

Social Media Use in Adolescence and the Public Health Crisis of a Digital Age

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

On December 4th, Youth Health Connection will welcome Dr. Nassir Ghaemi, Professor of Psychiatry, Tufts Medical School, to address the public health crisis of social media use in today’s digital age and the notable rise in adolescent depression. Dr. Ghaemi is a very well respected researcher, writer, and teacher. He is passionate about leading the discussion and opening the dialog to understanding the trends research is showing. Teens who self- report 3 hours or more of social media use daily also present with higher levels of depression and angst. Along with digital media, the research shows us that alcohol and drug use can have a very powerful negative impact on adolescent mental health and well- being.

Given this knowledge, we, as adults who care about teens today, must take an active and engaged stance. We can’t be casual or complacent. We must be strong and direct and actively manage adolescent social media use and exposure. We must be clear and direct with messages that help teens delay alcohol and drug use. We must be positive role models with our own digital use, with alcohol and drug use. If we do not, we are allowing teens to be at risk.

Please come and hear Dr. Ghaemi. You will leave with the fundamental knowledge that could be life-saving for your teen.

Reserve your spot by emailing Jean Kelly at jkelly2@southshorehealth.org

Tip for Better Living:

“It takes discipline to not let social media steal your time.”

Alexis Ohanian

b. 1983 internet entrepreneur and investor, co-founder of Reddit

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Youth Health Connection Meetings and Events:

South Shore FACTS Meeting

Tuesday Nov. 13, 2018 from 2:30-4 PM, **Guest**-Safe Harbor Cohasset Coalition, presenting on Youth Ambassadors.

December 4, 2018 from 9-11 AM

Digital Depression: How Social Media is Worsening Mental Health in Youth presented by Nassir Ghaemi, M.D., Professor of Psychiatry, Tufts University. **Open to all!**

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

Norfolk County District Attorney Events

Michael W. Morrissey, Norfolk District Attorney is hosting two upcoming educational programs open to those living and working in Norfolk County.

Wednesday, Dec. 5, 2018, from 8 AM-3 PM Train the Trainer Adolescent Nicotine Cessation Program for Health Educators and School Counselors at the Norwood. Space is limited to ONE attendee per district. At the Police Department Training Room, 137 Nahatan, St. Norwood. (please park across the street in the Shaw's parking lot)

To learn more and to register contact: denise.carbone@massmail.state.ma.us

Thursday, Dec. 6, 2018 from 9 AM-Noon SBIRT in Schools: Mastering SBIRT for Norfolk County School Nurses and Athletic Trainers will be held at the Foxborough Police Department Training Room, 8 Chestnut St., Foxborough.

To learn more and to register contact: Jenifer.C.Rowe@state.ma.us

See attached pdf flyers of both events. ■

Replacing “Sorry”

Over the past few weeks, I have seen information related to the action of replacing the term “sorry” with the term “thank you.” This is showing up on a number of different social media posts by quite a number of my friends. A quick search led me to a February 2017 Huffington Post article entitled “*What Happened When I Replaced Sorry with Thank You*” by Panda Elder.

Recently, my father was hospitalized and he made the observation that the “most used word by the staff was ‘sorry’.” After reading Ms. Elder’s article I began wondering how my father would have felt if instead of the clinician saying “I’m sorry you had to wait,” they instead said, “Thank you for waiting while I was helping another patient, I appreciate your understanding.”

Another example happened to me recently, I was late to meet a friend and the first words were “I’m sorry.” Instead, I might have chosen to say “Thank you for waiting I am so glad to see you.” This terminology change shifts the conversation to the positive and changes the interaction.

We tend to automatically say “I’m Sorry,” or “Sorry,” so this is something that one must be aware of. Then pause and consider how else to answer. This season of thanks and giving is the perfect time to try and change the “sorry” habit. ■



Rethink the Drinks

What is Rethink the Drinks? It is a campaign developed by the Substance Abuse Prevention Collaborative – a group of local communities, Braintree, Milton, Quincy, and Weymouth—that aims to educate our communities about the legal and health risks of underage drinking. The information on the website is of value to all families!

The website is filled with information to help parents/guardians gain knowledge about health risks, legal consequences, talking tips, prevention tips and more.

If you are a resident of Braintree, Milton, Quincy, and Weymouth, there is a survey that will help provide the Substance Abuse Prevention Collaborative with their prevention efforts. You can also click on the individual town tab at the bottom of the page to learn more about town specific prevention programs, events, meetings, etc.

Learn more at: <http://bit.ly/2Pd9VnJ> ■

What Does It Mean to Be Internet Literate?

Technology has transformed the classroom extensively in the past few years. With these changes come new questions: How can we incorporate education technology in literacy lessons? What does literacy mean in this age of new media?

Explore these questions with literacy experts in the eBook *Teaching K–12 Literacy in a Digital World*. The eBook covers relevant topics such as capturing student attention in the age of digital distraction and analyzing the role of media in the news.

Discover new strategies for teaching literacy in this digital era.



ACE's Awareness Project- Plymouth County District Attorney's Office

A new documentary overviewing various aspects of ACE's (Adverse Childhood Experiences) has been produced by The Office of Plymouth County District Attorney Timothy J. Cruz.

Childhood experiences, both positive and negative, have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity. As such, early experiences are an important public health issue. Much of the foundational research in this area has been referred to as Adverse Childhood Experiences (ACE's). *(from the CDC ACE's page)*

To **watch the trailer**:

<http://bit.ly/2ONCR5k>

To **watch the full** 24 minute video visit: <http://bit.ly/2PqRvg6>

To **access resources** from the Trauma and Learning Policy Initiative on trauma sensitive schools visit:

<http://bit.ly/2yp3DH3>

To learn **more about ACE's** visit CDC at: <http://bit.ly/2gz6R2f>



Why We Need Trauma-Sensitive Schools

The Adverse Childhood Experiences (ACE) study demonstrates that nearly every school has students who have been exposed to overwhelming experiences, such as witnessing violence at home, being direct targets of abuse, homelessness or having a parent with substance abuse or mental health issues.

For some children, these experiences result in a trauma response that can lead to a cascade of social, emotional and academic difficulties that can interfere with a child's ability to learn at school. Recent neurobiological research has shown that the trauma response can diminish concentration, memory and the organizational and language abilities students need to succeed in school, potentially leading to problems with academic performance, challenging behavior in the classroom, and difficulty forming relationships

Trauma-sensitive schools help ALL children to feel safe to learn

There are a growing number of schools throughout Massachusetts and the United States engaged in the work of creating trauma-sensitive schools.

This video features one such school, the Baker School in Brockton, MA. The Baker is one of several schools in Brockton that are becoming trauma-sensitive through a concerted, well supported district-wide effort. This video highlights the importance of leadership—superintendents, assistant superintendents-principals, and educators—in creating the understanding and infrastructure that can support the teamwork among staff needed for all children to be successful. As one school staff member explains “Every child belongs to everyone and when kids feel that, the kids and teachers are happy.”

Watch the video and find this entire article along with other resources at:

<https://traumasensitiveschools.org/why/>



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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