

January 19, 2012
Volume 1, Issue 3

Inside this issue:

| | |
|---|---|
| Save the Date: Dr. Robert Brooks | 2 |
| Comfort Zone Camp | 2 |
| Shape Up Fitness | 2 |
| Be Mindful of the Influences | 3 |
| Read Across America | 3 |
| Bullying and Suicide Prevention Webinar | 3 |
| Dr. Claudia Gold at Derby Academy | 4 |

SmokefreeTXT: Quitting support for teens

By Traci Wojciechowski, Caron Treatment Centers

SmokefreeTXT is a free mobile service created by the National Cancer Institute and is designed for teens at least 13 years of age in the United States. SmokefreeTXT was created to provide 24/7 encouragement, advice, and tips to help smokers stop smoking for good.

Teens with unlimited texting plans can sign up by texting the word QUIT to IQUIT (47848) from a mobile phone or by visiting: <http://smokefree.gov/smokefreetxt> and clicking on the "sign up here" button. Interested teens can sign up for the program up to one month before their designated quit date. The text program lasts for six weeks following their quit date and they can stop receiving texts at any time.

Teens without unlimited texts can still participate. The

SmokeFreeTXT program was designed to give participants the kind of support they need, while controlling the number of text messages that are received. Without signing up, teens can text WANT, BOOST, or UHOH to IQUIT (47847) at any time to receive supportive messages from SmokefreeTXT. Sample texts include: "3 days to go! Eat more fruits/veggies & exercise. It will help reduce stress, boost confidence & help u feel better all around. Good stuff, huh?" "Did you know 3 out of 4 teens don't smoke? Think about it, ur gonna be 1 of those people. Woop, woop!" "Nicotine is just as addictive as heroin or cocaine. It tricks your mind & body into thinking you need it. Good thing you know you don't."

Additional free and anonymous support can be provided by sending an email to NCISmokefreeTeam@mail.nih.gov or by calling (1-877-44U-QUIT) and talking to a smoking cessation counselor.



If you would like additional information on helping teens quit smoking, feel free to contact Traci Wojciechowski of Caron Treatment Centers at 610-462-7334 or at twojciechowski@caron.org

Caron provides an adolescent tobacco cessation program called Project CONNECT for students in Massachusetts.

Youth Health Connection Upcoming Meetings & Events:

January 30, 2012 from 3:30-5:30 PM, **Educational Program** entitled "Stress & Disordered Eating" at Braintree High School, Media Center. Speaker: Scott Schinaman, Psy.D., Dir. of Adolescent Services, Walden Behavioral Care. **To register email:** karin_farrell@sshosp.org

January 31, 2012 from 2:30-4:00 PM, **South Shore Families, Adolescents and Communities Together against Substances** (FACTS) Regional Coalition Meeting will be held at Hingham Town Hall, 2nd floor meeting room. For more information contact:

February 7, 2012 from 9-11AM, Youth Health Connection All Advisory Board Meeting (all members welcome!!) at Linden Ponds, Derby Clubhouse, Seasons Catering Room on lower level. Please RSVP to Karin_farrell@sshosp.org

Tip for Better Living:

"And as we let our own light shine, we unconsciously give other people permission to do the same."

Nelson Mandela (b. 1918)
Former President of South Africa

Save the Date!!! Save the Date!!! March 27, 2012

Youth Health Connection is thrilled to announce that on March 27, 2012 we will be hosting two, yes two, programs with Dr. Robert Brooks. Both events will be held in the auditorium at Note Dame Academy, 1073 Main St. Hingham, MA.

The afternoon event entitled "The Power of Mindsets: Nurturing Motivation and Resilience in Students" will be held from 3:30-5:30 PM

and is intended for school personnel.

The evening event is entitled "Raising Resilient Children and Adolescents" and this program is for parents and will be held from 7:00-8:30 PM.

These events have been made possible through the generous support of the Social Service League of Cohasset.

Both programs are FREE!

To register for either event please contact Karin_farrell@sshosp.org please specify which program you will be attending.



Comfort Zone Camp



On Saturday March 31, 2012, Samaritans Suicide Prevention & Grief Support and Massachusetts Department of Public Health Suicide Prevention are offering a specialized one-day program for kids and teens (ages 7-17) who have suffered the loss of a parent, sibling or primary caregiver by suicide.

Comfort Zone Camp provides a place for bereaved youth to break their isolation, build friendships and learn coping skills. This camp will mix traditional camp fun with age-based support groups.

The camp will be held on Saturday March 31, 2012 from 9:30 AM-4:00 PM at Collicot/Cunningham

Elementary School, 44 Edge Hill Rd., Milton, MA.

To register for this free program visit:

www.comfortzonecamp.com

South Shore Hospital's Shape Up Fitness Program

South Shore Hospital's Outpatient Rehabilitation Department is offering a new program for Children and Teens called *Shape Up Fitness*.

This program is available to any child between the ages of 10 and 16 who is looking to

improve their weight/body composition.

The cost of the five week program is \$40.

Participants will meet twice a week: Monday, at South Shore Hospital's pool from 4:15-5 pm and Wednesday at

South Shore Hospital's gym from 4:15-5 pm.

Enrollment is ongoing.

Call 781 624-4367 for an application.

Be Mindful of the Influences You Have on a Child

By Dympna M. Thomas, Ph.D., Assistant Superintendent for Pupil Personnel Services
Abington Public Schools

I recently read the book *Mindset* by Carol S. Dweck, Ph. D., Professor of Psychology at Stanford University, and was struck by the research she has conducted on mindsets for more than twenty years. Dweck found that, "Everyone has one of two basic mindsets. If you have the fixed mindset, you believe that your talents and abilities are set in stone—either you have them or you

don't. You must prove yourself over and over, trying to look smart and talented at all costs. If you have a growth mindset, however, you know that talents can be developed and that great abilities are built over time. This is the path of opportunity—and success."

Children are truly our treasures and are heavily influenced by the role models in their lives.

If you are a parent, guardian, relative, friend, teacher or coach this book is a must read!

As Carol S. Dweck states, "I have always been deeply moved by outstanding achievement and saddened by wasted potential." So please consider joining forces in promoting the growth mindset leading to success and achievement!

Read Across America

The Literacy Empowerment Foundation (LEF,) a 501(c)3 non-profit organization, invites your school or other community literacy project to apply for FREE books for Read Across America Day.

During the past year, LEF has distributed over 3,000,000 books to schools all across the country for Read Across America Day and other literacy projects.

Resources are allocated on a first-come, first-served basis and orders must be received by February 18th, 2012.

Please share this information with your fellow educators!

Free Books for Read Across America Day: Order Form at <http://www.lefbooks.org>



Research to Practice Webinar Bullying and Suicide Prevention

On Thursday February 2, 2012 the Suicide Prevention Resource Center and Federal Partners in Bullying Prevention will co-host a webinar entitled "Bullying and Suicide Prevention." The program will run from 3:00-4:30 PM.

This webinar will provide the latest research and science on the relationship

between bullying and suicide and will outline some of the shared risk and protective factors. The webinar will also discuss the main principles of a comprehensive whole school approach to bullying prevention. This presentation will be interactive, with opportunities to ask questions.

Please register at: <https://www1.gotomeeting.com/register/512217688>

If you have any questions about your registration, please contact Tiffany Kim, SPRC Project Coordinator at 202-572-3717 or tkim@edc.org.

Youth Health Connection

Medical Director:

Barbara Green, Ph.D.

781-749-9227 x3

Barbara@bjgreenphd.com

Program Coordinator:

Kim Noble, RN, MBA

781-794-7415

kimberly_noble@sshosp.org

Administrative Secretary:

Karin Farrell, B.S.

781-794-7849

karin_farrell@sshosp.org

www.southshorehospital.org

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

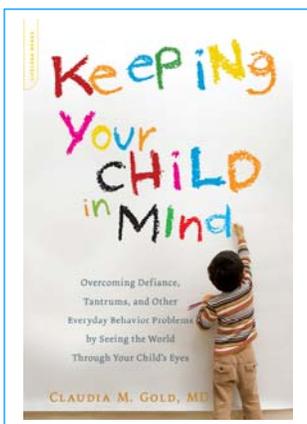
Youth Health Connection is a community benefits program of South Shore Hospital dedicated to the positive mental health and physical well-being of youth. Our programs collaborate with schools, community health providers, law enforcement officers, state agencies, religious leaders, parents and peer leaders 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 email
karin_farrell@sshosp.org



Dr. Claudia Gold Speaking at Derby Academy



Derby Academy's Speaker Series is proud to present Claudia Gold, MD on Thursday, January 26 at 7:00 pm at the Roy Campus Center, in Larson Hall.

During her presentation, Dr. Gold will read from and speak about her latest book, "Keeping Your Child in Mind: Overcoming Defiance, Tantrums and Other Everyday Behavior Problems by Seeing the World through Your Child's Eyes." Following the presentation, audience members may participate in a Question and Answer session.

In her book, Dr. Gold breaks down contemporary studies in child behavior. She explains the latest research in a clear language so parents can understand the relationship between parents-child interactions, the child's age and his needs.

Dr. Gold, a pediatrician, focuses not on "what to do," but rather, "how to be" with children. Combining real-life stories from her pediatric practice with the latest research in child development, Dr. Gold teaches parents the best way to understand their child's

perspective – or "hold their child in mind." This can not only help parents address behavioral issues quickly and effectively, but can also help their child learn to solve problems and regulate strong emotions on their own.

Copies of Dr. Gold's book will be available for purchase.

This program is **FREE** and open to the public. Space is limited!

Please register online at www.derbyacademy.org/admissioneventsrsvp.