

## A New Frontier for Massachusetts

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

As of July 1st recreational Marijuana will be legal in Massachusetts for adults over the age of 21. Marijuana use, both medical and recreational in Massachusetts is no longer a hidden thing. As Medical Director of Youth Health Connection, I feel a very powerful imperative to ensure that we understand the impact culturally for our communities, families, and youth, to be knowledgeable about the law, and to be fully clear regarding the inherent risks that come with both alcohol and marijuana use.

The research is very clear that alcohol and marijuana use can have dangerous effects on the developing adolescent brain. The earlier the age of first use the greater the risk of substance use issues in adulthood. The research is pointing to the possibility of long-term cognitive problems, including deficits in learning and memory. We know that both alcohol and marijuana use impact judgment. Data demonstrates both can lead to addiction.

*(continued on page 2)*

### Tip for Better Living:

“When a flower doesn’t bloom, you fix the environment in which it grows, not the flower.”

**Alexander Den Heijer**  
Inspirational Speaker



**South Shore  
Health System**

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## Youth Health Connection Meetings and Events:

**Mental Health Meeting** Wednesday  
September 12, 2018 from 8-9:30 AM

**Guest:** Staff from William James  
College Interface Referral Services

**South Shore FACTS Meeting** Tuesday  
September 25, 2018 from 2:30-4 PM.

**Guests:** Theresa Harmon, To The Moon  
& Back [www.2themoonandback.org](http://www.2themoonandback.org) & Mary  
Cole, Greater Boston Tobacco Free  
Community Partnership

**We welcome everyone to attend any  
meeting they are able to!!**

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

## Weeding Through The Myths: Marijuana in Massachusetts

On August 29, 2018, from 9-11 AM YHC will host a Ribbon Cutting event at Hanover Mall to showcase the month-long display of *Weeding through the Myths: Marijuana in Massachusetts*. This educational display was first designed last year and is in the process of being updated over the summer. There are ten stations within the display covering a range of topics from teen brain development, vaping, data on teen substance use, mindfulness and more.

We are excited to have Antony Sheehan, President & CEO of South Shore Mental Health as the morning keynote speaker on August 29, 2018. Additional details are currently in process, for now, save-the-date!



Following the ribbon cutting event, YHC will host a Train the Trainer event from 11:30-1:30 PM at Hanover Mall. This training is **free**, (brown bag lunch please) however seats are limited!

**Please RSVP** to [jkelly2@southshorehealth.org](mailto:jkelly2@southshorehealth.org) to register. ■

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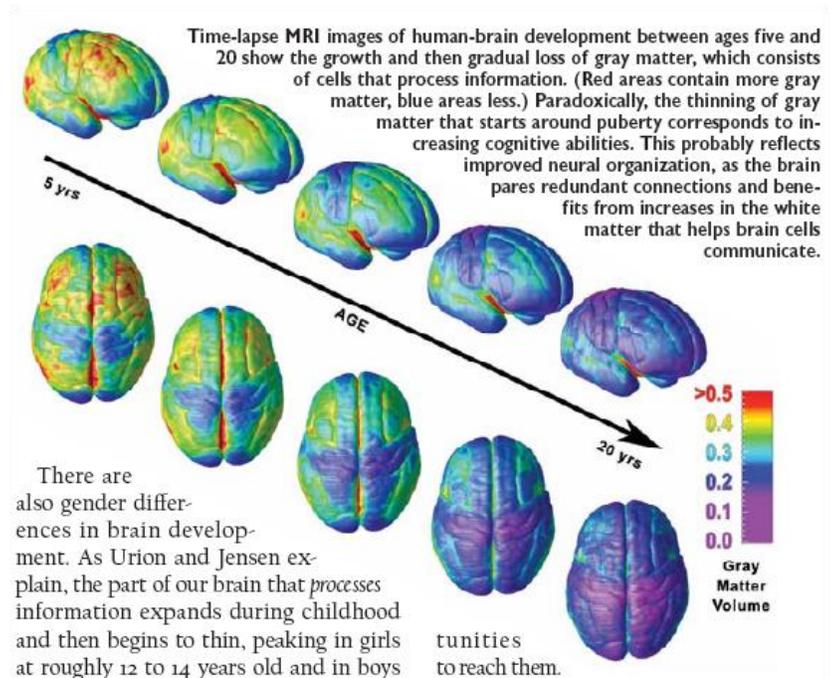
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Research helps us understand that both parental use and peer influence can be drivers for teen use. Today's marijuana, vaping and edibles are vastly different from the marijuana many adults used decades ago. THC levels today have greater concentration, vaping is a delivery system that did not previously exist and edibles were not sold in retail. We do not have a process for determining "Operating Under the Influence" with marijuana use. The data that we have from other states that precede us in legalizing marijuana is guiding us as we tackle complex issues of safety, risk and addiction.

There are important messages we must deliver:

- It is vital to delay, delay, delay age of onset of use. Allow the beautifully developing teen brain to be safe and unharmed as it matures.
- Parental messaging and role modeling has power is one of the greatest anti-risk factors.
- Know the facts and use the science.

Our children's lives and development matter. We must show them we care. ■



## New Resource-Vaping

*Get Outraged* is a public education campaign in Massachusetts to bring attention to the tactics that the tobacco and vaping industries use to hook their next generation of customers. (from their website) The website was just launched earlier this week.

There is information on:

- An overview of products and sales tactics
- General facts on vaping
- Types of products, with images and overview of the product
- Information for parents/guardians
- What you can do section, includes an interactive MA map to check on local policy actions and statistics
- For Schools, currently contains information, a link to CATCH My Breath Youth e-Cig Prevention Program and will add a toolkit in August.

**To access** the *Get Outraged* website visit: <http://bit.ly/2L9fm1m> ■

## Suicide Prevention Training

On Wednesday July 18, 2018 at 6 pm the Plymouth County Suicide Prevention Coalition will host “QPR: Question, Persuade, Refer A Suicide Prevention Training.” This event will be held at South Shore Medical Center, 143 Longwater Dr., Norwell, MA.; in the Nantasket Conference Room. This training will have a human service focus.

Question, Persuade and Refer are 3 simple steps that ANYONE can learn to help prevent suicide. QPR teaches how to recognize a mental health emergency and how to get a person-at-risk connected to the help they need.

This is a free program, however registration is **REQUIRED**.

**To register** contact Jennie Babcock at:  
[plymouthcountypreventssuicide@gmail.com](mailto:plymouthcountypreventssuicide@gmail.com) or 508-254-9320 ■



## Making Summer Memories

By Kim Noble BS, MBA, RN;  
YHC Program Coordinator

School has only just ended, the 4<sup>th</sup> of July is history and somewhere store shelves are being stocked with “back to school” items. The pace of family time shifts in the summer. There may be planned vacations, long weekends or spontaneous afternoon family time. These opportunities help us bond and connect with our immediate family, extended family members, friends, and neighbors, while in the process create lifelong memories.

These times do not need to be costly or extravagant; many of the best memories are created during the unplanned or quiet times together. Over the years our family summer fun has included trips to the lake to visit grandparents, kayaking, road trips & audiobooks, air-conditioned days at home watching old musicals, family board game nights, picking blueberries and baking pies, various summer festivals and our fun-filled games after the 4<sup>th</sup> of July parade.

There are still eight weeks remaining for summer 2018 memory making! ■



## Guiding Word-Balance

By Kim Noble BS, MBA, RN; YHC Program Coordinator

The summers of my youth were spent playing outside, running through the woods, riding my bike, jumping over streams, swimming in rivers and playing “kick the can” with my cousins. In other words, I was “on the go and moving.” Summers as an adult are more split. My days at work (M-T-W) are spent mainly at a computer or in meetings. On my days at home, I am more on the move, taking daily long walks for exercise plus additional walks around in town (the joy of village living everything is in walking distance,) completing tasks around the house and yoga. My personal goal on my days at home is 150 minutes of activity daily. With my guiding word of balance in mind, I wondered how to infuse more movement into my days at work in order to create more balance in my activity on a daily basis.

I happened to find a program called “*Jump Into July*,” and while the title says to jump on an hourly basis the underlying premise is to be more aware of moving in some manner each hour during the day. People in my office may have noticed me walking in the halls a bit more. I am making effort to stand once per hour and stretch or twist or yes event jump or to take a quick walk in the halls. Twice a day, while at work I also did a few chair-yoga stretches-this is helping my shoulders and lower back.

I am still finding that I am not intentionally moving every consistently every hour, then it struck me; a simple solution is to use the timer on my phone! The month is half over; I am still working on moving more while in the office and continuing with *Jump in July*, then maybe continue to be Active in August and Striding into September! Consider ways that you and your family can fit movement into every day.

**Learn more** about Health Coach Institute’s *Jump Into July* program? Visit: <http://bit.ly/2yHjC6L>

**To read** the Wall St. Journal Article: “*Exercise vs. Standing; You Probably Need to Do Both*” visit: <https://nyti.ms/2m5U2iD>

**Learn about** the American Heart Association’s Healthy For Good™ at: <http://bit.ly/2uh1OcY> ■

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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.*

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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**