

Mindful Education Summit On-Line and Free

The Awake Network and Mindful have partnered to create the Mindful Education Summit, a FREE online event, Oct. 17-21, 2018; featuring 25+ leading neuroscience researchers, mindfulness experts, and dedicated educators who are making a difference in their communities. Whether you are a teacher, administrator, parent, or professional working with children, this event will share the latest research and best practices for introducing mindfulness into your classroom or home.

There will be themed presentations such as Calm: Harnessing Emotional Regulation, Attention: Creating Presence in the Classroom, Resilience: Working with Difficult Emotions, Compassion: Fostering Connections in Our Schools, and more.

Each presentation will be available for 48-hours after the original publication date for free online; so sign up now to access the full summit.

To register and to learn more visit: <http://bit.ly/2IXMaKt> ■

Tip for Better Living:

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”

Socrates
469-399 BCE
Philosopher



**South Shore
Health System**

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Youth Health Connection Meetings and Events:

South Shore FACTS Meeting:

October 23, 2018 from 2:30-4 PM.

Guests: Scituate FACTS updates on Middle School Instagram Project and more, Duxbury Knights of Columbus updates on Informational Opioid Overdose Prevention Card.

YHC Collaborative Community

Meeting: Wednesday November 7, 2018 from 8-9:30 AM.

Please RSVP to:

jkelly2@southshorehealth.org

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

Teens, Social Media, and Technology: 2018

In May 2018 the Pew Research Center published a 20-page report on teens social media and technology use.

Some highlights:

- 95% of teens have access to a smartphone.
- Most popular social media platforms used-Snapchat, Instagram and YouTube.
- Girls use Snapchat more than boys.
- Boys use YouTube more than girls.
- 45% say they are online almost constantly.

The information in this report is helpful for parents, educators and health providers living and working with teens.



To read and to download the full 20-page pdf report from the Pew Research Center visit:

<https://pewrsr.ch/2usAf1o> ■

This Emergency Medicine Physician is Voting No on Question 1

Jason Tracy, M.D., Chair of Emergency Medicine, South Shore Health System

I have been an emergency medicine physician for more than 15 years and I am currently the Chief of Emergency Medicine at South Shore Hospital. Our department is one of the largest emergency departments in the state. I am also a Scituate resident that uses South Shore Hospital for our family's healthcare needs. To me, South Shore Hospital is much more than a workplace.

The passage of ballot Question 1 would have a devastating impact on the services provided at our hospital. The staggering costs outlined in the independent [Health Policy Commission cost analysis](#) (between \$676 million to \$949 million) did NOT include the additional costs required to meet the mandated staffing ratios in emergency departments. That's estimated to be an additional \$162 million. For our department alone, this would be \$16.3 million. Essential services that we've spent decades building for our community would have to be eliminated. Care won't be delivered locally – our non-profit charity will no longer be able to provide the services our emergency department patients depend upon every hour of every day.

Emergency department nurses are an essential part of a comprehensive care team. I, like everyone else, would welcome 121 additional nurses (the number we would need to add) to our team. Is the loss of technicians, nursing assistants, pharmacists, physicians, nurse practitioners, physician assistants, phlebotomists, respiratory therapists, case managers, unit coordinators, transporters, security staff, social workers and all the other staff that help care for emergency department patients worth it? *(continued on page 3)*



I'm Voting No on Question 1 *(continued)*

Jason Tracy, M.D., Chair of Emergency Medicine, South Shore Health System

It's not. Research out of California (the only other state that's attempted mandatory ratios) indicates that patient care will not improve. Healthcare costs (our insurance premiums) will increase. Wait times will increase. EMT's and their patients will have to ["hold the wall."](#) Admitted patients will wait long periods for a bed. Access to specialty addiction and [behavioral health services will decrease](#).

Patient care will suffer.

Please join me in voting NO to ballot Question 1 on November 6th. ■

STAY SAFE! Halloween Safety Tips



Halloween Costume Safety Tips by Holly Medeiros R.N., Curry College Student

One of the most thrilling aspects about Halloween is finding that perfect costume to wear. Will your child be a princess or a pirate? Does your tween want to be a superhero or a villain? A movie star or a rock star is a popular choice for teens. The possibilities are endless! But whether the costume is purchased in a store or hand-made, you will want to ensure that the costume is both creative and safe.

Here are some tips and tricks for costume safety:

- Shop for costumes with store labels that read "flame-resistant" or "flame-retardant" including masks, beards, and wigs. If you are making a costume, choose flame-resistant materials such as polyester, leather or nylon.
- Choose costumes that fit well. Avoid oversized and billowy costumes that drag on the ground or could come in contact with flames. Shoes should be sturdy to avoid trips and falls.
- Choose bright, reflective costumes or add strips of reflective tape so it will be easier for drivers to spot trick-or-treaters. Reflective tape is sold in hardware, bicycle or sporting goods stores.

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Halloween Costume Safety Tips by Holly Medeiros R.N., Curry College Student

Costume Safety Tips-continued:

- Select accessories made of soft, flexible material such as swords and knives to avoid injury.
- Ensure vision is not blocked if the costume requires a mask. You can do this by making the eyeholes larger. If vision is obscured, consider using costume face make-up.
- Test any face or body make-up ahead of time for allergic reaction by putting a small amount on the arm. Possible signs of allergies include a rash, redness, swelling or other signs of irritation. Make sure all makeup is removed prior to going to bed and be careful that makeup does not come in contact with eyes. Look for makeup labeled “hypoallergenic” and “non-toxic”. Much of the novelty make-up in stores is not approved by the US Food and Drug Administration (FDA).

Halloween is full of thrills and chills. Knowing what makes a costume safe could prevent an enjoyable night from becoming a nightmare. So whatever costume is chosen, be smart, be safe and have a Spooktacular Halloween night!

To find out more about your town’s Halloween events, safety tips, and trick-or-treating curfews, please visit the specific town website. Other sites with information include school departments, libraries, recreation or youth centers, and police departments.

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To learn more about FDA approved novelty make-up visit: <http://bit.ly/2DTymSz>

To learn more about **general Halloween safety tips** from the American Academy of Pediatrics visit: <http://bit.ly/2Rlgi6t> ■

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

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