

## Addressing the Rise in Suicide Rates

By Barbara Green, PhD; YHC Medical Director

The National Center for Health Statistics released a report Friday indicating that the suicide rate has risen to the highest level in nearly 30 years. This news is deeply troubling and distressing. While the statistics vary between men, women, age group, and ethnicity; viewing the numbers in general raises deep concerns. Of particular note is the alarming increase for girls age 10 – 14 years old, which is still low but has tripled. American Indians had the sharpest rise of all racial and ethnic groups. White middle aged women experienced a very steep increase also. Only one age group noted a decline, that of both men and women over the age of 75.

Analysis of the data painted a possible picture of desperation for many in American society. Researchers are highlighting an emerging understanding of the challenges that the less educated face, with increases in death from drug overdoses, suicide, liver disease, and alcohol poisoning. The links between poverty, hopelessness and health are emerging as public health issues.

It is imperative to insure that education and suicide prevention are strongly funded and universally available. *(continued on page 2)*

### Tip for Better Living:

“Smile, breath and go slowly.”

**Thich Naht Hanh**  
b. 1926

Vietnamese Buddhist monk, author, poet, teacher



**South Shore  
Hospital**

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## Youth Health Connection Meeting & Events:

**May 16, 2016** “Samaritans: You Are Not Alone,” **free** film screening and panel discussion. Film starts at 7:30 PM at South Shore Cinemas, 1 Mill Wharf, Scituate, MA. (*see flyer*)

**May 24, 2016** South Shore FACTS (Families, Adolescents and Communities Together against Substances) Meeting from 2:30-4 PM, all are welcome! **Join us to learn about the Gosnold Recovery Coach Pilot in Emergency Department at SSH.**

**RSVP** to [karin\\_farrell@sshosp.org](mailto:karin_farrell@sshosp.org)

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

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Funding for suicide prevention continues to represent a small fraction of what is available for research for mental illness. We know that many hospitals and health systems across the country screen for suicidal thinking and offer good treatment programs. But still, too many do not have adequate resources and access to early identification, intervention and referral. The good news is that we have effective treatments that we know work and make a positive difference. We must determine how to make it an automatic part of our collective communities and medical culture.

YHC has been working to reduce stigma, providing education to communities, creating community based coalitions, offering *“How Not To Keep A Secret”* to high school teens, and increasing access to intervention and referral through William James College Interface program. We must double down on our efforts. It is time.

To **read the full report** visit:  
<http://1.usa.gov/1VxADEI>

For **resources** from the National Suicide Prevention Lifeline visit:  
<http://www.suicidepreventionlifeline.org/>

For **resources** from William James College Interface visit:  
<http://bit.ly/1NLxbxU> ■

### Book Review: *Nurturing the Soul of Your Family: 10 Ways to Reconnect and Find Peace in Everyday Life*; author Renee Peterson Trudeau By Elle Maynard

If your New Year’s resolution could use a re-boot, **“Nurturing the Soul of Your Family”** may provide the gentle nudge needed to reflect, re-focus and re-balance.

Each of the ten chapters represents a path to a more peaceful existence. According to Trudeau, “the ten paths of peace are doorways or invitations to help you remember how to reconnect with those you love most so you can find and experience more peace and harmony – every day”. The book provides suggestions for all – regardless of family structure.

Focusing on, what Trudeau refers to as living inside-out, or attempting to intentionally live in alignment with what matters most rather than frantically reacting to circumstances, can bring the peace and harmony we seek. After all, she reminds us, our everyday lives shouldn’t be an obstacle to what we truly desire, but should be the path itself.

Readers are encouraged to take time to determine the current pace of our lives and our thoughts. Does this pace provide balance? Who or what is setting the pace? Realizing that life delivers both fast and slow moments, and intentionally cultivating awareness and mindfulness through all circumstances, will help to create lasting peace and harmony.

**“Nurturing the Soul of Your Family”** could easily find a permanent home on a bedside table, ready to be referenced when life’s circumstances overtake our attempts at intentional focus. A gentle reminder that the choice to live more mindfully is ours.

To **learn more** about the author and the book visit:  
<http://bit.ly/1Rwi0i7> ■

### Giving the Gift of Being Present

By Kim Noble RN, MBA; YHC Program Coordinator

Admit it-life is busy! The lines between work, school, home and family time have blurred. We rush through the day checking off lists of things to do, places to be and people & pets to feed and quickly find that the day is over. Stop for a moment and consider; Were there lost opportunities of connectedness?

For one father, out for breakfast with his daughter this was almost the case, however his daughter spoke up and asked if they could “just be together.” No cell phones, no newspapers/books, tablets, etc., just father-daughter talk time over breakfast. He complied and the story could end there, however, his small act was noticed by another patron who left a note on the table when he went to pay. The message was powerful and he chose to post it on Facebook and it went viral.

This story emphasizes the importance of “being present” in the lives of all those around us, our children, grandchildren, spouses, parents, siblings, friends, neighbors, co-workers and more. Think of how pausing and connecting might enhance the richness of your relationships and create lasting memories for everyone.

To access the article visit: <http://bit.ly/1Z1W8u6>

To access resources for *Screen Free Week*: <http://bit.ly/1PMPyFS> ■

### New PFLAG Support Group on South Shore

The South Shore Duxbury PFLAG (*Parents, Family and Friends of Lesbians and Gays*) support group for families and friends of LGBTQ (*Lesbian, Gay, Bisexual, Transgender and Questioning*) people meets every fourth Monday of the month, 7:30-9:00pm, at First Parish Church, 842 Tremont Street (Rt. 3A), Duxbury.

Our group is a great place to share experiences, concerns and joys with other parents in a confidential and supportive environment. We can provide information on local resources and maintain a lending library of books and videos. Meetings are relaxed and informal, and everyone is welcome. For additional information contact [DuxburyPFLAG@gmail.com](mailto:DuxburyPFLAG@gmail.com) or <http://bit.ly/1Sq0i>

Please spread the word! ■



### Get Up and Go!

By Shannon Massarelli RN,  
Curry College Nursing Student

The weather is getting warmer and the sun is out longer. What better time to think about getting in shape? There are many ways to achieve physical health, but many people are still not including exercise in their lives. There is no age limit nor does it exclude anyone of any sex or race. Regular physical activity should be a part of everyone's normal routine, not just a short-term goal.

Unfortunately, one of the most difficult parts of an exercise regimen is sticking with it. Many people start off strong, may even reach their goal but then fall back into old habits. One should start by making small changes like going for a walk after dinner instead of lying on the couch. Setting small goals like 10 or 20 minutes a day is a good start. You do not need to go run a marathon to become healthy. Over time you will find that increasing your intensity and stamina will come naturally.

An important aspect to physical activity is the mental game. So you have the goal in sight, you have a plan to get out there and do it. Now how do you stick with it? People who stick with it naturally feel better physically and emotionally. Doing this may also be easier if your friends are getting active or if you join a group. Remember that long-term goal.

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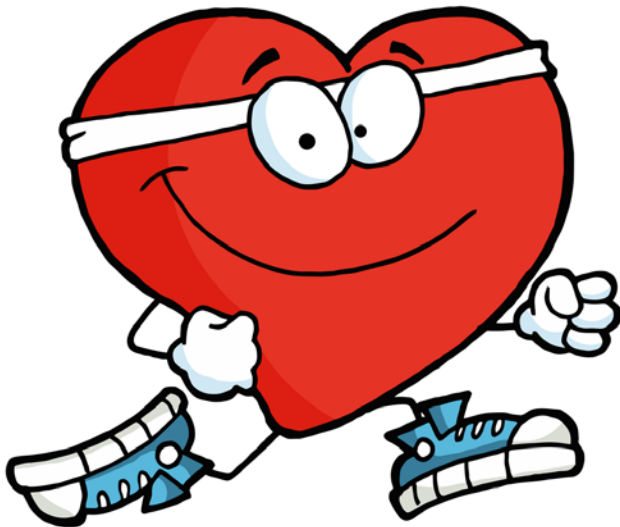
### Get up and Go! (continued)

By Shannon Massarelli, RN, Curry College Nursing Student

You may also find that physical activity improves your mood and brain function. Ever hear of the runner's high? Well this is reached through aerobic exercise. An article in *Scientific America* describes the runner's high as, "a feeling of euphoria coupled with reduced anxiety and a lessened ability to feel pain". This runner's high is one of the reasons people keep coming back for more.

Physical activity and exercise is more than just looking and feeling good. There are health problems related to not being active. A life that lacks activity may lead to obesity, heart disease, diabetes and much more. On the other hand, while decreasing the chances of developing these diseases, you may also improve muscular fitness, bone and heart health. With May being National Physical Fitness and Sports month why not get up and give it a try? Maybe you'll like it and stick with it!

**To access** the full article in *Scientific America* by J. Levell visit:  
<http://bit.ly/1Scq4zD> ■



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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:  
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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.**