

November 21, 2013
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Celebrating & Remembering

By Kim Noble, RN, MBA; YHC Program Coordinator

The holidays are a time for gathering together with family and friends, celebrating our unique traditions of the season.

However, for many families this holiday season will be different from those in the past as there will be an empty seat at the table. The death of a loved one is poignantly felt at this time.

The favorite casserole or dessert may not be on the menu this year, maybe there will be a different person distributing the gifts or reading the treasured holiday story.

Each person and family will cope with this loss differently. Some will maintain all traditions, some will create all new experiences and others

will blend time loved traditions with new experiences. There is no "right" or "wrong" response.

There are many resources available to help you and your family cope with the holidays following a loss. Hospice Calgary has published a booklet "*Preparing Yourself and Your Family for the Holiday Season*" that includes coping strategies for adults and children, a holiday checklist to help you identify what traditions are most important and new ideas for creating new traditions and rituals to memorialize your loved one.

To access the Hospice Calgary booklet visit: <http://bit.ly/16AAWnv>



SAVE THE DATE March 30, 2014

Love, Loss & Hope
A program for Families Who Have Lost a Loved One

A free art based program for children ages 6 and up and their parent/guardian

Learn more at <http://bit.ly/1amNZKW>

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Youth Health Connections: Upcoming Meetings and Events

Save the Date for the YHC Alvin Hollis Speaker Series:

To register for these programs contact [Karin Farrell@sshosp.org](mailto:Karin_Farrell@sshosp.org)

Certificates of Attendances will be provided.

Dec. 4, 2013: "To Connect or Not To Connect? Living & Thriving in a Digital World" Speaker: William Powers, author of the *New York Times* bestseller *Hamlet's BlackBerry*.
 7-8:30 PM at Inly School, 46 Watch Hill Dr, Scituate.

Dec. 9, 2013 from 3:30-5:30 PM we will host Jim Cavanaro, Financial Advisor, Edward Jones & Ross Maki, Business Educator, Scituate High School, Scituate MA as they present "Making Healthy Financial Choices" at South Shore VNA, 30 Reservoir Park Dr. Rockland.

Tip for Better Living:

"Wealth consists not of having great possessions, but in having few wants"

Epictetus (55-135) philosopher

C-SPAN Video Competition

StudentCam, a C-SPAN sponsored competition, is a annual national video documentary competition that encourages students to think critically about issues that affect our communities and our nation.

StudentCam's theme for 2014 is: "A Message to the U.S. Congress: What's the most important issue the U.S. Congress should consider in 2014?"

Students are asked to create a 5-7 minute video on a topic related to this theme.

This year there will be 150 student awards presented and 53 faculty awards presented, totaling \$100,000 in awards. Maximum award: \$5,000, plus \$750 to spend on digital video equipment for his/her school.

Deadline for submissions is Jan. 20, 2014

Eligibility: students grades 6-12, individually or in teams. There are categories for middle school and high school students. Within the "teacher" section there is a video to help faculty gain a better understanding of the program and how to incorporate into their curricula.

To learn more and access the entry form visit: <http://cs.pn/Ijh1ahi>

Honoring Military Family Month

November 11th is well recognized as the date that we celebrate Veteran's Day each year.

It may be a bit lesser known that November is also Military Family Month a time for all to recognize and support the families.

The Red Sox Foundation and Massachusetts General Hospital have created two

support; The Home Base Program and Staying Strong.

Home Base provides care for Iraq and Afghanistan veterans who have combat or deployment related stress or traumatic brain injury.

Staying Strong has 16 videos for families covering child development, plus resources for educators.

To read the 2013 Presidential Proclamation AND access National resources for Military Families visit: <http://bit.ly/1fyOavP>

To learn more about the Home Base program visit: <http://bit.ly/1eHX9Vu>

To learn more about the "Staying Strong" initiative and to access their videos visit: <http://bit.ly/1i5Kv2A>



Money Matters: Join us on Dec. 9th!

Help us spread the word, tweet about it!

Money-how do you manage it, what are you modeling & teaching to youth about it? Join us to learn more <http://bit.ly/1bJdXbK>

At this time of the year we begin to notice crowds in the stores as the holidays begin. The parking lots are filled, the racks within the stores are packed and our literal and virtual inboxes are filled with "sale offers." It seems everyone wants your money!

Do you want to improve how you manage your money?

Learn more about improving your financial knowledge?

Want to help your teenage gain a better understanding of overall finance, saving and debt?

Then join us for a **free** program on Dec. 9, 2013 from 3:30-5:30 pm.

For more information view the Making Healthy Financial Choices: Money Matters flyer visit: <http://bit.ly/1bJdXbK>

Power of You(th) Video Contest

“If you don’t drink alcohol today, what could your tomorrow be?”

This is the question being asked by MADD of youth who want to participate in their “Power of You(th) Video Contest.”

What would your answer be?

Can you create a 15 second video that answers this

question? If so, your 15 second video could be worth \$1,500! The contest winner AND the school with the most submissions will each win this amount!!

All participants must be between the ages of 13-18 and you need to upload your video by 11:59 CST on Dec. 20, 2013.

To learn more about this contest visit:

<http://bit.ly/HVDW4K>



Elementary School Ages Access Virtual Wellness Center to Learn to Build Coping Skills By Robert Anthony, President; Adolescent Wellness, Inc.

For healthy thinking, we know earlier is better. Now all kids as young as age 8 can access a cooperative learning site to explore and exercise coping skills. They can play from home or school, interacting with other kids’ avatars in the virtual world of Whyville, (www.MSPP.Whyville.net) where the Wellness Center is open 24/7.

What is the Wellness Center?

It is a location in the Whyville community where kids can access wellness activities. One of several activities that kids discover is creative problem solving, through which they learn to: withhold judgment in evaluating one’s and others’ ideas, promote cognitive flexibility – generating many ideas and ways of thinking, promote collaboration, develop and use creativity. Over 1,000 children have

already exercised the PIP activity (Problems-Ideas-Plans)

In addition to PIP and other tutorials, they find tip sheets, games, and a chat room to discuss topics of emotions and coping with other kids.

There are also resources for parents (to access mental health services) and teachers ('private' and 'global' virtual classroom options; training).

As a whole, the Wellness Center facilitates a cultural change related to infusing mental health promotion into the Whyville community.

Within the Wellness Center, health teachers will discover resources that engage all students in social emotional learning.

School Administrators will find opportunities to efficiently manage “peer-

resolutions” and improve behavioral outcomes by assigning the self-help tutorials to challenging students. Kids exercising the activities will improve self-awareness and find it easier to discuss topics of emotions and coping; their parents will see them better able to manage emotions. Nationally recognized as a safe web site for kids, Whyville complies with the Children’s Online Privacy Protection Act. (COPPA) and is approved by teachers and parents.

Although Whyville has been around for 14 years, it is only recently that the Massachusetts School of Professional Psychology (MSPP) partnered with Numedeon, the site owner to design this novel way of introducing coping skills and techniques to children.



Youth Health Connection

Medical Director:

Barbara Green, Ph.D.
781-749-9227 x3
Barbara@bjgreenphd.com

Program Coordinator:

Kim Noble, RN, MBA
781-624-7415
kimberly_noble@sshosp.org

Administrative Secretary:

Karin Farrell, B.S.
781-624-7849
karin_farrell@sshosp.org

www.southshorehospital.org

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

YHC will **NOT** publish a Weekly Update next week, due to Thanksgiving!
We will resume publication on December 5, 2013.



**South Shore
Hospital**

Teen Dating Violence Prevention

The Robert Wood Johnson Foundation commissioned the independent research firm, RTI International to evaluate *Start Strong: Building Healthy Teen Relationships*, their teen dating violence (TDV) prevention program, in collaboration with Blue Shield of California Foundation (BCSF) and Futures Without Violence.

Results indicated that *Start Strong* included promising strategies to prevent TDV and promote healthy relationships among 11- to 14-year-olds.

The *Start Strong* evaluation is one of the few and largest studies to take an in-depth look at healthy relationship development and TDV prevention efforts involving middle school students. The *Start Strong* evaluation consisted of two parts: an outcome evaluation and a policy evaluation. The overall purpose of the evaluation was to assess the overall impact of *Start Strong* by looking at: the effectiveness of the program among students and teachers; and the adoption, implementation, and sustainability of TDV

prevention policy efforts in *Start Strong* sites. The baseline findings of the student outcome evaluation were released in March 2011 in a report called "Middle School Matters".

A toolkit was recently released that shares best practices for preventing teen dating violence and promote healthy relationships among middle school-aged youth. <http://startstrong.futureswithoutviolence.org/>

Content for this article was taken from the Center for School Mental Health, Nov. 6, 2013 News.