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Project INTERFACE Newsletter

Volume 1, Issue 6

Dear Mental Health Professionals:

The focus of this issue of the Project INTERFACE Newsletter is **toxic environmental threats to children's intellectual, emotional and physical development**, which features a special program on this important topic offered by MSPP, the Massachusetts School of Professional Psychology, as well as parenting tips and recent research. We hope you will find the information helpful, and share it with your clients as appropriate.

Project INTERFACE continues to receive overwhelmingly positive feedback from both providers and parents. We recently heard from **Joel Neiditz, LICSW of Needham's High Rock School**, who gave us permission to share this response:

"The Project INTERFACE staff is extremely responsive. We are very fortunate to have this service available to our community."

Thank you again to all providers who participate in Project INTERFACE. If you have not yet updated your profile, please e-mail us at interface@warmlines.org to receive instructions for easy updating online.

Spotlight on Upcoming Events

The ABCs of Estate Planning - FREE!

Date: Wednesday, November 4, 2009

Time: 7:00-8:30 pm

Location: WarmLines, 225 Nevada Street, Newtonville

Estate Planning can seem daunting - especially in today's stressful world! For a "plain-English" discussion of the legal documents which need to be in place to protect individuals and families, join **Attorney Frank B. Yunes** to learn about the following:

- Health Care Proxy
- Living Will
- Guardianship Proxy

- Durable Power of Attorney
- Living Trusts
- Declaration of Homestead
- Last Will and Testament

[Click here to pre-register online](#) or call 617-244-INFO.

Continuing Education for Mental Health Professionals

Toxic Environmental Threats to Children's Development: What We Know and What We Can Do

Date: Saturday, November 14, 2009. Pre-registration is required.

Time: 8:30 am- 4:30 pm

Program No: CD09

CE Credits: 6 CE/ CME Credits

Tuition: 6 CE Credits: \$135*, 6 CME Credits: \$155*, General Public Fee: \$67.50*

Location: MSPP: 221 Rivermoor Street, Boston, MA 02132

**includes a brown bag lunch*

Emerging scientific evidence alerts us to the ways that environmental toxins affect children's brains, bodies and behavior. As family members and as professionals, it is critical that we understand the role that these substances play in children's development, and understand what we can do to minimize these risks.

This conference will present cutting-edge research on the effects of toxins -- such as lead, food additives, and endocrine disruptors found in plastics, cans and other sources -- on intellectual, emotional and physical development. We will hear about practical approaches, programs and interventions that have successfully reduced exposure to these chemicals, including programs targeting families living in urban housing. Participants will have the opportunity to discuss how to apply the information learned at the conference in their own practices, communities and family lives.

For more information and to register, please visit www.mspp.edu/academics/continuing-education/programs/cd09.asp.

Tips for Parents

How to Minimize Risks Associated with Toxic Threats to Children's Development

from www.Brainy-Child.com

1. **Reducing Risks from Pesticides.** Nearly all pest problems can be solved without the use of toxic pesticides. Alternatives include the use of nontoxic products and substances to kill or repel pests, and also the use of techniques that prevent pest problems.
2. **Reducing Risks from Lead.** Have your child screened by your pediatrician or family

- physician for lead.
3. **Reducing Risks from Chemicals that Accumulate in Food.** Eating low on the food chain (more fruits and vegetables; less meat, dairy, fish and poultry) is an effective way to reduce your intake of the persistent chemicals that accumulate in animals that are high on the food chain or long-lived.
 4. **Reducing Risks from Household Products.** Use less toxic or nontoxic cleaning products. Commercial brands are available, or you can make simple cleaning solutions with substances such as baking soda, soap, and vinegar.
 5. **Reducing Risks from Building Materials, Construction and Furnishings.** Toxic fumes and dust are commonly present during demolition and new construction. Pregnant women and young children should avoid exposure to home renovations and construction areas.
 6. **Avoiding Solvents.** Numerous hobbies (e.g. painting, model building, furniture refinishing) and any activity using degreasers (e.g. automobile repair) or non-water-based glues are likely to involve exposure to solvents.

For more helpful tips on how to minimize risks associated with toxic threats, visit www.brainy-child.com/article/toxic-threats-to-brain-development.html.

Recent Article

Environment and the Developing Brain

"Neurodevelopment refers to how the brain and nervous system develops. Scientists have made tremendous progress in understanding how the brain works, and are gaining new insight into the role that environmental exposures may play in the development of disorders such as autism and attention deficit disorder."

Read more at <http://www.niehs.nih.gov/health/docs/neuro-fs0508.pdf>.

Project INTERFACE at WarmLines A subsidiary of the Freedman Center at MSPP

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