

Balance: Keeping the Fulcrum Steady

By Barbara J. Green, Ph.D., YHC Medical Director

I want to bring everyone back to the playgrounds of years ago and focus your mind’s eye on the good old teeter-totter! I remember with glee the sense of the up movement and then the jarring impact when going down it would hit the ground. Like much in life and relationships, laws of physics can guide us and teach us positive lessons. The strongest, steadiest state of a teeter totter is when it is finely balanced with the fulcrum keeping one steady in the middle.

This image helps me personally when I feel the pull of too much work and too much on my task list, creating an imbalance between work and play. That refrain plays over and over and over in my office with both adults and teens describing their daily lives. Far too regularly choices seem to favor “getting things done” and being overscheduled, rather than taking time to relax, play, exercise, sleep, and be with friends and family.

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Tip for Better Living:

“Always take some of the play, fun, freedom and wonder of the weekend into your week and your work.”

Rasheed Ogunlaru
b. 1970
life coach, author, speaker

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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. Learn More: <http://bit.ly/2EFHUkv>

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 ■

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That tendency to tackle tasks, rather than elevating “down time” or “Self Care” to the same position, drains us physically and emotionally.

As adults, we must teach our children and teens how to work to achieve balance and to not deny the importance and critical “refuel” that steady fulcrum gives us. It is not healthy to work, work, work and not play. Many teens today feel pressured to achieve and create “resumes” that will gain them college entry. It is my fervent belief, and the research shows us, that healthier teens that practice self-care and embrace balance in daily living succeed academically, that they have stronger relationships, self-report less anxiety and depression.



Balance is key.

Play hard, work hard.

Keep the teeter totter balanced at the fulcrum! ■

Power of Prevention Community Event

On Sunday, November 18, 2018, from 1:00-4:00 pm, at the Lester J. Gates Middle School in Scituate, MA. Safe Harbor Cohasset Coalition, in association with Scituate FACTS Coalition, invites residents to attend the 2nd Power of Prevention Conference!

The Power of Prevention is a one-day summit which brings together some of the most important content for adults and parents in one place. The date was deliberately chosen on the Patriots bye week, for convenience, and Scituate Recreation will provide FREE onsite childcare to make it even easier to participate for three hours.

The keynote speaker and Director of the Center for Adolescent Substance Abuse Research at Boston Children's Hospital, Dr. Sion Kim Harris, will be discussing The Latest Science on the Teen Brain and Substance Use. This will be followed by two break-out sessions with topic options of parenting your teen through real-life situations, marijuana/cannabis, vaping, and anxiety.

The Power of Prevention is FREE to attend, including all workshops, resource materials, refreshments, and childcare. An optional donation of \$10 will be welcome at the door.

For more detailed information on program and speakers:

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

To obtain a ticket to the event: <http://bit.ly/2q97ioQ> ■

Working Together for Healthier Communities: Your Voice Matters!

All residents are invited to attend one of the upcoming Community Forums and join in the conversation on what you see as current key health concerns in our region. Your perspective, ideas and insight are important!

Nov. 5th, 5:30-7:30 PM at Marshfield Senior Center

Nov. 7th 10 AM-Noon at Abington Council on Aging

Nov. 7th 5:30-7:30 PM at Hingham Senior Center

Nov. 8th 5:30-7:30 PM McCulloch Building, Weymouth

Nov. 12th, 6-8 PM, SSYMCA, Quincy

Nov. 15th 5:30-7:30 PM, Duxbury Council on Aging

100 Days of Healthy Minds

The Clay Center for Young Healthy Minds at Massachusetts General Hospital is a practical, online educational resource dedicated to promoting and supporting the mental, emotional, and behavioral well-being of children, teens, and young adults. Recently, the Clay Center for Healthy Minds launched the **#100DaysofHealthyMinds** campaign on Instagram.

Every day, for 100 days, they will share a hopeful image and message related to supporting children and teen mental wellness. The goal? To inspire you through the holidays and beyond. (*content from Clay Center website and emails.*)

What makes you hopeful? ■

Access the #100DaysofHealthyMinds at:
<http://bit.ly/2O09GaN>

To visit the Clay Center website: <http://bit.ly/2thVvZr>

To read their trifold brochure visit: <http://bit.ly/2D03tL4>



Learn About EmpowerHER-November 5th.

At next week's YHC Collaborative Community Meeting we will be joined by representatives of the local organization that is working to help empower, support and connect girls of all ages who have experienced the early loss of their mothers.

Do you work, know or live with a girl who might find support and benefit from this organization? Join us to meet EmpowerHer Staff and learn about their mentoring program and upcoming events.

Interested? *All are welcome* to join us on Wednesday, November 7, 2018, from 8-9:30 AM at South Shore VNA, 30 Reservoir Park Dr., Rockland.

Please RSVP: jkelly2@southshorehealth.org ■

Webinar: How to Prepare Your Community for Policy Change

On Wednesday, December 5, 2018, at 2 PM.

Participants completing this training will be able to:

- Understand how engaging stakeholders, community members, and elected officials in your work can promote PSE change
- Strategize ways to leverage local data and community voice in town meeting spaces
- Name strategies for presenting at a town hall or board meeting

To make a lasting impact, effective community health work is transitioning from a program approach to policy, systems, and environmental (PSE) change. Engaging a variety of people who can champion your work in places you may not be able to reach is an important strategy for implementing PSE change. This training will explore why it is important to engage elected officials in the community work you do, and strategies for how to present your case at town or city meetings. The trainer will provide specific guidance on the best way to contact elected officials and stakeholders and much more. (*from registration website*)

To register visit:
<http://bit.ly/2P4pWfs> ■

Supporting Grieving Kids & Teens: Tools for Caregivers

On Monday, November 26, 2018 from 6-7:30 PM Hospice of the South Shore will host this event at South Shore VNA, 30 Reservoir Park Dr., Rockland, MA. Supporting kids and teens in their unique grief can feel overwhelming, especially if you are muddling through your own grief. What we know, however, is that kids do want and need the support of adults to help give comfort, sit with questions and know what may be helpful.

This one-session support workshop will provide information and concrete suggestions for helping kids and teens navigate loss and an opportunity for questions.

This **free** event for National Children's Grief Awareness month is provided for Hospice of the South Shore families, as well as the community.

To register contact ahills@southshorehealth.org

For further information visit the

- The Dougy Center, The National Center for Grieving Children & Families at: <http://bit.ly/2R8SMsm>
- National Alliance for Grieving Children at: <http://bit.ly/2yqmGS4> ■



Medical Director:

Barbara Green, PhD
(781) 749-9227 x101
Barbara@bjgreenphd.com

Program Coordinator:

Kim Noble, RN, MBA
(781) 624-7415
knoble@southshorehealth.org

Administrative Secretary:

Jean Kelly
(781) 624-7423
jkelly2@southshorehealth.org

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