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Run to the Keys!

Coach Doug Merrill is the author of "Fighting the Demon of Suicide" and the founder of the Power Up Foundation. He is in the process of organizing a historic run that is scheduled to begin October 4th, 2009 in Boston, Massachusetts and to conclude March 2010 in Key West, Florida. The run is scheduled to last 6 months and will have Coach Merrill running 13.1 miles a day. Along the east coast route, Coach Merrill plans to speak at Universities, Colleges, community organizations, and high schools to spread his message of achieving positive mental health through positive physical health. Coach Merrill believes many can become mentally healthier through

better physical fitness. The mission of the Power UP Foundation is to promote positive physical and mental health to communities across the United States. The Power UP Foundation is designed to provide financial support to community programs that promote better physical fitness and mental health to its citizens.

Coach Merrill will be in our area prior to the start of his "Run to the Keys", are you interested in having Coach Merrill speak to your students? He is willing to present to a number of local schools for free! Contact Cyndi Adbon at Cyndi@powerupfoundation.com to schedule an event, for further information on Doug Merrill check out the website.



www.powerupfoundation.com

Save the Dates! September Advisory Meetings:

Meetings: The School Nurse Advisory Group will meet from 3:30 PM-5:30 PM at Linden Ponds on Monday September 14, 2009. The School Mental Health Provider Advisory Group will meet on Wednesday September 16, 2009 from 8-9:30 AM at

Hingham High School in the Guidance Office. The Parent Partner Advisory Group will meet on Wednesday September 23, 2009 at Notre Dame Academy in the guidance office.

Education: Sept. 30, 2009 from 7-8:30 PM YHC will

host a community education program for adults/teens featuring Coach Doug Merrill. Site TBA.

On Oct. 26 2009 Dr. Barbara Green will present our annual gatekeeper training program at Braintree High School from 3:30-5:30 PM.

Tips for Better Living:

"To dream anything that you want to dream; That is the beauty of the human mind. To do anything that you want to do; That is the strength of the human will. To trust yourself to test your limits; That is the courage to succeed."

—Bernard Edmonds

Troubled by your child's behavior? You are not alone!

Come to a Parent Support Group run by Tough Love. The group meets on Monday's at 7:30 pm at First Congregational Church, Riley Hall, 515 Hanover Street, Hanover MA

Tough Love offers support for parents of out of control children/teens whose behavior is unacceptable. Parents help parents by getting involved and supporting one another. The group encourages parents to

love their children enough to let the child or young adult deal with the consequences of their actions and choices in life. When parents "absorb the pain of consequences for their kids" they are enabling children to get away with their behavior.

Tough Love is not about throwing our children out of the house. It is about developing a stand which allows for a clear understanding of what is an

acceptable way to live our lives. Tough Love helps to establish a bottom line so Parent's behaviors become focused on actions that support their stand. This allows parents to advocate for cooperation and eliminate the chaos in their homes and lives. .

If you are looking for support, attend any Monday Meeting!



Remember your summer reading!!!

Summer of 2009 has to date been a wet and cool one! Have you taken advantage and read some of the books on the Youth Health Connection Suggested Summer Reading List 2009? Have you misplaced the list and would like a reminder of the titles on the list?

Strong Fathers, Strong Daughter: 10 Secrets Every Father Should Know by Meg Meeker MD

The Surprising Power of Family Meals: How Eating Together Makes Us Smarter, Stronger, Healthier and Happier by Miriam Weinstein

Navigating Your Freshman Year: How to Make the Leap to College Life and Land on Your Own Feet, by Students Helping Students.

The Parents We Mean to be: How Well Intentioned Adults Undermine Children's Moral and Emotional Development, by Richard Weissbourd, PhD.

All **Youth Health Advisory Members** please contact Kim at kimberly_noble@sshosp.org to stay up to date with the booktalk blog postings!

Peer Leader Training Manual Update

Six draft copies of the Youth Health Connection Peer Leader Training Manual, 3rd Edition with edits and comments were sent to Bob Anthony at Adolescent Wellness, Inc. last week. Bob is a member of the YHC School Mental Health

Provider Advisory Member and he has been instrumental in moving this project forward! We have a publication timeline that we will be working on this summer and early fall. Our current goal is publication for Nov. 2009, just in time for

our next Peer Leader Training sessions! I am sure we will be able to show you the updates at the Sept. 2009 meetings.

Sports and Fun Student Event

Programming offered by YHC this past spring sparked the idea for holding a program for Hingham High School (HHS) Students that was focused on being able to have fun as a teen and choose to be substance free. How did we do it? Emily Campbell, SADD Advisor-HHS and Deneen Chipparrri, HHS parent and YHC parent partner member took charge. Emily dealt with school related topics such as;

permission for the program, contacting team coaches/club advisors, National Honor Society to assist in the program and securing the sports equipment needed from the P.E. Department. She also covered publicity-newsletter announcement, asked the principal to email parents with announcements & ask for chaperones and volunteers, contacted Middle School principal to invite current 8th graders (incoming

freshman class). Deneen took charge of securing raffle prizes which included: Red Sox Baseball signed by J. Elsbury, A hockey stick signed by B. Orr and P. Esposito and a silver necklace, as well as smaller items such as duffle bags and gift cards for contest winners. SADD students sold event & raffle tickets, made up goodie bags and event posters

The night of the event there were 75 students in attendance and they had fun participating in Volleyball, 3-legged races, Twister, Hula Hooping, Badminton and Ski Poling. For the short amount of planning time the event was a great success!

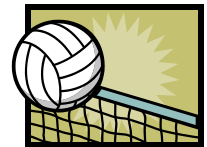


Hingham SADD Sports/Fun Night June 2009, submitted by V. C. (Hingham High Student)

The Hingham SADD Sports/Fun Night was a fun evening for many students. Although not as many kids as I would have liked to show up did, it was still a blast. The games were fun and the DJ made it a real party. Many students think they are too "cool" to show up to school sponsored activities, but they certainly missed out! Next year, I think it would be a good idea to get the word out about it

more and get more sports teams involved. Having the Dance Team there was a good touch, but getting teams like baseball, lacrosse or track would have made it better. It was all around a fun time for all and the prizes made it extra good! The Hingham SADD Sports/Fun Night was the idea of Emily Campbell, Hingham High's SADD faculty advisor. She obtained the proper

permissions, contacted the various coaches/club advisors, asked the National Honor Society to help us, the physical education dept. for sports equipment. Ms. Campbell also handled all the publicity including, announcements in school newsletters, emails to parents, seeking chaperones/helpers and invited the incoming freshmen to the event.



Meet the Interns: Youth Health Connection Summer 2009

Kyla White is entering her senior year at Suffolk University, majoring in Psychology. As an intern, Kyla will have more exposure to the program's challenges of achieving the psychological well being of adolescents and the different organizations in the mental

health field.

Patricia Sablock will be graduating from Curry College in May of 2010 with a bachelor's degree in Health Sciences. After meeting Kim, Pat knew an intern experience at the Youth Health Connection would

give her the experience she needed to become a health educator. As interns, Patricia and Kyla will be working on a variety of projects consisting of; reference sheets, assisting in planning the Coach Merrill event, drafting future weekly update editions, and website enhancements

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**Health Knowledge
and Risk Prevention
through Collaboration,
Respect and
Connectedness**

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.

Summer Publication Dates for the Weekly Update:

August 13, 2009

August 27, 2009

Sept. 10, 2009-Begins the weekly updates for 2009-2010

Let's get talking! Resources to initiate conversations

To help parents, coaches, teachers, mentors and others talk to children about healthy, loving, respectful relationships, the Family Violence Prevention Fund (FVPF), with national support from Macy's, has developed RESPECT! Tools, a collection of tips, information and conversation starters. These resources include:

- 10 quick tips for parents on how to talk to your kids about healthy relationships;
- A guide for parents on how to talk to a child of any age about the importance of respect in healthy relationships;

- 10 "Dinner Table Topics" using everyday examples to talk about the importance of respect in relationships;
- A quiz for teens to help them determine whether or not they or their friends are in healthy relationships; and
- A list of warning signs that a child may be in an unhealthy relationship.

"As a mom, it's important to me that we teach children about building respectful and healthy relationships," said singer and RESPECT! Campaign spokesperson Christina Aguilera. "We all have the power to give

respect and help create a world free from violence and abuse."

The Family Violence Prevention Fund works to end violence against women and children around the world, because every person has the right to live free of violence. For more information, visit www.GiveRespect.org or www.EndAbuse.org.

(taken from a North American Press Syndication Article)