

Joanna's Place and Circle Programs

By Mary Boyle, Program Outreach, Joanna's Place

The Circle support groups are free to south shore families and are dedicated to promoting resilience in children. **Circle-G** serves children who have experienced the death of a parent or sibling, while **Circle-S** serves children whose siblings have a disability.

Children (ages 6-18) come to the Circle with their parent, enjoy a pizza supper and maybe for the first time, connect with other children facing similar experiences. The magic happens the moment the children realize they are not alone.

Both Circle G & Circle S will be held at the Collicot School Library, 80 Edge Hill Rd, Milton this fall.

Circle-G: Mondays, 6pm-8pm, October 15th-January 7th

Circle-S: Wednesdays, 6pm-8pm, October 17th-January 9th

There will be no Circles during school vacation weeks.

To learn more about Joanna's Place and the Circle Programs visit:

<http://bit.ly/2vIcN8l> ■

Tip for Better Living:

"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary."

Fred Rogers

1928-2003

actor, educator, author, minister

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Youth Health Connection

Meetings and Events:

South Shore FACTS Meeting

Tuesday September 25, 2018 from 2:30-4 PM. **Guests:** Theresa Harmon from To the Moon and Back, Plymouth and Mary Cole, Greater Boston Tobacco Free Community Partnership.

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.

Please RSVP to:

jkelly2@southshorehealth.org

All meetings are held at South Shore VNA, 30 Reservoir Park Dr. Rockland, MA. 02370. ■



**South Shore
Health System**

Youth Health Connection Events/Programs

Youth Health Connection is starting off a very busy 25th Anniversary Year with a number of events and programs!

Weeding Through The Myths: Marijuana in Massachusetts is a community education display that was updated and improved this summer. It is currently set up as a temporary display at The Hanover Mall (in a store- front between Macy's and Center Court.) The display is open on Tuesday's and Thursday's from 5-7 PM and Saturday's from 1-3 PM.

Annual Peer Leader Training Event, How Not To Keep A Secret on Oct. 2, 2018. Currently, five local high schools will be participating. Want to learn more? Contact: knoble@southshorehealth.org

Heal the Gut/Heal the Body educational program on Oct. 15, 2018, from 3:30-5:30 PM. Presented by Julane Goicoechea, M.S., R.D.N., L.D.N.

Typical or Troubled, understanding the teen mood spectrum, educational program on Nov. 5, 2018, from 3:30-5:30 PM. Presented by Barbara J. Green, Ph.D., YHC Medical Director.

Both of the above educational events are free and will be held at South Shore VNA in Rockland. **Register with:** jkelly2@southshorehealth.org ■

Wondering About Access to Mental Health Services? By Tanya L. Snyder, M.Ed., LMHC; Clinical Supervisor, INTERFACE Referral Service

INTERFACE Referral Service is a mental health resource and referral Helpline that helps children, adults, and families, in subscribing communities, become connected with mental health and wellness resources.

INTERFACE Referral Service had been providing mental health outpatient referrals to towns within Plymouth and Norfolk counties for the past three years on a state earmark secured by the work of Representative James Cantwell and Senator Patrick O'Connor. During this time the residents of Cohasset, Duxbury, Hanover, Hingham, Kingston, Marshfield, Norwell, Pembroke, Plymouth, and Scituate had been provided approximately 1500 mental health referrals.

State funding was restored for one year on July 1, 2018, to towns able to commit to a two- year contract. The following communities have contracted with *INTERFACE Referral Service*: Cohasset, Duxbury, Hingham, Marshfield, Pembroke, Plymouth, and Scituate. *INTERFACE Referral Service* looks forward to helping residents within these communities find a successful match with an outpatient mental health provider in their area, who is able to see them at a convenient time, takes their insurance or meets their fee requirement, as well as meets their clinical needs.

Please call the William James College INTERFACE Helpline at 617-332-3666 Monday through Friday from 9 AM to 5 PM, for resource information and/or provider referrals from a mental health professional. Please also review the very extensive website at <http://interface.williamjames.edu> for additional information about the service, as well as resources on mental health and wellness across the lifespan.

To learn more and access resources, articles and research visit: <https://interface.williamjames.edu/>

To watch a PSA on Interface Referral Services in Braintree visit *(please note this service begins on Sept. 15, 2018, in Braintree):* <http://bit.ly/2MPNjJm> ■

Weymouth Event for Recovery Month

Saturday,
September 22nd

2018

Walk for Hope
and Recovery



Bring the community of Weymouth together
to help break the stigma of those affected by and afflicted with addiction

**Old South Union Church,
25 Columbian St. Weymouth**

Registration begins at 12:30
registration link is <https://tinyurl.com/weymouthwalk18>

Our email is opioidcrisisteam@gmail.com

Events- Live Music, Speakers, Community Resources

Please join us as we walk to stomp out the stigma
of addiction one step at a time.

Special thanks to Old South Union Church for hosting this event.

Opioid Crisis: Video

A number of local organizations recently partnered to create an informative 27- minute video about the opioid crisis in our region. The organizations who produced this video are SportsSmart, a program of Signature Health Care in Brockton, The Plymouth County District Attorney's Office and The Brockton Area Opioid Abuse Prevention Collaborative.

To view the video: <http://bit.ly/2y7512J>

Get involved and learn more, attend the next South Shore FACTS meeting on Sept. 25, 2018, from 2:30-4 PM at South Shore VNA in Rockland. ■

Kids Kindness Grant

Kindness Grows Here! Is a non-profit foundation (with 501(c)(3) Public Charity status) dedicated to fostering kindness in children and spreading kindness in our communities! They currently have a grant opportunity available for youth ages 5-18 with an idea to help spread kindness that could be helped to become reality with a small amount of funding.

Applications can be submitted by individuals or small groups of youth, grant is due by Oct. 19, 2018, individuals may apply for up to \$150 and groups may apply for up to \$300, application to be completed by youth, all applicants must have an adult supervising project and all grant recipients will need to submit a brief written report on their project.

Learn more at:

<http://bit.ly/2O9FWJz> ■

Screenagers Community Event

On Thursday September 27, 2018 from 6:45-8:15 PM Safe Harbor Cohasset Coalition will host a community showing of "Screenagers: Growing Up in the Digital Age," at Cohasset Middle High School Auditorium.

To learn more and to reserve a ticket visit: <http://bit.ly/2nkQ9GY> ■

Minding Your Mind

By Michelle Drolsbaugh, N.E. Regional Director

Minding Your Mind is a 501c3 not-for-profit organization with a mission of using education to end stigma and destructive behaviors associated with mental health issues while promoting help-seeking behavior among our youth. *Minding Your Mind* offers an evidence-based, contact strategy through in-school and community-wide mental health education programs aimed at middle school, high school, and college students.

Our goal is to create a culture of openness and advocacy that reduces the incidence of substance abuse, self-harm, isolation, bullying, and suicide in teens and young adults. Suicide is now the second leading cause of death for teens and young adults aged 14 to 23, and almost always is the result of an untreated or under-treated mental health condition. Stigma and shame are the greatest barriers to treatment.

Through our professionally crafted presentations, students hear stories of hope and recovery from young adult speakers who successfully and productively cope with their mental health issues. These programs create a safe space for communication and aim to normalize the conversation around mental health. Each speaker addresses the need to find healthy coping skills and emphasizes the strength found in seeking treatment. The overall message is, "You are not alone. Help is available."

In 2017-2018, *Minding Your Mind* completed more than 300 presentations in Massachusetts and 1,400 nationally. Hosted by schools and community organizations, these programs address issues from mood disorders, suicide ideation, and eating disorders, to addictive behavior, bullying, and effects of childhood trauma.

In Massachusetts, *Minding Your Mind* has received a generous grant to provide in-school and community-based programming at no cost.

To learn more visit: <http://bit.ly/2tboA7t> ■

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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/yhpublications

Connect with us:



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