



# Hopkinton Youth & Family Services

## June 2025 - Parent/Caregiver Newsletter

### Clinical Staff

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

Dawn oversees all operations of the HYFS department, including staff and intern supervision, contract management, grant administration, budget management, and strategic planning. She provides support through information and referrals, short-term counseling, parent consultation and coaching, case management, grant management, and educational and supportive programming.



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

Colleen provides information and referrals, as well as case management services for residents who have difficulty navigating resources, and offers short-term counseling. She also co-leads the Hopkinton Organizing for Prevention Youth Coalition.

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

Holly provides outreach and case management services to enhance equity for residents, particularly 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



**Lauren Mayer, MACP Regional Prevention Coordinator - MassCALL3B Grant 508 497-9700 x1456**

Lauren leads a regional cluster of towns in working through a strategic model to identify risk and protective factors for reducing youth substance use. Through member engagement, she provides coordination support to the HOP coalition.

**Erin Bartolini, MSCHPM Program Coordinator, Drug-Free Communities Grant 508 497-9700 x1456**

Erin is the Drug-Free Communities grant coordinator, supporting the Hopkinton Organizing for Prevention (HOP) coalition in its efforts to reduce youth substance use in the community. Erin oversees the HOP Youth Interns and HOP Youth Coalition.



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

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

### We are hiring!

- **A Full-time Social Worker/Program Coordinator**
- **Contact the director to learn more.**



## June is PRIDE: Mental Health in the LGBTQ+ Community

Mental health is a vital part of well-being for everyone, and for our LGBTQ+ neighbors, friends, and youth, there are added challenges that deserve our care and attention.

While being LGBTQ+ is not a mental health issue, the stigma, discrimination, and rejection that many experience can lead to higher rates of anxiety, depression, and suicidal thoughts. LGBTQ+ youth are over *four times* as likely to attempt suicide compared to their non-LGBTQ+ peers. But these outcomes are not inevitable—they are preventable, and support can save lives.

Members of the LGBTQ+ community often face:

- Bullying or exclusion in schools, sports, and places of worship
- Family rejection or pressure to hide their identity
- Barriers to affirming mental health care

***But there's hope. Research shows that one accepting adult can reduce the risk of suicide in LGBTQ+ youth by 40%!***

What You Can Do:

- Be an ally—learn and listen.
- Use inclusive language and stand up against bullying.
- Share this information with others.
- Support LGBTQ+ visibility and inclusion in schools, sports, and civic spaces.

Resources:

- OUT MetroWest: Offers free, affirming programs for LGBTQ+ youth across MetroWest, including drop-in groups, mentorship, and events. [outmetrowest.org](https://outmetrowest.org)
- PFLAG MetroWest: Peer-led support for families, caregivers, and allies of LGBTQ+ people. [pflagnb.org](https://pflagnb.org)
- The Trevor Project: 24/7 crisis support for LGBTQ+ youth via chat, phone, or text. [thetrevorproject.org](https://thetrevorproject.org) (866) 488-7386
- Trans Lifeline: Peer support run by and for trans people. [translifeline.org](https://translifeline.org) (877) 565-8860



# Resources of the Month: Transitioning to Summer



Helping kids transition from the structured school year to the more relaxed summer can benefit their emotional well-being, learning, and family relationships. Transitions can be challenging for kids, regardless of their feelings about school. The shift in routine can lead to anxiety, behavior issues, or emotional ups and downs. By recognizing these challenges, parents can help make the transition smoother for everyone.

When school ends, the sudden change to a less structured summer can create uncertainty and anxiety for kids. By setting up a consistent daily routine over the summer, parents can provide a sense of stability and predictability, making it easier for children to adjust.

Taking a break from learning can sometimes cause what's known as "summer learning loss," where kids may fall behind in subjects like math and reading. Keeping kids engaged in learning activities during the summer can help them stay sharp and prevent them from losing their skills.

**change, whether  
positive or negative,  
can activate:**

- Grief
- Sadness
- Fear
- Confusion
- Uncertainty
- A Memory of Last Time Things Changed
- Thoughts of losing or missing friends
- Hopefulness
- Excitement

Check out some resources that can help your family transition into summer successfully!

[Making a Plan for the School-to-Summer Transition - Brain Balance Center](#): The Brain Balance Center has created this short guide to help parents generate ideas to support their kids through routines and small steps to make changes.

[Tips to Get Kids Ready for the School Year-End - Scholastic](#): Scholastic's end-of-the-school-year guide focuses on helping younger kids transition to summer and ideas to make that change easier on the whole family.

[10 Ways to Support Your Child's Mental Health This Summer - Center for Child Counseling](#): The Center for Child Counseling has many recommendations to support the mental health of kids of all ages. They include videos and tangible activities to make these ideas easier to implement.

## Updates from Hopkinton Organizing for Prevention (HOP)



### Hopkinton Leads the Way with Nicotine-Free Generation Policy

Hopkinton has become the 16th community in Massachusetts to pass a Nicotine-Free Generation (NFG) policy and to restrict the sale of nicotine pouches to adult-only retailers. On May 14, the Hopkinton Board of Health heard the opinions of the community in a public hearing. Community

[ [contacthyfs@hopkintonma.gov](mailto:contacthyfs@hopkintonma.gov) ] [ 508-497-9781 ]



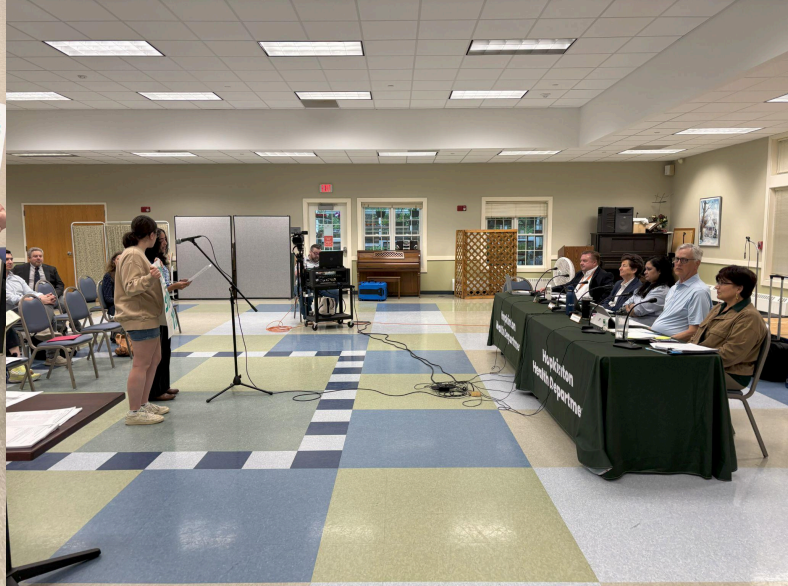
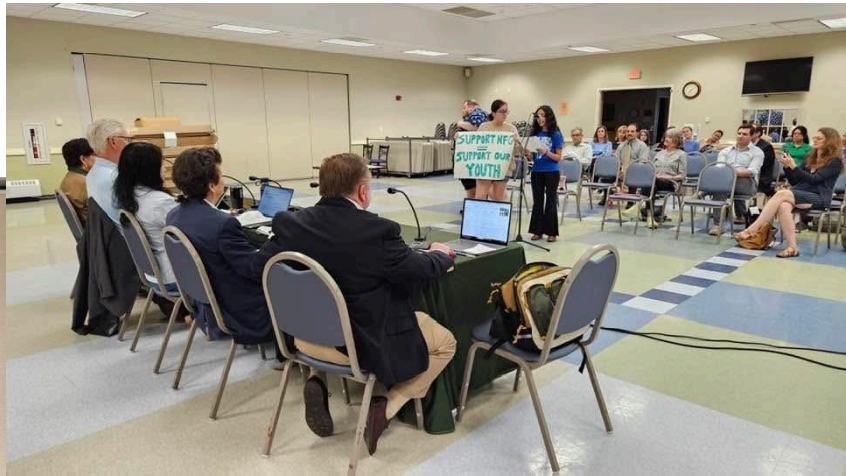
leaders from Hopkinton Organizing for Prevention (HOP), including youth, made a powerful impact by sharing testimonials, submitting letters, and creating signs of support. The HOP Coalition joined the effort by signing a letter of support that was read at the hearing. It's important to note that no one spoke in opposition to the policy at the hearing.

## Updates from Hopkinton Organizing for Prevention (HOP) cont.

Nicotine-Free Generation (NFG) is a forward-thinking public health strategy designed to protect future generations from the harmful effects of nicotine. It prohibits the sale of nicotine products to anyone born on or after January 1, 2005—creating a permanent cutoff that gradually reduces the availability of nicotine products over time and denormalizes their use. Current users are still able to purchase nicotine, but future access will be phased out. Hopkinton's policy also includes a restriction on the sale of nicotine pouches to retailers that are only for adults.

Why is this policy important? Despite laws prohibiting the sale of nicotine to anyone under 21, data from the 2023 MetroWest Adolescent Health Survey, along with recent middle and high school focus groups, show that youth in Hopkinton are using nicotine products primarily in the form of electronic cigarettes, with use of nicotine pouches on the rise.. Reducing access to these products and denormalizing their use over time can significantly impact youth use and improve public health outcomes.

Hopkinton Organizing for Prevention was proud to be part of this vital initiative. It's yet another example of something great starting right here in Hopkinton because prevention starts here!



## Coming Programs

For more opportunities, including support group information, behavioral health screens, how to support local nonprofits, and more, check out our coming events by

[Bookmarking this page](#) or visiting our [website](#).

***HYFS & local partners' upcoming events are updated & change frequently.  
Please check back often!***

[ [contacthyfs@hopkintonma.gov](mailto:contacthyfs@hopkintonma.gov) ] [ 508-497-9781 ]

### 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 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 consultations for preschool-age children and their caregivers. Read about the Project and its many [FREE activities here!](#)

### Hopkinton Senior Center

The Hopkinton Council on Aging aims to enhance and enrich the quality of life for adults aged 60 and older in the Town of Hopkinton by offering activities and services that promote independence, healthy living, and ongoing community engagement. Learn more [here](#).

### Hopkinton Public Library


The library hosts educational, therapeutic, and skill-building programs exploring current issues for all ages. Check out its [offerings!](#)

### Hopkinton Park & Recreation

Hopkinton Parks and Recreation offers a range of recreational opportunities for you and your family. Learn [more](#).

### Hopkinton Public Health

The Hopkinton Health Department and Nursing Services ensure that healthy outcomes and lifestyles are accessible and achievable for all who live, work, and visit the town. Our mission is to promote public health through education, advocacy, & provision of high-quality healthcare services. Learn more [here](#).



Some Important Numbers to Know:

Department	Contact	Location
<a href="#">Hopkinton Department of Public Works</a>	(508) 497-9740 <a href="mailto:kreed@hopkintonma.gov">kreed@hopkintonma.gov</a>	83 Wood St.
<a href="#">Hopkinton Fire Department</a>	Non-emergency: (508) 497-2323	73 Main St.
<a href="#">Hopkinton Health Department</a>	(508) 497-9725 <a href="mailto:SMcAuliffe@hopkintonma.gov">SMcAuliffe@hopkintonma.gov</a>	Town Hall - Third Floor
<a href="#">Hopkinton Organizing for Prevention</a>	(508) 497-9781 <a href="mailto:ebartolini@hopkintonma.gov">ebartolini@hopkintonma.gov</a> <a href="mailto:lmayer@hopkintonma.gov">lmayer@hopkintonma.gov</a>	Town Hall - Basement
<a href="#">Hopkinton Parks &amp; Recreation</a>	(508) 497-9750 <a href="mailto:parksandrec@hopkintonma.gov">parksandrec@hopkintonma.gov</a>	6 Walcott St.
<a href="#">Hopkinton Police Department</a>	Non-emergency: (508) 497-3401	74 Main St.
<a href="#">Hopkinton Public Library</a>	(508) 497-9777 <a href="mailto:hopkintonlibrary@hopkintonma.gov">hopkintonlibrary@hopkintonma.gov</a>	13 Main St.
<a href="#">Hopkinton Public Schools</a>	(508) 417-9360	89 Hayden Rowe St.
<a href="#">Hopkinton Senior Center</a>	508-497-9730 <a href="mailto:abeck@hopkintonma.gov">abeck@hopkintonma.gov</a>	28 Mayhew St.
<a href="#">Hopkinton Youth &amp; Family Services</a>	(508) 497-9781 <a href="mailto:contacthyfs@hopkintonma.gov">contacthyfs@hopkintonma.gov</a>	Town Hall - Second Floor

# HYFS provides programs & services that promote behavioral health

**Call us to learn more at 508-497-9781**

## **INTERFACE Referral Service**

All Hopkinton residents can access free and confidential help finding an outpatient mental health provider in as little as two weeks that best matches their needs in terms of location, the specialty of the provider, insurance or fee requirement, and availability. 1-888-244-6843

## **Mindwise Behavioral Health Screening**

Twelve free, anonymous, scientifically validated screenings are available to assess topics ranging from general well-being to mood, anxiety, and substance use. Take one today to gain insight and access resources.

## **Hopkinton Organizing for Prevention**

The mission of Hopkinton Organizing for Prevention (HOP) is to prevent youth substance use by providing resources, education, and support to promote well-being and resilience for all Hopkinton residents. Adults and youth can always get involved. Contact us to find out how, and visit us on [Instagram](#) and [Facebook!](#)

## **Additional resources**

HYFS has a user-friendly landing page for many resource needs! Check it out for yourself or someone else.

## **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.

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!](#)**