



# Hopkinton Youth & Family Services

## JANUARY 2024- Parent/Caregiver Newsletter

### Clinical Staff

**Dawn Alcott-Miller, LICSW** Director 508 497-9700 x1449

Dawn is responsible for overseeing all operations of the HYFS department. She is deeply invested in all the services of HYFS. She provides support with information and referral, short term counseling, parent consultation/coaching, case management and educational and supportive programming.



**Colleen Souza, LICSW** Social Worker/Case Manager 508 497-9700 x1450

Colleen provides information and referral, case management services for residents having difficulty navigating resources, short term counseling, and co-leads the Hopkinton Organizing for Prevention Youth Coalition.

**Holly Morand, LICSW** Resource Counselor/Case Manager 508 497-9700 x1451

Holly provides outreach and case management services to enhance equity for residents and especially those for whom traditional services have not been a good fit. She also provides outreach to special populations and those furthest from opportunity.



### Prevention Staff

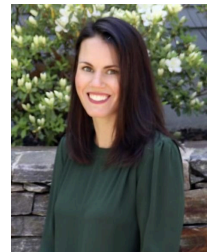


**Cassandra Bigness, MPH**, Program Coordinator - Drug Free Communities Grant 508 497-9700 x1457

Cassandra oversees the coordination of the Hopkinton Organizing for Prevention Coalition (HOP) and HOP Youth Coalition in their aim to prevent and reduce youth substance use and misuse.

**Lauren Mayer, MA** Regional Prevention Coordinator - Mass Call Part B Grant 508 497-9700 x1456

Lauren leads a regional cluster of towns working through a strategic model to identify risk and protective factors to aid in the reduction of youth substance use. She provides coordination support to the HOP coalition through member engagement.



**Anna Noroian (HHS Junior), Emily Evans (HHS Sophomore), & Neha Ninan (HHS Junior)** HOP Interns

Three interns support the Drug Free Communities grant program efforts to reduce youth substance use and promote mental health in the Hopkinton community.

**YOU CAN ALSO REACH OUT TO HYFS AT 508-497-9781 or  
contacthyfs@hopkintonma.gov**

## Tips for Mental Wellness Month

### **January is Mental Wellness Month: A perfect time to shift your focus to your own wellbeing**

Positive mental health (along with other factors) can reduce your risk of heart attack and other serious conditions. Strong mental health also helps boost your immune system, reducing your risk of getting sick. Learn more about nurturing your mental health [here](#)

### **Caring for Your Mental Health**

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is more than the absence of a mental illness—it's essential to your overall health and quality of life. [Here](#) [Esta página también está disponible en español.](#)

### **New Year's Resolutions for the Bereaved**

A list to get you started. What would you add? [Here](#)

### **What is Dry January?**

#### **Why try it out?**

Movements, such as the sober curious movement, have cropped up across the globe where people reevaluate their long-term relationship with alcohol and embrace the idea of mindful drinking by reducing their intake. Dry January involves going the first month of the year without drinking. Some practice damp January where alcohol intake is reduced. Learn more [here](#)

Suddenly reducing alcohol use may not be safe for everyone, especially those who are regularly using alcohol or those who have an alcohol use disorder. Learn about how alcohol can impact the body [here](#)

More information regarding treatment for alcohol use disorders available [here](#),

For more information on how to find treatment, visit SAMHSA's website [here](#). Local treatment resources available on HYFS website [here](#).

## Resource of the Month

### **Mindwise Behavioral Health Screenings - Free! Confidential!**

We encourage everyone to get a check-up from the neck up by completing one of 14 offered through our partner MindWise Innovations, a service of Riverside Community Care.

MindWise's anonymous screenings cover everything from feelings of depression and anxiety to well-being and resilience; for those unsure where to start, a wide-range screen is available to guide you in the right direction. Although these screens are informational and not diagnostic, they provide a convenient opportunity to evaluate if you or someone you care about should connect with a behavioral health professional. Each screening takes only a few minutes to complete and all provide resources to connect you with care if indicated.

Start [here](#)

## Join Us for Upcoming Programs!

*Our coming events are always kept up to date on our website.*

*January includes wholistic wellness  
& teen healthy relationship program  
Also check out programs from collaborating organizations &  
ongoing activities you can get involved in.*

Check [here](#)

# Information and News you can use!

## Hopkinton Parks & Recreation

Hopkinton Parks and Recreation provides recreational opportunities for you and your family. See more [here](#)

## Hopkinton Public Library

The library hosts programs for all ages that are educational, therapeutic, skill building, and that explore current issues. Check out their [offerings!](#)

## Families for Depression Awareness

Did you know that you have access to a host of webinars that help those with depression manage their illness and caregivers in supporting those they love (adults of all ages and teens)? Check out their [offerings!](#)

## Project ABC

A grant funded program managed by YMCA-Metrowest offers local playgroups and caregiver consultation for preschool age children and their caregivers. Read about it [here](#)

## Hopkinton Freedom Team

The mission of the Hopkinton Freedom Team is to create unity in the community by fostering inclusion, solidarity and compassion for all people. Learn [more](#)

## HYFS provides programs & services that promote behavioral health Call us to learn more 508-497-9781

### [INTERFACE Referral Service](#)

All Hopkinton residents can access free and confidential help with finding an outpatient mental health provider, in as little as two weeks, that best matches their needs in terms of location, specialty of provider, insurance or fee requirement and availability.

1-888-244-6843

### [Mindwise Behavioral Health Screening](#)

Twelve free, anonymous, scientifically validated screenings are available to take a check up on topics from general wellbeing, mood, anxiety, & substance use. Take one today to gain insight & get resources.

## About Us

### Mission

To provide access to comprehensive social services for youth and families and to enhance behavioral health for the entire Hopkinton community

### Vision

Hopkinton will be a town in which all people are valued, where behavioral health is a high priority, and residents have a place to turn when they need help

[The HYFS Strategic Plan](#)

[The HYFS Strategic Plan Executive Summary](#)

For any questions, comments, or concerns please reach out to Dawn Alcott-Miller, Director at [dalcott@hopkintonma.gov](mailto:dalcott@hopkintonma.gov) or 508-497-9781

Visit us on our [Website](#), [HOP's Website](#) & [Facebook](#) & [Instagram!](#)

### [Hopkinton Organizing for Prevention](#)

The mission of Hopkinton Organizing for Prevention (HOP) is to prevent youth substance use through the provision of resources, education, and support for the Hopkinton Organizing for Prevention purpose of promoting well-being and resilience for all Hopkinton residents. Adults and youth can always get involved. Reach out to us to find out how! Visit us on [Instagram](#) and [Facebook!](#)

### [Additional resources](#)

[Mental Health Resources](#)

[Substance Misuse Resources](#)

[Need Based Resources](#)