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## Speaking Out: Voices Give Hope

by Barbara J. Green Ph.D., YHC Medical Director

I want to bring attention to the recent “strong voices” speaking out courageously and candidly about depression and suicide. At the 2015 Academy Awards evening, Graham Moore, winner for Adapted Screenplay for “The Imitation Game” spoke of his suicide attempt as a teen. In just 45 seconds he grabbed an opportunity of a lifetime to shine a light on his depression and his experience, something he had never done before. This week, Zelda Williams has stepped into the public arena with interviews about her father and her experience with his suicide. Her emotional tenderness is palpable, but clear and candid about depression and suicide.

Depression and other mental health issues are real and should carry no stigma, nor shame. Silence about mental illness disempowers everyone. We are not silent about other chronic health issues. Quite to the contrary there are “branded” slogans and colors associated with illnesses. Speaking out boldly allows everyone to understand and take steps to reach out and connect. We are fortunate today to have more science and research that directs us. What we must do is continue strengthening the conversation and bringing it to light with hope and optimism.

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Typical Or Troubled®  
Rescheduled date is:

Tuesday  
April 14, 2015  
3:30-5:30 PM  
See below to register

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### Youth Health Connection Upcoming Meetings & Events:

#### Parent Partner Meeting:

March 11, 2015

**CANCELLED**

Next meeting will be on  
May 13, 2015

All meetings held at  
SSVNA, 30 Reservoir Park  
Drive, Rockland, MA

#### South Shore FACTS

#### Regional Meeting:

March 17, 2015 from 2:30-4  
PM presentation by  
Dr. Janet Limke.

**Please RSVP** to let us know  
you will join us!

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

See page 2 for more  
information.

#### **RESCHEDULED: Typical**

**or Troubled®** April 14,  
2015 from 3:30-5:30 PM.

Speaker: Barbara J. Green,  
Ph.D.; YHC Medical  
Director.

#### **To register email:**

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

### Tip for Better Living:

“Not everything  
that counts can be  
counted, and not  
everything that  
can be counted  
counts.”

**Albert Einstein**  
**1879-1955**  
**physicist**



## Speaking Out: Voices Give Hope by Barbara J. Green Ph.D.; YHC Medical Director

As part of my mission to help educate about depression and mental health issues, with the goal of preventing the tragedy of suicide, I will be presenting on April 14th from 3:30pm-5:30pm, "Typical or Troubled®" at the SSVNA, 30 Reservoir Park Drive, Rockland.

Through this presentation you will learn: the range of the mood continuum and when to be concerned about

a teenager's behavior; signs that teens experiencing a mental health concern may present in school and at home and the basic differences between: Clinical Depression, Bipolar Disorder, Anxiety Disorder, ADHD, Eating Disorders, Conduct Disorders and Oppositional Defiant Disorder. Through early identification, intervention and referral together we can make a difference.

### Resources:

- Suicide Prevention Resource Center has a 3-pg resource list for Parents/Guardians/Families visit: <http://bit.ly/IXG10g>
- Child Mind Institute has a 37-page free booklet entitled "Parents Guide to Good Mental Health Care," to learn how to obtain a copy visit: <http://bit.ly/1eNKEUM>

## South Shore FACTS March Meeting!

On March 17, 2015 South Shore FACTS (Families, Adolescents and Communities Together against Substances) will host our next regional meeting from 2:30 -4:30pm.

At this event we are pleased to have Dr. Janet Limke, Medical Director, Spine Center, SSH's Center for Orthopedics, Spine and Sports Medicine who will present "*Opioid Crisis: What Can We Do? What Every*

### *Community Needs to Know About Prescription Drug Abuse."*

In addition, we have invite members from all local community coalitions to join us and share updates on their community's activities, events, or needs.

There is a great deal of local prevention activity occurring in communities throughout both Plymouth and Norfolk Counties.

### Please RSVP to:

[Karin\\_farrell@sshosp.org](mailto:Karin_farrell@sshosp.org) so we can plan for this meeting.



## PREP-Prevention Resources and Education for Parents

**TONIGHT!** Scituate FACTS will be sponsoring a special presentation by Caron's Student Assistance Program that is designed for parents and caregivers of children in Middle and High School.

### The program will:

- Provide information on the effects and consequences of

gateway drugs and other drug trends.

- Empower parents and caregivers with effective communication skills when talking with youth about alcohol, tobacco and other drug use.
- Review the importance of establishing clear rules and consequences at home

regarding substance use.

- Evaluate resiliency factors that help protect kids from substance use.

This event is FREE and open to neighboring communities.

Program will be held in the Scituate High School Library, 606 Chief Justice Cushing Highway, Scituate MA

## Teens Need Sleep! By Dianne Finn, RN, Curry College CE Student

Teens face lots of demands in life. Waking up early for school, studying hard, working, playing sports, and socializing with friends—all of these activities are very time consuming. Worry and stress resulting from any of these life situations, can make it difficult to fall asleep at night! A few hours of missed sleep may not seem like such a big deal, but over time it can create some noticeable changes. Is there a teen in your life having difficulty waking up in the morning? Are they falling asleep during classes, having a hard time concentrating or experiencing feelings of moodiness or aggressive behavior? Getting enough sleep could help improve all of these issues and many more.

According to the National Sleep Foundation, teens need between 8 to 10 hours of sleep each night. The recommended number of sleep hours is easier to achieve if your school has a later start time. However, for most teens that is not an option.

### **Here are some ideas to improve sleep:**

- Start a routine bedtime and make sleep a priority. Going to bed at a regular time will automatically signal your body that it's time to sleep.
- Exercise every day. Exercising in late afternoon is best. Avoid exercising at least 3 hours before bed, which would increase your energy level and make it harder to fall asleep.
- Make your room as comfortable as possible. Keep it cool, quiet and dark at bedtime.



- Cut back on energy drinks, coffee or tea. Too much caffeine during the day can lead to staying awake at night.

▪ Clear your head. Try keeping a journal or to do list in order to avoid staying awake and stressing during sleep time.

- Reduce distractions. Avoid using your computer, TV and phone one hour before bedtime. Nighttime texting or chatting keeps our brains engaged and also adds to additional light in the teen's space, making it difficult to fall asleep. Consider charging devices, such as phones, tablets and computers outside of the bedroom, so your teen will be less tempted to pick them up.

If you think you're not getting enough sleep and are overwhelmed by the idea of all these changes, simply start with one. Doing this for one week or longer will make it easier to turn it into a habit and you'll be surprised by how quickly you could notice the results!

### **To learn more about:**

- The amount of caffeine in food and beverages visit: <http://bit.ly/1A5ssmW>
- Sleep needs of teens visit: <http://bit.ly/1B6PI3o>
- Creating sleep spaces visit: <http://bit.ly/1zJFlyH>
- Journaling tips for everyone: <http://bit.ly/1KjmC8k>
- Exercise tips for teens visit: <http://bit.ly/1DNMbW5>

## Mental Health First Aid-For Providers Who Interact with Adults

**Blue Hills Community Health Alliance-CHNA 20**, will host two upcoming Mental Health First Aid Training programs. Each set of dates is a two-day, 4 hours/day program. The content of the training will teach how to help someone who is developing a mental health problem or experiencing a mental health crisis.

The first program will be held at South Shore Hospital's Spine Center, 2 Pond Park Rd, Hingham MA, on March 12<sup>th</sup> & 13<sup>th</sup> from 9 AM-1:30 PM. The instructors for this program will be Kathleen Bambrick, LICSW, South Shore Mental Health and Michael Shanahan, M.Div., LMFT, Maria Droste Counseling.

The second program will be held at Town of Canton-Pequitside Farm (Tavern Room,) 79 Pleasant St, Canton, MA; from 8 AM-12:30 PM. The instructors for this program will be Melissa Bickler, LMHC, Quincy Jail Diversion Clinician and Paula Duvelson, Ph.D., LMH, New Life Counseling and Wellness.

There is **no-cost** to attend these training programs.

**To register** for either program please visit: <http://bit.ly/1zSAmMV>

## Youth Health Connection

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



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## General Resource on Youth Health and Development

### **To learn more** about

The American Academy of Pediatrics and to access all these resources visit:

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

The **American Academy of Pediatrics** offers families a variety of resources on their website: Healthy Children. This website is filled with content...

One section is called "Ages and Stages" this is divided up into Prenatal, Baby, Toddler, Preschool, Grade School, Teen and Young Adult to help families gain quick information on age specific topics.



There are over 60 articles contained within the **Baby** section alone!

In the **Toddler Section** the sections are: fitness, nutrition and toilet training.

In the **Preschool Section** there is information on nutrition and fitness.

In the **Grade School Section** (ages 5-12 years) the articles are categorized within: fitness, nutrition, puberty and school.

In the **Teen Section** the categories are: nutrition, fitness, driving safety, dating & sex, school and substance abuse.

The **Young Adult Section** (ages 18-21) is set up a bit differently, while there are a number of articles they are not grouped into categories, the main focus on the articles relate to mental health and transition to college.

There are other sections within the website on healthy living, safety & prevention, family life, general health issues, tips & tools and news. You can also register for their monthly newsletter and access archived editions.

