Bullying: What We Have Learned This Year

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

It is hard to believe it is June and that despite all the snow this past winter another school year is drawing to a close. Youth Health Connection has spent this year dedicated to studying bullying with the intent of creating a comprehensive understanding of what it is, how to be aware of it and what we can do about it. We have hosted a number of programs and worked very hard to encourage communities to work collaboratively to unite in strength and determination to positively deal with bullying and how it creates risk for youth. We know that though solid policies, procedures and programs we can insure schools and communities speak with a united voice. Culture and climates that emphasize kindness, respect, and tolerance for difference help build a foundation that nurtures empathy connection.

Through the year we have heard from Dr. Elizabeth Englander on bullying and cyberbullying, Michael Jackman on the new Massachusetts legislation, Al Moscaritolo on the Brain-Body reaction to bullying, Ned Hallowell on Learning Differences across the lifespan, Al again on effective group work with youth, Brigitte Berman on “Dorie Witt’s Guide to Surviving Bullies, Marisa Howard-Karp on Supporting Gay, Lesbian, Bisexual, Transgender and Questioning Youth. We had a wonderful meeting with Stephanie Patton on how communities can create and sustain coalitions for addressing change. Cohasset started a community wide campaign, Cohasset Coalition for Caring Community and had pledges signed and bracelets distributed.

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Youth Health Connection: Meetings 2011-2012 Mark Your Calendar!

Youth Health Connection will kick off the 2011-2012 academic year in September and October with a number of Advisory Board Meetings, please mark your calendars now to save the date!

School Nurse Advisory
Meeting on Monday Sept. 12, 2011 from 3:30-5:30 PM at Linden Ponds, Oakleaf Clubhouse, Hingham MA.


Parent Partner Advisory
Meeting on Wed. Sept. 21, 2011 from 8:30-10:30 AM, at Notre Dame Academy, Hingham in the Board Room.

Law Enforcement Advisory
Meeting in Oct. Date and time TBA.

Religious Leader Advisory
Meeting in Oct. Date and time TBA.

Bullying
The Youth Health Connection Focus Topic for the 2010-2011 Academic Year

“Life is a succession of lessons which must be lived to be understood”

Ralph Waldo Emerson
1803-1882
October Training Opportunity: Helping Children Cope with a Loved Ones Cancer

The Helping Children Cope (HCC) with a Loved Ones Cancer program at South Shore Hospital is currently seeking a few new volunteer facilitators. These facilitators will work directly with children ages 4-10 years old and their families to help them learn coping skills. Facilitators will be trained on Oct. 1, 2011 from 8 AM-Noon in Hingham. The training program will include content on the program overview and implementation, child development and research. The presenters for this training day include Joan Drescher, author of “The Moon Balloon” (the book used as part of the work with children & families) Maureen O’Brien, Destination Parenting & Ken Read-Brown, Minister of Old Ship Church in Hingham. This training is sponsored by the Friends of Mel Foundation.

If you, or someone you know is interested in learning more about this opportunity contact Julie Kembel at JAKembel@NILAbooks.adrres s or leave a message on the HCC phone line at 781-624-8919. Interested volunteers will be interviewed over the summer and candidates will be asked to complete a 5 hour SSH’s Volunteer Orientation prior to the Oct. Training Date. Trained volunteers will then be asked to commit to assist 3 hours every other month, plus occasional program meetings.

SAMHSA’s New Digital Outreach!

Last January the Substance Abuse and Mental Health Services Administration (SAMHSA) introduced new updates to the way they use social media applications to connect with people of all ages. The current focus is on outreach and feedback, seeking to engage in an ongoing conversation as a virtual community. They have established Ask SAMHSA! Is a blog that is an opportunity for public questions and comments on new topics each month, these questions will be answered by experts in the field.

http://blog.samhsa.gov

On the SAMHSA Facebook page there are over 7,300 followers who “like” the page. They see Facebook as an opportunity to extend their reach to new audiences and maximize use of resources. They are also using YouTube which enables them to host videos.

To find SAMHSA on Social Media Sites visit:

Facebook site is: http://www.facebook.com/samhsa

Twitter site is: https://www.twitter.com/samhsa.gov

Flickr site is: http://www.flickr.com/samhsa

YouTube site is: http://www.youtube.com/samhsa

Bullying: What We Have Learned This Year (cont.)

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The recent White House Conference on Bullying highlighted the following research tested ways to prevent bullying: Improve school climate, Survey students on bullying, Train teachers and all staff, Teach students how to respond to bullying, Make interventions manageable. We know the work is never done and that we must maintain an observant posture and consistent attitude that bullying in any form will not be tolerated. As adults who care about our youth we must serve as positive role models and narrate pro social behavior and attitude. We must not allow silence to have the power but rather affirm that through collected, strong voices we can provide safety for all our children to flourish, grow and develop. Let all that we have learned this year be used daily.
TeenLife Guide to College Admissions

The school year has yet to end, however next year’s seniors are already busy scheduling their summer college visits and preparing to gear up for a fall filled with writing essays, obtaining recommendation letters and completing college application forms. If you or your soon to be senior are looking for a quick and free guide to college admissions, check out the one available from TeenLife Boston.

This guide is concise and easy to read. There are sections on college interview do’s and don’ts for students. (remind your student to ask if the college they are visiting offers interviews—this is a great opportunity to make an individual impression!) There are also sections on Parent Tips for the Search Process and various local resources.

To download the 28 page guide visit: http://www.teenlife.com/?page=CollegeAdmissionYM

Also remember to use the resources provided by your child’s high school guidance office and talk to your child about managing the school literature, forms and emails that will be coming their way over the next year!

New Parenting resources from the Children’s Trust Fund of Massachusetts

Aptly entitled “One Tough Job” and proclaiming that it is an online resource for real-live parents this website contains information for parenting children from birth to age 18. There are sections on Positive Parenting, School and Child Care, Nurturing Your Family, Health & Safety, Growth & Development, Parenting Tips Sorted by Age and Ask the Expert!

Each section then has many subcategories and within each subcategory there are various topic specific articles. The articles contain additional resource links and each article can be printed or emailed.

To learn more visit: www.onetoughjob.org

New Website Resource from Caron

A brand new Caron Student Assistance Program (SAP) site has been launched! The new site address is: www.caronsap.org. Caron’s SAP services have grown extensively over the last few years and it was evident that we needed to have a place to showcase our menu of services separate from the www.Caron.org treatment services site.

The new site takes an in-depth look at all the services the department provides, from student services through professional trainings. And, it provides a place to direct school personnel and parents to learn more about the customized services available to them within their schools and the community.

Some of the new features of the site include:

New comprehensive website copy; the ability for school administrators, teachers and parents to contact SAP directly for more information on services; automatic credit card processing for online registrations for workshops, trainings and misc SAP-related events.

Questions regarding the new SAP site? Contact Traci Wojciechowski at twojciechowski@caron.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.

Looking for a book to read over the summer? Check out the Youth Health Connection Summer Book List that has just been finalized! (it is attached to the email) **Please share the list with others!**

We have LOTS of new books and are once again seeking volunteer readers. All we ask is that you commit to reading the book you request within 8 weeks. Once you have finished reading the book we ask that you write a brief (150 word) summary on what you thought of the book and if you would recommend it to others. Then return the book to us so that others might enjoy it!

Books that receive a reviewer’s recommendation will then be considered for placement on the Youth Health Connection Fall 2011 or Winter/Spring 2012 Suggested Reading Lists.

New books available are:
- “The Young & The Digital: What the Migration to Social-Networking Sites, Games and Anytime, Anywhere Media Means for Our Future” by Craig Watkins;
- “Raising A Modern Day Knight: A Father’s Role in Guiding His Son to Authentic Manhood” by Robert Lewis;
- “Raising a Modern Day Princess” by P. Farrel & D. Hanna;
- “Wild Things: The Art of Nurturing Boys” by S. James and J. Thomas;
- “Brave Girl Eating: A Family’s Struggle with Anorexia” by Harriet Brown;
- “Parenting Gifted Kids: Tips for Raising Happy and Successful Children” by James Delisle, Ph.D.;
- “Raising a Gifted Child: A Parenting Success Handbook” by Carol Fertig;
- “Get Into College in 3 Months or Less” by Doug & Robin Hewitt;
- “Alone Together: Why We Expect More from Technology and Less from Each Other” by Sherry Turkle;
- “101 Facts About Bullying: What Everyone Should Know” by M. Kevorkian and R. D’Antona and lastly;
- “Boys Alive! Bring Out Their Best! Why Boys Will Be Boys and What You Can Do To Bring Out Their Best” by Janet Allison.

We look forward to loaning these books out soon!