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What is MCPAP?

By Alexis Hinchley

The Massachusetts Child Psychiatry Access Project is a system of regional children’s mental health consultation teams designed to help primary care providers meet the needs of children with psychiatric and behavioral problems. This is a free service provided to the primary care physicians, funded by the Massachusetts Department of Mental Health, and it is completely independent of the patient’s insurance. Additional information can be obtained at www.mcpap.com.

Parents and school professionals must access the program by contacting the child’s primary care physician.

Primary care physicians may contact the MCPAP team for their designated region:
 Metro Boston @ Tufts Medical Center/Children’s Hospital 617-636-5723
 Metro Boston @ MGH 617-724-8282
 Southeast @ McLean-Brockton 508-894-8484
 North Shore @ NS Medical Center 888-627-2767
 Central @ UMASS Worcester 508-334-3240
 Western @ Baystate Springfield 413-794-3342

If a primary care physician is not affiliated with MCPAP, or is unsure of his or her designated region please contact the administrator, Irene Tanzman @ 617-350-1990.



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Youth Health Connection: Last Program of the 2010-2011 Year!

June 6th: Educational Program “Supporting Gay, Lesbian, Bisexual, Transgender & Questioning Youth” from 3:30-5:30 PM at Braintree High School, Media Center.
 Speaker: Marisa Kaplan-Harp, Program Director: The GLBT Youth Support Project, Health Imperatives. **Seating is limited** for this **FREE** event, contact karin_farrell@sshosp.org to reserve your seat!



Tip for Better Living:

“Each day of our lives we make deposits in the memory banks of our children.”
Charles R. Swindoll, Pastor, Author, Educator b. 1934

Helping Identify Children with Behavioral Health Concerns By Barbara J. Green, Ph.D., YHC Medical Director

With National Children's Mental Health Week, May 1 – 7, 2011 we want to recognize the importance of mandated behavioral screenings during annual well child visits. A study published in the March, 2011 Archives of Pediatrics and Adolescent Medicine indicates that behavioral health screening has increased the number of children and adolescents being identified as at risk for behavioral and emotional problems. The

study, led by researchers from Massachusetts General Hospital, looks at data from 2008-2009. They found that the number of screens completed increased from 80,000 to 300,000 per year. In addition, the number of children identified as being at risk through these screens more than tripled. We know that early identification, intervention and referral for children and adolescents at risk for behavioral and

emotional issues are critical factors in reducing risk. Helping youth and families access care can positively affect their emotional and behavioral development. By embedding screenings in an annual well child visit we create the ability to track emotional growth similarly to physical growth. This helps also in reducing stigma and silence and allows for open dialog and conversation.

Register Now for the 10th Annual Massachusetts Suicide Prevention Conference



The 10th Annual MA Suicide Prevention Conference will be held in Marlboro, MA on May 24th & 25th. This year's conference is entitled "Making Connections, Creating Hope & Saving Lives: Suicide Prevention Across the Lifespan."

Day One will begin with a Keynote address entitled "Living Mentally Well" by Kevin Hines author of "The Wounded Healer: Chronicles

of a Psychotic Mind," Day Two will begin with a Keynote entitled "Myths About Suicide" by Thomas Joiner, Ph.D., author of "Why People Die by Suicide."

There will be three breakout sessions on Day One and two breakout sessions, plus a Survivor Panel on Day Two. Some of the breakout session titles are: "Men, Depression & Suicide", Suicide 101: Everything You Wanted to

Know about Suicide but Were Afraid To Ask"; "Break Free From Depression: A School Based Program for High School Students" and much more. The cost of this event is \$40 per day for single day attendance or \$65 to attend the two day event.

For a full listing of this event or to register visit: <http://guest.event.com/d/0dqbx1>

Juvenile Diabetes Research Foundation: Local Networking Coffees



There will be two upcoming JDRF Local Networking Coffees in our region. Please share this information with others! On **Thursday May 12, 2011** beginning at 7 pm there will be a coffee in Scituate. The format of this event will be an open discussion with Moira McCarthy-Stanford, a Mom,

JDRF volunteer and author of "The Everything Parent's Guide to Children with Juvenile Diabetes."

For more information on this JDRF Networking Coffee contact jilcaf@aol.com

On **Thursday May 26, 2011** beginning at 7 pm there will be another JDRF Networking Coffee in Braintree. Various topics to be discussed at this newly forming group!

For more information contact Mary Roth at 781-749-6734.

4th Annual PMC Kids Ride to be held in Hingham

Encourage students to register for the PMC Hingham Kids Ride on Sunday, June 12, 9am. This fifth annual PMC Kids Ride benefits Boston's Dana-Farber Cancer Institute's Jimmy Fund. Children 3 to 15 from the South Shore will raise funds and bike in Wompatuck State Park. More than 1,000 children have participated in past PMC Hingham Kids Rides raising over \$180,000 to help fight cancer. The PMC Kids Rides are an outgrowth of the two-day, 190-

mile Pan-Mass Challenge bike-a-thon where since 1980 adult bikers have raised \$300 million for the Jimmy Fund. PMC Kids Rides provides the children a part in the PMC, introducing them to volunteerism and fundraising in a safe, athletic way. Students may form their own Teams and dedicate their rides to someone in their lives that has or had cancer or just ride for a great cause. There are 5 supervised marked bike paths ranging

from a Tykes Loop, paved two and five mile loops and two mountain bike trails. There is a post-ride celebration that includes refreshments, raffle and entertainment. A \$15 registration fee applies, \$25 after June 5th.

Register to ride, volunteer, or virtually ride and get the whole family involved at <http://kids.pmc.org/hingham>. For more information email pmchingham@comcast.net.



Community Program on Food Allergies At Inly School

On Thursday May 12, 2011 The Food Allergy Support Group at Inly School in Scituate will host Dr. Michael Pistiner for a FREE program on Food Allergies. The event will focus on: *Food Allergies and Empowering food allergy kids and friends with food allergy safety and management strategies.*

Michael Pistiner, MD, is an allergist in Leominster, MA and clinical instructor at

Children's Hospital Boston, Harvard Medical School, where he works with families coping with food allergies. He is a food allergy educator and serves as voluntary consultant for the MA Dept. of Public Health, School Health Services and on the American Academy of Pediatrics Council for School Health. Dr. Pistiner is the author of "Everyday Cool with Food Allergies."

The evening will include a Q & A session in which Dr. Pistiner can address the allergy concerns of the audience.

This event is free and open to the public. The program will begin at 7 PM and is being held in the Meehan Family Arts Barn at Inly School. Inly School is located at 46 Watch Hill Dr, Scituate MA, off Rt. 123 near the Norwell Line.

Certificates of Attendance will be awarded!



Preventing Smokeless Tobacco Use Resource

Just a reminder that www.mylastdip.com is a **FREE** web based smokeless tobacco cessation project available to you to help keep the teens in your life healthy. There are two different programs available: one for individuals ages 14-25 and

the other for those who are 26 and older. If you are a school or health care professional and would like to obtain some free promotional material to share with youth go to: www.info.mylastdip.com.



Youth Health Connection

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Barbara Green, Ph.D.
781-749-9227 x3

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Kim Noble, RN. MBA
781-794-7415

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.

Youth Health Connection is a community benefits program of South Shore Hospital

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www.southshorehospital.org

Health Knowledge and Risk Prevention through Collaboration, Respect, Connectedness and Coalition Building



Supporting Gay, Lesbian, Bisexual, Transgender and Questioning Youth
by Marisa Howard-Karp, Program Director, GLBT Youth Support Project, Health Imperatives

The news seems to be full of stories these days about bullying, gay youth, and suicide. It’s painful to read, and it feels like it’s become an epidemic. But in my position as the director of the Gay Lesbian, Bisexual, and Transgender (GLBT) Youth Support Project, I will say that I’m glad to finally be reading about these issues in the news. This is an issue that’s been going on for many years, and it’s not just about suicide.

Isolation, homophobia, a lack of role models, and many other factors contribute to a number of

risk behaviors among GLBTQ youth, including disproportionate rates of alcohol and drug use and dropping out of school. But there is hope, because we know that efforts to create safer communities for GLBTQ youth really do result in healthier youth.

On June 6th, Youth Health Connection is sponsoring an educational program called “Supporting Gay, Lesbian, Bisexual, Transgender, and Questioning Youth.” I am excited to be the speaker for this event!

Join us for a discussion that will:
Increase your understanding of the pressures that correlate to risky behavior and high suicide rates among GLBTQ youth;
Help you identify the critical role of family support in improving the health of GLBTQ youth; and
Support you in finding ways that you can help create a safer and more supportive agency, school, or home environment for GLBTQ youth.

To register for this **FREE** event contact karin_farrell@sshosp.org