

YOUTH SOURCE

Volume 12, Issue 1

[www.needhamma.gov/
youth](http://www.needhamma.gov/youth)

STAFF

Jon Mattleman, Director
MS Counseling

Katy Colthart, Clinician
MSW, LICSW

Alexandra Hogan, Clinician
MA, MHC

Carol Rosenstock, Office Manager
BS Education

Elizabeth Barnes Clinical Intern
MSW (pending)

Leslie Sattler, Consultant
MSW, LICSW

BOARD MEMBERS

Cathy Lunetta, Chairperson

Connie Barr, Vice-Chairperson

Ian Campbell

Sarah Cocuzzo

Ronnie Haas

Doug Levy

Vin Springer

Debbie Winnick

Dear Friends:



Welcome to another edition of Youth Source. Change is in the air — and there sure are a lot of them:

- Our email address is changing — to communicate with any staff member use the first initial of their first name followed by their last name, followed by “@needhamma.gov”.
- Our newsletter will also be changing. We will still publish twice a year as in the past, but the format will be read more like a brochure alerting the community of upcoming programs.
- One final change: In January 2010 it is anticipated that the entire Town Hall will be moving to temporary quarters as we hope the current building will be under renovation. The street address will be 500 Dedham Avenue, it is unclear at this time if we will be assigned a new telephone number.
- In the fall we will be welcoming new Clinical Intern Rachel Hoogasian, a graduate student from Boston College.

With all of the aforementioned, we are pleased to report that we remain unchanged in terms of our staffing and our dedication to meeting the needs of Needham youth and families.

Jon

EACH YEAR THE YOUTH COMMISSION FACILITATES A PROGRAM ENTITLED “SAFE SURF” FOR 6TH GRADERS AT POLLARD MIDDEL SCHOOL FOCUSING ON THE INTERNET AND OTHER ELECTRONIC COMMUNICATIONS. OUR SURVEY OF STUDENTS REVEALED:

69
Minutes devoted to
Instant Messaging
every day

129
Text Messages
sent every
week

Given the Losses and Grieving We Have Experienced Over the Past Years...

Unfortunately, the Needham community is no stranger to loss, and below is important information regarding the issue of "grief."

Grief is a natural emotional experience in response to loss: the death of a family member, friend, or pet; loss of a relationship; loss of a job, a dream or material possessions. These losses provoke grief, an emotion that is part of a normal, healthy, healing process. Grieving is a deeply personal process that can take weeks, months, and even years. There are no timelines for grieving a loss; everyone heals differently. Many people experience the following stages of grief in various ways. They are experienced in no specific order:

Denial:

A numbness and disbelief that the event has occurred. Even though intellectually you know the loss or death has happened, it doesn't seem real to you. Denial protects us from being overwhelmed by emotions, and this can be a useful way of coping. Denial acts as a shock absorber that helps us assimilate the difficult truth.

Anger:

At doctors, family members, the situation, etc. When we have been abandoned by loss or death, anger can be very powerful. It is often difficult to express anger in this situation, and it can be taken out on the people and situations that are available. A certain amount of anger is a healthy indication that we are beginning to accept the facts.

Guilt:

A feeling of regret, conflict, or shame about the loss. We can feel guilty about things that were left undone, or by things that were said and done prior to the loss. Guilt can also be felt when we begin to enjoy life after a death or loss. This is a normal part of processing the different feelings that accompany death or loss.

Depression:

Overwhelming sadness about the loss that seems never-ending. As we begin to acknowledge the loss and reality sets in, we can begin to feel sad, hopeless, and unprotected. It is common to feel isolated or to withdraw from family, friends, and activities. Depression is part of saying good-bye to someone or something you cared about.

Acceptance:

Awareness of life's new reality and readiness to move forward. Acceptance means that you know life has changed and that you need to find new ways of responding to the change. This step in personal growth is a healthy response to surviving loss.

How we grieve depends upon...

Your relationship with the loss or with the person who died, whether the loss was anticipated or sudden, and how the loss will impact your life. Personal coping style or strategies also play a role, as well as your supports, culture, religion, and overall belief system.

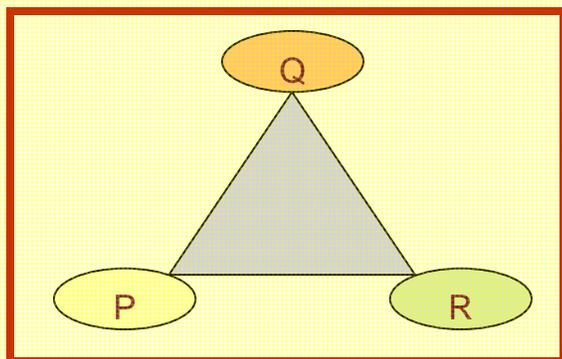
Coping strategies when dealing with a loss...

- Accept that grieving takes time
- Appreciate small pleasures
- Talk with others about your feelings
- Accept comfort from others
- Permit yourself to feel different moods
- Give yourself time alone or with others
- Anticipate recurrent episodes of sadness
- Write in a journal
- Spend time with your pet
- Reduce other stresses if possible
- Give yourself something to look forward to
- Nourish yourself with food, rest & comfort
- Relax
- Sleep
- Rest
- Cry
- Laugh
- Exercise

QPR

Suicide Prevention Training

Over the past few years, the Needham community has experienced several suicides that have impacted the town on many levels. To address this issue, Needham Suicide Prevention Coalition is offering a program entitled "QPR — Question, Persuade, Refer." This program was created by Paul Quinnett, Ph.D. and is modeled after the success of the CPR (Cardio Pulmonary Resuscitation) medical intervention. It is based upon the several basic concepts including the notion that those who most need help in a suicidal crisis are the least likely to ask for it, that the person most likely to prevent a person dying by suicide is someone they already know, that prior to making a suicide attempt those in a suicidal crisis typically send warning signs of their distress and suicidal intent to those around them, and that when we solve the problems people kill themselves to solve the reasons for suicide disappear.



QPR is known as a gatekeeper training. According to the Surgeon General's *National Strategy for Suicide Prevention*, "key gatekeepers" are "people who regularly come into contact with individuals or families in distress." Gatekeeper training has been identified as one of a number of promising prevention strategies. Trainings are 90 minutes in length.

QPR Training Dates for the 2009/2010 academic year: December 2, 2009; and February 4, 2010; with additional dates to be announced. To learn more please contact Jon Mattleman at 781-455-7518 x265 or at Jmattleman@town.needham.ma.us or visit us online at www.needhamma.gov/youthcommission/qpr.

SUMMER PROGRAMS FOR YOUTH

EXTREME LOOKS



Extreme Looks returns for its tenth summer! This three-day workshop will explore how the media goes to extremes that distort girls' self-esteem, body image, and perceptions about relationships. Based on a model of wellness, the group will incorporate activities and discussions to teach participants safe ways to exercise and stay healthy, thus addressing the needs of the mind, body, and spirit. **The proposed schedule for Extreme Looks is Wednesday, June 24th through Friday, June 26th from 12:30 to 4:30 and is open to girls currently in 6th, 7th, and 8th grades.** Special thanks to the YMCA for collaborating with us on this program. For more information please visit our website at www.needhamma.gov/youthcommission/extremelooks or contact Katy Colthart at 781-455-7518 x264 or by email at Kcolthart@town.needham.ma.us.

Thanks to the Needham Community Council, Project VAN (Volunteers Around Needham) will be back this year for its twelfth great summer! Project VAN offers youth ages 13 (or entering 8th grade) to 17 the opportunity to provide a valuable community service to non-profit organizations in Needham. Youth can register for one day, a few days, or all nine days. A sampling of the sites for this year's Project VAN includes Charles River Center, Needham Community Council, Needham Public Library, Needham Park and Recreation, and Wingate at Needham. To register or for more information, please visit our website at www.needhamma.gov/youthcommission/van or contact Alexandra Hogan at 781.455.7518 x266 or by email at Ahogan@town.needham.ma.us.

This summer, Project VAN is scheduled for July 14th to 16th, 21st to 23rd, and 28th to 30th

PROJECT VAN



How does the community feel about the services of the Youth Commission?

Below is a sampling of comments we have received in just the past few months...

“It was a wonderful way to learn if I am “on the right track” and also to learn new strategies for improving my relationship with my teen”
...comment by a parent after participation in the program “A Conversation..For Parents of Teens”

“Your knowledge and honest expression of ideas was done in a comfortable and non-confrontation method”
...comment by a parent after participation in a “QPR Suicide Prevention Training”

“Now I know important things about babysitting that I did not know before”
...comment by a youth after participation in a “Babysitter Training Seminar”

“It taught me ways to keep safe online...I learned to be careful who I talk to online”
...comment by a youth after participation in a “Safe Surf Internet Workshop”

“Thanks for the good work you do”
...comment by a resident using the “Employment Program”

“We feel blessed and very fortunate to have the opportunity to have a tutor”
...comment by a parent with a child in the “Peer Tutor Program”

“We loved it...the discussions and activities were well thought out and were fun”
...comment by a 4th grader’s parent after their participation in the program “Books and Bridges”

**"Try not to become a person of success,
but rather try to become a person of value"**

Unknown Source

**Needham Youth Commission
1471 Highland Avenue - Town Hall
Needham, MA 02492
[Www.needhamma.gov/youthcommission](http://www.needhamma.gov/youthcommission)**