

# YouthHealth CONNECTION



September 27, 2018 · Volume 9, Issue 4

## Learn Ways to Enhance Your Health

On Monday, October 15, 2018, from 3:30-5:30 PM, Youth Health Connection will host Juliane Goicoechea, MS, RDN, LDN; Functional and Integrative Nutritionist for a presentation entitled: **“Heal the Gut/Heal the Body.”** The presentation will include the importance of gut health in children and teens as it relates to immunity, brain health and learning.

Join us for this important and free event, after attending you will be able to:

- Explain that gut health is paramount to the health of all other organ systems.
- Outline how gut health impacts immunity and review the basic tenets of gut function including the microbiome and the gut-brain.
- And more! (*certificates available*)

To register for this **FREE** event, please contact:

[jkelly2@southshorehealth.org](mailto:jkelly2@southshorehealth.org) ■

### Tip for Better Living:

“The most valuable thing for life never changes by time or place—it is to be honest and cheerful, to find happiness in what you have and to have courage in hardships.”

**Laura Ingalls Wilder**  
1867-1957

Writer, teacher, journalist, family farmer



**South Shore  
Health System**

Inside	Page
Read Aloud Family	2
To The Moon and Back, Inc.	2
#BeThe1To	3
Is Your Family Prepared?	3
Our Minds Matter	3
Guiding Word-Balance	4

## Youth Health Connection Meetings and Events:

### Educational Event:

*Heal the Gut/Heal the Body*

by Juliane Goicoechea, M.S., R.D.N,  
L.D.N; Oct. 15, 2018 from 3:30-5:30  
PM.

### South Shore FACTS Meeting

Tuesday October 23, 2018 from 2:30-4  
PM. **Guests:** Scituate FACTS-Middle  
School Instagram Project, College  
Resources and more. Knights of  
Columbus-Duxbury: New resource.

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PM.

**Please RSVP** to:

[jkelly2@southshorehealth.org](mailto:jkelly2@southshorehealth.org)

## The Read Aloud Family Is A Resource for All

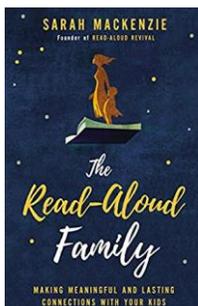
One of the books on the Youth Health Connection 2018 Fall Suggested Reading List “*The Read Aloud Family: Making Meaningful and Lasting Connections with Your Kids*,” by Sarah Mackenzie, published by Zondervan, 2018. Not only does the book review, encourage and inform about the importance of reading aloud to children of all ages, it also has information to help adults create a “book-club culture” at home, reviews and explores how to “ask compelling questions” and so much more. The book offers compelling lists of recommended books by age, Chapters 12-15:

- Books are Delicious ages 0-3
- Age of Wonder ages 4-7
- The World Expands ages 8-12
- Finding My Way The Teen Years

There are also indexes that list books by title, books by author & illustrator and by age recommendations.

**To learn more** about the author visit: <http://bit.ly/2GNpLSj>

**Follow Ms. Mackenzie’s** blog post and podcast both are filled with lots of resources at: <http://bit.ly/2NF91A4> ■



## Local Community Resource: To The Moon and Back, Inc.

*To The Moon And Back* provides a twice- monthly support group for caregivers (foster and adoptive parents, relative and non-relative caregivers) of children born with substance exposure. The group provides a place for caregivers to connect with their peers. We regularly host speakers with experience working with children with substance exposure so caregivers can remain in the know about the latest in research and best practices for this population.

This organization also provides community education on neonatal abstinence syndrome (NAS) and substance exposure to increase the awareness of the needs of these children. (*from their website*)

**To learn more visit:** <http://bit.ly/2NVuVPe> ■



**Support. Educate. Advocate.**

This group meets on the **FIRST** and **THIRD** Tuesday of the month at the Plymouth Recovery Center!!

*To The Moon And Back* is a group for caregivers of children born with neonatal abstinence syndrome (NAS) or substance exposure.

Contact: [theresaharmonlicsw@gmail.com](mailto:theresaharmonlicsw@gmail.com)

Website: [www.2themoonandback.org](http://www.2themoonandback.org)



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**RECOVERY CENTER**  
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71 OBERY STREET. PLYMOUTH, MA 02360

## #BeThe1To Campaign

September is Suicide Prevention Awareness Month, #BeThe1To campaign was designed to spread the word about suicide prevention, and show how we can all take action and make an impact in someone's life. Share #BeThe1To's 5 action steps, as well as resources, tips and messages throughout National Suicide Prevention Month and beyond. *(taken from the website listed below)*

**To learn more** about #BeThe1To Campaign visit:

<http://bit.ly/2Dsrn9> ■



## Is Your Family Prepared?

September is National Preparedness Month and certainly watching the impacts of Hurricane Florence from afar we have all been reminded of the importance for families and communities to be prepared.

September is also back to school time for children, one tool created by the Centers for Disease Control (CDC) is a backpack emergency card for parents to complete and store both in a child's backpack and a parent's wallet.

**To access the backpack safety** card from the CDC visit:

<http://bit.ly/2zqEU6O>

**To learn more** about National Preparedness Month and many more resources visit: <http://bit.ly/2O0oryz> ■

## Student Club: Our Minds Matter

Our Minds Matter (OMM) is a student-led movement to change the culture around mental health. This is designed as a student-run after school club and the website offers student leaders and their faculty advisors three activities per month from October-June, this includes two club based activities and one school-wide suggested activity.

Each month has a theme:

- October-Resource Awareness
- November-Stigma Reduction
- December-Social Systems of Support
- January-Respect
- February-Healthy Habits
- March-Coping Skills
- April-Healthy Mindset
- May-Mindfulness in Adversity
- June-Compassion in Action

In addition, the website includes resources on "tips for clubs" and information on "officer's roles."

OMM is a project of the Josh Anderson Foundation.

**To learn more** about Our Minds Matter visit: <http://bit.ly/2tcXvB9>

To learn more about **The Josh Anderson Foundation** visit: <http://bit.ly/2wDBGsk> ■

## Guiding Word-Balance

By Kim Noble BS, MBA, RN; YHC Program Coordinator

This was another month that reminded me of the importance of the guiding word that I chose for this year. Towards the end of August, I set my September goal to be on of focusing on personal daily hydration. Our bodies need water and we meet these needs through both the beverages we drink and the foods we eat.

The consistent goal we hear is eight 8 ounce glasses a day. However, The National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids for men
- About 11.5 cups (2.7 liters) of fluids a day for women

These recommendations cover fluids from water, other beverages, and food. (*The Mayo Clinic*) With this in mind, I set my goal. And then life happened and my father went back to the hospital. I packed water, bought water and wished there were water bottle filling stations available. I was not able to meet my personal goal on a daily basis. The good news is that I was aware and worked to focus on doing the best that I was able to maintain my health while caring for my father.

**Read the information** from the Mayo Clinic at:  
<https://mayocl.in/2xLBj1b> ■



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*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.*

To subscribe please visit:  
[southshorehospital.org/yhcpublications](https://southshorehospital.org/yhcpublications)

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**Youth Health Connection:**  
**Builds and Sustains Community Connections through Healthy Dialogue and Sharing Knowledge to Keep Our Youth Safe Today and Moving Forward**