

April 26, 2012  
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## Heroes of Hope & Community Conversations Reinforcing Positive Mental Health in Youth

By Barbara J. Green, Ph.D.; YHC Medical Director

Wednesday, May 9<sup>th</sup> marks the 7<sup>th</sup> Children's Mental Health Awareness Day sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA.)

This year "Heroes of Hope" will be celebrated and honored. By "Heroes of Hope" we mean all adults who help develop resilience in youth and demonstrate it within themselves. This can be accomplished through many different ways, but fundamentally the process of maintaining long term stable and positive relationships creates a platform for connection.

These kinds of relationships help increase well being and

helps develop the skills necessary to live life successfully in an emotionally and behaviorally healthy manner.

The importance of starting early by building strong attachments is essential to the development of lifelong connections and positive influence. This is the power that can make a difference and be the change in a child's life.

Youth Health Connection (YHC) has been collaborating with the Plymouth County District Attorney and SADD in a pilot program, South Shore FACTS: Families, Adolescents & Communities Together against Substances.



### Regional Town Hall Meeting

**May 7, 2012**  
6:30-8:30 PM

Hingham Town Hall  
Sanborn Auditorium  
Central St.  
Hingham, MA

#### Are you a Hero of Hope?

Learn more at:  
[http://www.samhsa.gov/chil-dren/cc\\_howto\\_hero.asp](http://www.samhsa.gov/chil-dren/cc_howto_hero.asp)

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## Youth Health Connections: Upcoming Meetings and Events

**May 2, 2012** from 8-9:30 AM  
School Mental Health Advisory Board Meeting at Hingham High School in the Guidance Office.

Join us to learn how many Peer Leaders were trained in April 2012.

**All are welcome!**

**May 7, 2012** from 3:30-5:30 PM  
School Nurse Advisory Meeting at Linden Ponds, Oakleaf Clubhouse, 2<sup>nd</sup> floor music room, Hingham MA.

**ALL school nurses are welcome!!**

**May 9, 2012** from 8:30-10:30 AM  
Parent Partner Meeting at Notre Dame Academy, Board Room in Hingham.

**We would love to have you join us!**

### Tip for Better Living:

"Busy-ness is a state of mind, not a fact. No matter how much or how little we're doing, we're always just doing what we're doing, simply living this one moment of our lives."

**Zoketsu Norman Fischer**  
poet, Buddhist author  
b. 1946

## Heroes of Hope & Community Conversations (cont.)

By Barbara J. Green, Ph.D.; YHC Medical Director

On Monday May 7, 2012 we will be hosting a regional Town Hall Meeting at Hingham Town Hall in the Sanborn Auditorium. We would love to have you join us for an evening that will bring people together, spotlight teens who have a message for adults about prevention of substance use and ways to build prevention in to our culture.

The goal is to help grow a network of caring adults in our communities dedicated and determined to spread the word about prevention and positive mental health in our youth. All it takes is a minute to offer a word of encouragement, praise and to connect. In an hour you can engage as a coach, arts booster, or just listen and be present.

By regularly and consistently connecting with our youth we can be the guide they need and deserve as they navigate their journey from childhood to adulthood. We want them to grow up to be strong and safe. Come join us and be a "Hero of Hope" for all our youth.

## Seeking Applications: Governor's Statewide Youth Council

### **Completed applications**

must be submitted by Friday May 25, 2012, applications are located at: [www.mass.gov/governor/youthcouncil](http://www.mass.gov/governor/youthcouncil)

For additional information, please contact the Office of Community Affairs at 617-725-4020.

The Governor's Office of Community Affairs is actively accepting applications for membership in the Governor's Statewide Youth Council. Founded in 2008, the goal of the Council is to encourage the Commonwealth's young people to take on an active leadership role in their communities and give them a greater voice in state government. The Youth Council acts an advisory body to the Governor and our Administration with a focus on

youth-related issues such as education, youth violence, economic development and civic engagement. This past January, Youth Council members hosted "No Name Calling Day" in dozens of communities across the Commonwealth to continue the work of Governor Patrick's historic anti-bullying legislation. The Governor's Office will select 28 young people to represent the

Commonwealth's 14 counties – two representatives per county. Youth Council applicants should be passionate, motivated, emerging leaders between the ages of 14 and 20 with an interest in public service. Responsibilities will include: attending monthly meetings and conference calls, advocating for youth issues and incorporating the ideas of other youth and young adults into the creation of effective policy.

## TXT + DRV=TOTAL FAIL



**April is Distracted Driving Month** and like all safety awareness months **Distracted Driving Month** provides us all with an opportunity to analyze our driving habits, as well as the driving habits of those in our family. Quick what are the first four things you do when you get into a car? Start the engine, pick out your

listening pleasure, turn up the volume and place the car in drive? Not the best choices-how about secure your seatbelt, check your windows, monitor your gauges and stow your cell phone. Also make sure all passengers fasten their seatbelt as well. These simple pre-drive checks can help keep you a bit safer on

the road. By stowing your cell phone you will control any impulse to check it for any reason. **Remember in Massachusetts it is against the law to text and drive!** For more information for parents and lesson plan for high school students' visit: [www.ikeepcurrent.org](http://www.ikeepcurrent.org)

## Internet Safety Seminar

This seminar is presented by the Metropolitan Law Enforcement Council.

Topics will include: Parental awareness for online child predators, the dangers of children providing too much personal information online, cyber-bullying, issues surrounding the use of social sites (Facebook, Twitter, YouTube, etc.), online predators in the gaming world, the dangers of peer to peer networking and the importance of and tips for monitoring

computer/internet use by our children.

This free event will be offered on **May 1, 2012 from 6:30-8:30 PM at the Canton Public Library, South Room, 786 Washington St., Canton, MA.** and on **May 3, 2012 from 10 AM to Noon at the Tufts Library, Jones Room, 46 Broad St., Weymouth M.A.** Please register in advance at [bgiacoppo@mspcc.org](mailto:bgiacoppo@mspcc.org) or call 617-983-5813.

METROLEC (Metropolitan Law Enforcement Council) is a consortium of over 43 local area police departments and law enforcement agencies. The Computer Crime Unit is one of six unique divisions operated by METROLEC. It is made up of three units: Forensics, Investigative, and Education. Members of this unit are long time members of the Education Unit which makes presentations for children and parent throughout the METROLEC communities and beyond.

## Dangerous Choices Event May 2nd

On **May 2, 2012** Chris Herren, a former high school basketball star and NBA player, will tell his story of falling into the grip of drug and alcohol addiction at an evening event in Duxbury.

Mr. Herren is a former Fall River basketball high school standout who played college ball at Boston College and Fresno State and then in the NBA with the Boston Celtics and Denver Nuggets.

Now, three and a half years into recovery, he offers an honest account of his harrowing journey as an athlete whose life was consumed by addiction.

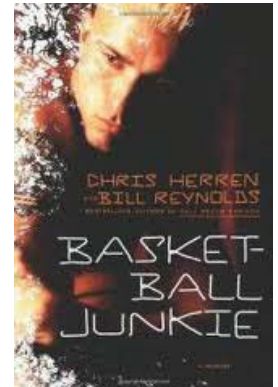
The event "**Dangerous Choices: A Cautionary Tale of a Gifted Athlete's Rise and Fall--and Journey Back**" will be held at the Duxbury Performing Arts Center from 7-9 PM.

This program is for adults and youth ages 12-19.

**For more information** on this **FREE** community event visit: [www.theparentconnection.org](http://www.theparentconnection.org)

Seating available first come, first seated.

For more information on Chris Herren visit: [www.basketballjunkie.net](http://www.basketballjunkie.net)



## Caring for Every Child's Mental Health

By Kim Noble RN, MBA; YHC Program Coordinator

In 1994 a public health awareness effort was created by the Substance Abuse and Mental Health Services Administration (SAMHSA) with the mission to increase awareness around children's mental health.

The 2012 National Children's Mental Health Awareness Day is Wednesday May 9<sup>th</sup>.

**For more information and resources visit:**

<http://www.samhsa.gov/children/>

[http://arttherapy.org/CMHA\\_D2012/CMHAD2012.pdf](http://arttherapy.org/CMHA_D2012/CMHAD2012.pdf)

<http://ffcmh.org/national-childrens-mental-health-awareness-week/>



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

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

To subscribe or unsubscribe from this electronic newsletter please visit  
[www.southshorehospital.org/yhc](http://www.southshorehospital.org/yhc)

**South Shore  
Visiting Nurse  
Association**



## In Need of a Few Good Reviewers

By Kim Noble RN, MBA; YHC Program Coordinator

Three times a year Youth Health Connection (YHC) publishes a "Suggested Reading List." Before any book title makes its way onto this list we require that it is reviewed by a volunteer reader and that it receives a great review. Over the past few weeks we have obtained a number of new books that are in need of volunteer readers, so we are reaching out to see if someone has an interest in one of these titles and is willing to assist us. What does a book reviewer do? Connect with us to obtain a copy of the book, read the book over a 3-6 week period, write up brief

review for YHC then return the review and the book to us. Your assistance is **greatly** appreciated!

### The book titles are:

*"You're Grounded Forever... But First Let's Go Shopping: The Challenges Mothers Face with Their Daughters and Ten Timely Solutions"* by Susan Shapiro Barash, 2011

*"Parenting Your Stressed Child: 10 Mindfulness-Based Stress Reduction Practices to Help Your Child Manage Stress and Build Essential Life Skills"* by Michelle L. Bailey, MD, FAAP, 2011

*"The divorce workbook for*

*teens: activities to help you move beyond the break up"* by Lisa M. Schab, LCSW, 2008

*"The Divorce Workbook for Children: Help for Kids to Overcome Difficult Family Changes & Grow Up Happy,"* by Lisa Schab, LCSW, 2008  
*"Why Did You Die? Activities to Help Children Cope with Greif & Loss,"* by Erika Leeuwenburch, LPC and Ellen Goldring, LPC, 2008

**If you are interested in reviewing** one of these books please contact Karin Farrell at:  
[karin\\_farrell@sshosp.org](mailto:karin_farrell@sshosp.org)