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Creative Problem Solving

By Sally McGowan, YHC Parent Partner Advisory Member

Do you ever wonder how to enhance creative output among youth? (or adults for that matter?) The PIP Creative Problem Solving (CPS) Workshop sponsored by Youth Health Connection on May 2, 2011, included key tools and principles that encourage creativity in problem solving and how best to facilitate the process with both the young and old. Ross Shoen and Gloria Rapport, professional Creative Problem Solving trainers and co-founders of creativityyouthleaders.org, showed the group how it works.

To set the stage for the training Dr. Barbara Green, YHC Medical Director presented a brief overview of on the development of the

adolescent brain. The adolescent brain is changing at a rapid rate. In fact, the number of new connections that occur in a teenage brain is equal to the number of new connections that occur in the first 18 months of life. In the teenager the emotional center of the brain, the amygdala is in a rapid state of activation state. The teenagers are bombarded with feelings they have never experienced before.

They often feel out of control. The prefrontal cortex is the final part of the brain to develop. This is the part of the brain behind the forehead. This section of the brain is responsible for planning, organizing, and understanding consequences
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Youth Health Connection: Last Program of the 2010-2011 Year!

June 6th: Educational Program "Supporting Gay, Lesbian, Bisexual, Transgender & Questioning Youth" from 3:30-5:30 PM at Braintree High School, Media Center.
Speaker: Marisa Kaplan-Harp, Program Director: The GLBT Youth Support Project, Health Imperatives. **Seating is limited** for this **FREE** event, contact karin_farell@sshosp.org to reserve your seat!



Tip for Better Living:

"If you don't have a solution you should admire the problem"

Unknown

LEARNING ALLY: Making Reading Accessible for All!

Reading for the Blind & Dyslexic has changed its name to Learning Ally, "a friend to all who learn differently".

Individual membership is free for those with a documented print disability, this membership includes free software for either Mac or PC based systems.

In addition there is now an iTunes Store App that can be purchased for \$19.99 that

allows the user to gain instant access to Learning Ally's downloadable DAISY formatted books. This App can be used with the iTouch, iPhone or iPad.

Learning Ally members can explore an extensive listing of over 65,000 audiobooks.

Learning Ally, a 501(c)3 nonprofit, is funded by grants from the U.S. Department of Education,

state and local education programs, and the generous contributions of individuals, foundations and corporations.

For more information, call (866) 732-3585 or visit <http://www.LearningAlly.org>.



Summer Athletes Conditioning Programs and More!



South Shore Hospital's Outpatient Rehabilitation Department is pleased to announce that it will once again be holding a **Summer Student Athlete Conditioning Program!**

This year's program will be a gym based content initially focusing on cross training techniques, then eventually working on various sport specific conditioning activities. The program is

designed to improve balance, flexibility, strength and power. The instructor is a clinical exercise physiologist.

This program starts in June, will be held twice a week for five weeks. The cost is \$70 per person for the five week session.

A reminder that Outpatient Rehabilitation Department also runs a **Child/Teen Exercise program**, focusing

on improving endurance and body composition. This is a gym & pool based program for youth ages 7-14 years, held on Monday and Wednesday afternoons for five weeks. The program costs \$60.

To sign up or for more information on either program contact the Community Exercise programs receptionist at: 781-624-4367.

Conference "There's No Such Thing As A Bad Kid"

On **Thursday May 19, 2011** from 8:30 AM-4 PM the Parent Information Network in collaboration with the Department of Mental Health will present a conference entitled "There's No Such Thing as a Bad Kid". The presenter is Charlie Appelstein, MSW and he will discuss the power of a strength-based approach in

reshaping the lives of children and families struggling with emotional and behavioral challenges.

To learn more about the speaker and the content of this event visit: [MA. A continental breakfast & lunch will be provided. This conference is eligible for 5 CEU's for SW's, RN's & MHCA's-approval pending.](http://www.charliea.com/This program will be held at the Holiday Inn, 700 Myle Standish Blvd., Taunton,</p></div><div data-bbox=)

To register for this **FREE** event contact the Parent Information Network at pin@bamsi.org or at 508-947-8779 x10. Registrations accepted until May 11, 2011

Are You Attending Friday Night? Dorie Witt's Guide to Surviving Bullying

A reminder to all that this Friday evening, May 13, 2011; the South Shore YMCA-Hanover and Youth Health Connection are hosting a presentation by teen author Brigitte Berman. Her book is "Dorie Witt's Guide to Surviving Bullies."

This event will take place at the South Shore YMCA-Hanover branch at 75 Mill St. and will begin at 6 pm. The event is for 'tweens, teens

and interested parents to her Ms. Berman's discussion on bullying and the urgent need to "raise the consciousness and take action on the topic of bullying."

At the conclusion of the presentation attendees will have the opportunity to participate in a creative mixed media project to design their own journals.

This program is free and open to the public to pre-register please contact: Jamee Beaudry, Youth & Family Coordinator, South Shore YMCA in Hanover at 781-829-8585 x372 or jbeaudry@ssymca.org

For more information about the author/presenter Brigitte Berman or her book; visit: www.doriewitt.com

Survey of All School Nurses on Diabetes Care

The Massachusetts Department of Public Health-School Health Unit is currently conducting three pilot projects linking endocrinology providers with school nurses in order to address some of the disparities in care--and promote the collaboration between these two groups. They are very excited about this project. As part of the program, they are surveying all school nurses in the

Commonwealth regarding issues and barriers relating to diabetes care in the schools. All School Nurses are encouraged to complete the survey so that we may better understand and address the challenges of caring for children with diabetes in the school setting. Below is the link for the Questionnaire for All Nurses in All Districts, including private, charter, collaborative, voc tech and consortiums. For

school buildings with more than one nurse AND student(s) with Diabetes, please select one of those nurses to complete the section on diabetes care in the school. All nurses, regardless of whether your school has students with diabetes should complete questions 22-50.

Thanks for your time and assistance!
<http://www.surveymonkey.com/s/DZWPTKT>



Local Event: Parenting a Child with Food Allergies

The ShoreSide Asthma & Allergy Educational Support Group will be meeting on Thursday May 26, 2011 from 7-9 PM at Wingate-The inn at Silver Lake, 21 Chipman Way, Kingston MA.

The topic for this program

will be "Parenting a Child with Food Allergies: Identifying and Managing Your Own Anxiety". The speaker is Psychologist Nancy Rotter, Ph.D.

This event is **FREE** and open to the public. Join in to learn from experts, have your

questions answered, meet others who share your concerns and learn more about local resources. To learn more about the Asthma & Allergy Foundation of America New England Chapter visit: <http://www.asthmaandallergies.org/>

Youth Health Connection

Medical Director:
Barbara Green, Ph.D.
781-749-9227 x3

Program Coordinator:
Kim Noble, RN, MBA
781-794-7415

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



Creative Problem Solving (cont)

By Sally McGowan, YHC Parent Partner Advisory Member



May 2, 2011
Training Session

before all the connections are made in the brain. The Group then transitioned to learn the essential components of Creative Problem Solving. There are three basic building blocks which include: the problem, generating ideas and making a plan.

The first step asks **What is the problem?** The goal here is to fully understand the problem. During this process divergence is used. To diverge means to restate the issue from as many perspectives as possible. The use of statement starters helps this process: "How to...", "How might...". Some group guidelines during this stage included deferring judgement, striving for quantity of ideas

and build on ideas. After diverging, comes the need to converge. To converge means to focus or come together to select the statement that best identifies the issue you want to work on. During this time it is important for group members to be affirmative, deliberate and to check objectives. Lastly, the group finishes with a well-defined statement of the problem.

The next step is to **generate ideas to help solve the problem.** Come up with a least 35 ideas. (diverge)
Then select the most promising and intriguing ideas. Finish with an idea or selected list of ideas. (converge)

create a detailed action plan that includes who will do what, how it will be accomplished and by when (actual date). The process was fun and filled with laughter all around the room as the groups identified their problem statements, generated ideas to solve their problem and came up with detailed action plans while using the newly learned diverge and converge skills!

By using all these strategies and steps, your group should be on their way to a successful adventure. Youth Health Connection will be using this technique when it holds the "How Are You Deciding?" Peer Leader Training event in the fall of 2011.