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Expanded Local Access to Advanced Pediatric Care

When your child requires specialized emergency services, South Shore Hospital and Children’s Hospital Boston are here for you. Our pediatric emergency service in collaboration with Children’s Hospital Boston provides local access to advanced care, 24 hours a day, 7 days a week.

The expanded around-the-clock availability of emergency pediatric care now makes it possible to more fully meet the needs of the growing numbers of pediatric patients choosing South Shore Hospital.

Through the South Shore Hospital/Children’s Hospital Boston clinical affiliation, our

community has local access to advanced inpatient pediatric care, as well as the first and only community-based Level III Neonatal Intensive Care Unit (NICU).

Boston Children’s Physicians South at Stetson Medical Center in Weymouth is an outpatient specialty facility, with care provided by 50 Children’s physicians and other clinicians. The center offers 19 pediatric specialty services, from adolescent medicine to urology.



Meet Our Pediatric (Emergency) Leaders Above (l-r)

Mark Walzman, MD, chief of pediatrics;
June Hanly, MD, director/pediatric emergency service;
Rory St. Pierre, RN, nurse manager/pediatric emergency service.

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Youth Health Connections: Upcoming Meetings and Events

CHANGE to our planned calendar!

We will **NOT** be hosting an educational program on June 4, 2012 as originally planned, our apologies for this change in our schedule.

Save the Dates:

September 2012 Advisory Board Meetings: **All Meetings will be held at 30 Reservoir Park Dr., Rockland MA.**

School Nurse Advisory Board Meeting Monday Sept. 17, 2012 from 3:30-5:30 P.M.

Parent Partner Advisory Board Meeting Wednesday Sept. 12 2012 from 8:30-10A.M.

School Mental Health Advisory Board Meeting Wednesday Sept. 19, 2012 from 8-9:30 A.M.

Tip for Better Living:

“Do not anticipate trouble, or worry about what may never happen. Keep in the Sunlight.”

Benjamin Franklin
1706-1790
politician, writer, scientist

School Fundraising Can Be Healthy

By Kim Noble, RN, MBA; YHC Program Coordinator

To view a list of alternatives visit:

<http://www.cspinet.org/nutritionpolicy/ImproveSchoolFoods.html>

To learn more about the "Close Buy" program visit:

<http://www.closebuycatalog.com/collections/spring-catalog-2012> (disclaimer: the first item in the spring catalog is not a healthy option, however, look beyond to see the possibilities)

The new Massachusetts School Nutrition Standards are set to go into effect on August 1, 2012. Earlier this month the state legislators voted in an amendment that will allow fundraising bake sales to continue.

However, this healthy change to the school nutrition landscape does provide an opportunity to "think outside of the box" when it comes to school

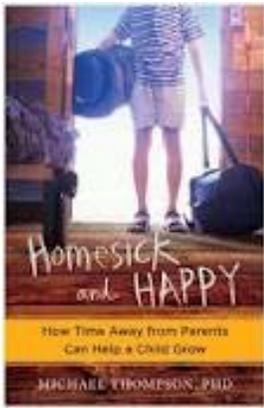
fundraising activities.

Instead of bake sales, pizza sales or candy sales think of other options such as children's artwork on note cards, mugs or kitchen towels; fruit sales, school spirit wear (hats and scarves might be popular) and book fairs that include adult literature (work with a local independent book store.)

If you are someone with great ambition you might

even create a new business which is what one Mom, Masey Kaplan, from Southern Maine did a few years ago when she created "Close Buy." (Disclaimer: the first item in the spring catalog is not a healthy option; however, look beyond to see the possibilities)

Now, think about what you can do to create healthy, creative and fun fund-raising for your school!



Summer Reading: Are You Looking for a Book?

We have received a new book to review and are looking for a volunteer to assist us with previewing the content and then submitting a brief summary (250 words or less.)

The book is a new one by Michael Thompson, Ph.D.; "Homesick and Happy: How Time Away from Parents Can Help a Child Grow." Amazon's book description: "An insightful and powerful look at the magic of summer

camp—and why it is so important for children to be away from home . . . if only for a little while.

In an age when it's the rare child who walks to school on his own, the thought of sending your "little ones" off to sleep-away camp can be overwhelming—for you and for them. But parents' first instinct—to shelter their offspring above all else—is actually depriving kids of the major developmental

milestones that occur through letting them go—and watching them come back transformed.

If you are interested in doing the book review, please contact Karin Farrell at karin_farrell@sshosp.org or 781-624-7849.

To link to an excerpt from the book visit this link for the 2012 Jan/Feb. edition of *Camping Magazine*: <http://www.acacamps.org/content/camp-not-school-no-tests-judgment-or-evaluation-excerpt-homesick-and-happy>

Summer Programs for Fitness

South Shore Hospital's Outpatient Rehabilitation Center is holding programs for youth this summer.

The **Shape-Up Fitness Program** is for youth ages 10-16 looking to improve body composition and endurance.

The cost of 5-week program is \$40. There will be two sessions one on Mondays and Wednesdays from 3:20-4:05 PM and the other on Monday and Wednesday from 4:15-5:00 PM.

The Monday program is a pool based session and the Wednesday program is gym based.

Sessions start the week of June 18th, for an application or for **more information call** 781-624-4367.

Applied Suicide Intervention Skills Training

On June 6th and 7th the Cape Cod Neighborhood Support Coalition and Community Health Center of Cape Cod-Youth Suicide Prevention Project will sponsor “Applied Suicide Intervention Skills Training” (ASIST.)

This program is designed to teach suicide first-aid to help a person at risk stay safe and seek further help as needed. The training is suitable for

teachers, youth workers, police and correctional staff, clergy, community volunteers, mental health and medical professionals.

This program costs \$100/pp (the program has been subsidized by the Massachusetts Department of Public Health; actual cost is \$250/pp.) Please see attached flyer for more information.

For more information or to register:

YSP@chcofcapecod.org or 508-771-4336

To learn more about the ASIST training content visit: [http://www.livingworks.net/page/Applied%20Suicide%20Intervention%20Skills%20Training%20\(ASIST\)](http://www.livingworks.net/page/Applied%20Suicide%20Intervention%20Skills%20Training%20(ASIST))

New CDC Resource “Guide to Writing for Social Media”

By Kim Noble, RN, MBA; YHC Program Coordinator

The Centers for Disease Control and Prevention (CDC) has released a new publication entitled “CDC’s Guide to Writing for Social Media.” This new guide provides guidance on creating social media messages in health communication and awareness campaigns. It provides information to help write more effectively using multiple social media

channels, particularly Facebook, Twitter, and mobile phone text messaging.

The publication provides examples of relevant, useful and interesting messages specifically for Facebook and Twitter. This allows the reader to breakdown the differences in the two formats. In one section there are multiple opportunities of

“hands on practice,” to draft posts.

Lastly, the publication includes a number of resources to help enhance writing for social media.

To link directly to this resource click on this link: <http://www.cdc.gov/socialmedia/Tools/guidelines/pdf/GuideToWritingforSocialMedia.pdf>



Receive ChopChop Directly in Your Inbox

Over the past few months there have been articles about the new newsletter called ChopChop, this is a nationwide monthly publication focused on fun healthy cooking for families.

The newsletter has been available in the past by going

to the Department of Public Health’s Mass in Motion website to view the latest edition. Now there is a sign up feature so that you can receive the latest edition automatically by email each month.

To sign up for the newsletter visit:

www.mass.gov/massinmotion/chopchop



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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

YHC Summer Publication Schedule

June 14, 2012 will be the **last** weekly publication of this newsletter for the 2011-2012 academic year!

We will publish **three** Summer 2012 editions: July 14th, August 2nd and August 23rd, before resuming weekly publication on Sept. 13, 2012.

New Resource Listed on Best Practice Registry



The Suicide Prevention Resource Council, the leading suicide prevention organization, recently granted the Family Acceptance Project's (FAP) "Supportive Families, Healthy Children" publication its Best Practices designation -- the first of its kind for a suicide-prevention tool aimed specifically at LGBT youth. The consistent message contained within the publication is that accepting your LGBT child will have a dramatic impact on their health and well-being. The publication is available free of charge as a download from the Family Acceptance Project's website and is

currently available in English, Spanish and Chinese.

The Family Acceptance Project™ is the only community research, intervention, education and policy initiative that works to decrease major health and related risks for lesbian, gay, bisexual and transgender (LGBT) youth, such as suicide, substance abuse, HIV and homelessness – in the context of their families. They use a research-based, culturally grounded approach to help ethnically, socially and religiously diverse families decrease

rejection and increase support for their LGBT children. (from FAP's website)

In addition to this free downloadable resource there are additional publications, research studies and a section of videos.

To **download a copy** of the "Supportive Families, Healthy Children," brochure visit:

<http://familyproject.sfsu.edu/publications>

To **learn more** about the Family Acceptance Project visit:

<http://familyproject.sfsu.edu/>