 Reservoir Park Dr., Rockland, MA ■

May is: “Skin Cancer Detection and Prevention Month,” Block the Sun, Not the Fun!

By Lisa Stier, RN Curry College Nursing Student

Summer fun is fast approaching! Sunbathing, boating, swimming or just barbecuing are many activities of summer. In every season you should protect yourself from the harmful rays of the sun; however, summer is officially sunscreen season! Everyone needs to protect his or her skin health while still enjoying the outdoors. By practicing proper sun protection, you may avoid sunburns, premature aging of skin, wrinkles, and skin cancer.

Skin is the largest organ in the body and skin cancer is the most common form of cancer in the United States (US). There are over 3.5 million new cases of skin cancer each year in the U.S. Melanoma, which is the most dangerous form of skin cancer, accounts for more than 73,000 cases. There are measures that you can take to prevent skin cancer. The American Cancer Society’s annual awareness campaign for skin cancer prevention promotes the slogan “SLIP! SLOP! SLAP!® and WRAP!” which is a catch phrase that reminds people of the 4 key ways to protect themselves from (UV) (Ultraviolet) radiation:

- Slip: Wearing protective clothing with long sleeves.
- Slop: There is no sunscreen that is 100% waterproof; manufacturers are no longer allowed to claim that they are. Apply sunscreen with a broad spectrum protection and a SPF (Sun Protection Factor) of 30 or higher that protects against UVA (Ultraviolet A-long wave) and UVB (Ultraviolet B-short wave) rays on all skin that isn’t covered.
- Slap: A hat that shades your face, neck, and ears.
- Wrap: Sunglasses to protect your eyes and sensitive skin around them.

Other recommendations to protect your skin include:

- For best results, reapply every 2 hours or even more often if you are swimming or sweating.
- Limiting the amount of time you spend in direct sun, especially between the hours of 10 am and 4 pm.
- Protect your skin even on cool or cloudy days.
- Avoid tanning beds.
- Infants: less than 6 months of age should be kept out of the sun. Their skin is too sensitive for sunscreen.
- Babies: 6-12 months, it is ok to use sunscreen. (discuss with your pediatrician)
- Toddlers/Preschool Age: It is important to educate your child and caregivers.

Remember you can still have fun in the sun, but protection for every member of the family is important in the long run!

For more information and resources for your family:

American Cancer Society visit: <http://bit.ly/1Uc8SjK>

Skin Cancer Foundation visit: <http://bit.ly/1LWV1uz>

Children’s Melanoma Prevention Foundation visit: <http://bit.ly/18WM7uQ> ■



Safe & Substance Free 2016-Guide

The updated 2016 edition of the “Safe & Substance Free: Parent Resource Guide for Helping Your Teen Stay Safe this Prom & Graduation Season is available to read and/or download on-line. This guide is a collaborative effort between Youth Health Connection, Caron Treatment Centers, the Plymouth County District Attorney’s Office, the Norfolk District Attorney’s Office, and SADD (Students Against Destructive Decisions.)

The guide contains information on:

- Facts on underage drinking and drug use
- Tips for parents
- Warning signs of underage drinking or drug use
- Communications tips
- Massachusetts State Laws pertaining to underage drinking & distracted driving
- Facts on Massachusetts Social Host Liability
- SADD Contract for Life
- Resources

To access this resource visit: <http://bit.ly/1W5vmnn>

Staff Development Program by NAMI

The National Alliance for Mental Illness (NAMI) offers a professional development program, *Mental Health and Your Student*, designed to help teachers, parents and school staff work as allies to identify and understand mental health struggles that impact students’ academic success and overall well-being.

This 2 hour program is presented by a panel of experts with uniquely relevant expertise: A clinician explains mental health conditions, symptoms and behaviors that might be seen in the classroom. A teacher shares personal classroom experiences, pedagogical strategies, and resources for educators. A parent tells of the struggles and successes as their child progressed through the school system.

To learn more and bring the program to your school, please contact Nancy Parker at nparker@namimass.org or call 617-221-6383 ■

Recognizing Military Families

May is National Military Appreciation Month. This is a time as a country we can recognize our current active duty military, our veterans, retired military, military spouses and family members; from all branches of the service.

What can you do?

- Do you have a family member, friend or neighbor who is currently serving or has served? Say thank you.
- Do you know a spouse of someone who is currently serving? Send them your support as well.
- Are you teaching U.S. History in your school? Include some content on Military History or invite someone currently serving, in the reserves, retired or a veteran to speak to your class.
- Are you a parent? Seek out age appropriate books on the military in your town library, visit the U.S.S. Constitution, search online for a military museum that you might visit this month or over the summer.

To access the information from Home Base Veteran and Family Care visit: <http://bit.ly/21OtRKr>

To learn more about National Military Appreciation Month visit: <http://bit.ly/27zu88e> ■

Peer Leader Training: Will Your School Join Us

Youth Health Connection (YHC) is busy planning our programming calendar for the 2016-2017 academic year and we are seeking schools interested in participating in our teen depression awareness and suicide prevention program, *“How Not To Keep A Secret”* (HNTKAS.) This program is listed in the American Foundation for Suicide Prevention (AFSP) Best Practice Registry, 2010 and in the Substance Abuse and Mental Health Services Administration (SAMHSA) Preventing Suicide Toolkit, 2010.

A “training day” will typically bring together 3-6 local high schools in one location for a full academic day of educational content for selected peer leaders. Each high school will bring anywhere from 8-30 students from a diverse student population and at least two faculty.

The content of the day includes:

- Welcome, introductions and overview of the day
- Ice breaker activity and group pledge
- Small group exercises
- Clinical presentation on teen depression/suicide prevention
- Video: *Break Free From Depression*
- Individual school group dramatic skit creation
- Group presentation of all skits, with feedback

Through generous funding from the Sean McDonough Foundation and Eastern Bank, we are able to offer this program to local high schools for free. This includes faculty HNTKAS manuals, all program handouts, meals and transportation if needed.

Want to learn more or sign up your school to participate? Interested to observe the training day before bringing students?

Contact: Kimberly_noble@sshosp.org ■

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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

Connect with us:



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