

Driving To Distraction

by Christal Sadatis RN, Curry College Nursing Student

Distracted driving has claimed 3,450 lives in 2016 alone. That year the largest overall fatality percentage increase (5.6%) was for drivers ages 15-20 (<http://bit.ly/2NZf5ib>)

Texting while driving is especially dangerous because it incorporates the three types of driving distraction:

- Taking your eyes off the road(visual),
- Hands off the wheel (manual), and
- Not being focused on safe driving (cognitive).

Teens, as we know, have an incredibly short attention span and very limited self-control on a good day. Yet we send them out in 3000-pound cars. We tell them, with fingers wagging, “Don’t text and drive” all the while their phones are constantly competing for their attention.

Parents are a big part of the problem. Be a good role model. Your teenage sponge is absorbing your driving habits both good and bad.

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Tip for Better Living:

“One of the best lessons you can learn in life is to master how to remain calm.”

Catherine Pulsifer
author

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Youth Health Connection Meetings and Events:

YHC Educational Event: Typical or Troubled Monday Nov. 5, 2018 from 3:30-5:30 PM. Covering the Teen Mood Spectrum and Depression is open to ALL interested adults.

YHC Collaborative Community Meeting: Wednesday November 7, 2018 from 8-9:30 AM. **Guests** from: Minding Your Mind and EmpowerHER **Additional content:** Calm Classroom and Our Minds Matter

All meetings are held at South Shore VNA, 30 Reservoir Park Dr. Rockland, MA. 02370. **RSVP:** jkelly2@southshorehealth.org ■

Digital Depression: What is the Concern?

On Tuesday, December 4, 2018, from 9-11 AM, Youth Health Connection will host “**Digital Depression: How Social Media is Worsening Mental Health in Youth.**” The speaker for this program is Nassir Ghaemi, M.D., Professor of Psychiatry at Tufts University. The learning objectives are the attendee will:

- Understand the impact of social media on depression and anxiety and suicidality in teens and young adults.
- Explore ways to limit the harm of social media on mental health in youth.

This **free** event is open to school faculty, staff, nurses, public health nurses, community health providers, community youth workers, religious leaders, youth ministers, school resource officers, parents/guardians.

Certificates of attendance and Contact Hours for nurses available.

To register contact:

jkelly2@southshorehealth.org ■



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According to a 2014 survey study by Liberty Mutual and SADD (Students Against Destructive Decisions) parents are not only engaging in this dangerous driving habit, but an alarming **83%** are partaking in these behaviors with their teens in the car. More disturbing is the fact that even at the request of the teens, 41% of the parents did not change their driving habits and 28% tried to justify why they should continue. (<http://bit.ly/2ODFBDb>)

While there are state laws that hold teens accountable, there are tools available to help us guide them. Here are some important ones:

There are **Text blocking apps** available from many cell phone providers for both Android and Apple phones, for example LifeSaver, AT&T DriveMode, TrueMotion Family, and Mojo. Some are free and others have a small fee to use. Features might include the ability to send parent notifications, blocking text messages, blocking calls, location sharing and tracking safe miles driven.

Also, Sprint offers **Drive First**, which detects movement at 10 mph and engages multiple blocking features. It also allows the parent to log on and monitor how teens are using their phones while driving. If you want to take it a step further, carmakers are integrating technology targeting teen drivers, like Ford’s **MyKey**, which silences calls and texts. (Ford My Key: <http://bit.ly/2CxuwMs>)

There are also student-led organizations like **Textless LiveMore** a national awareness campaign is a student-led, peer to peer organization that is focused on changing teen behaviors related to distracted driving. To access the guidebook: <http://bit.ly/2CXr3rB>

Technology helps, but the most important thing you can do is **Lead by example.** ■



Working with Grandfamilies & Kinship Families

The University of Maine, Center on Aging, offers a 12-week online program that provides a *Certificate in Grandfamilies Leadership*. This program is approved for 9.0 Social Work hours. Topics covered are legal issues, mental health and special needs, issues of aging, grief and loss, special populations, ethics and more. Check out the website and click the “contact us” section to email the Assistant Director to learn when the next session will be held.

To learn more about this program offered by the University of Maine visit: <http://bit.ly/2s0go7D> ■

National Drug Take-Back Day

The National Prescription Drug Take- Back Day addresses a crucial public safety and public health issue. According to the 2016 National Survey on Drug Use and Health, 6.2 million Americans misused controlled prescription drugs. The study shows that a majority of abused prescription drugs were obtained from family and friends, often from the home medicine cabinet.

Some data from the April 2018 15th National Take Back

- Total Law Enforcement Participation: **4,683**
- Total Collection Sites: **5,842**
- Total Weight Collected: **949,046 lbs. (474.5 Tons)**

So clean out your medicine cabinets this week, find a collection site near you at <http://bit.ly/2HtmHrX> (*information from the website*) ■



Supporting Grieving Children

Halloween is next week, costumes are being purchased and made. Both young and not so young are getting into the “spirit.” However, did you ever stop to consider that this seemingly “fun-filled” holiday may be a stress for grieving children?

Many of the costumes are scary, with dark colors, fake blood, bandaging, and skeletons. Houses can be decorated as well in ways that might be scary or bring up a number of triggers for grieving children.

This week may be a good time to check in with grieving children and their parents or guardians who are in your classroom, coming into your office or practice.

To access a 1-page resource flyer visit: <http://bit.ly/2q3rxE2>

To access the full Coalition to Support Grieving Children website visit: <http://bit.ly/2jZ4m8t> ■



Guiding Word: Balance

What happens when your guiding word “takes a break” or is majorly “derailed?” October has slipped past and it has done so very quickly. Friends visited, some volunteer work was accomplished, a family member achieved a promotion, the youngest member was sick but bounced back quickly and then the oldest, whose health has been a major concern all year, was hospitalized.

My focus on balance went out the window. I needed to be at the hospital whenever I was able. Other family members picked up tasks at home. However, lack of good sleep, not the best nutrition, sitting way too much and too many late nights in the Emergency Room took its toll. My stress level was high and I was feeling it.

While I did not achieve balance in areas that I needed it, I was very mindful of what was occurring. Because of this, I did my best to take with me to the hospital extra water, healthy snack options and I stood up for a while to stretch every 20-30 minutes. This helped, but I missed my daily 2-3 mile walks in nature and realized how much I truly benefit from them.

So, I will find my “balance” this month in a reminder of the importance of taking the time for self-care. My preference is walking in nature it truly helps me center. Lesson learned.

7 Benefits to Walking in the Woods: <http://bit.ly/2EDNYKa> ■



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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>

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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