



# Hopkinton Youth & Family Services

## Summer 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.

## Summer Fun for the Brain: Nature-Powered Activities

This summer, let's step outside! Did you know that 20–40 minutes of unstructured outdoor play can reduce anxiety, boost attention, and build resilience in youth? Research shows that spending time in nature enhances focus, fosters social skills, and supports emotional regulation.

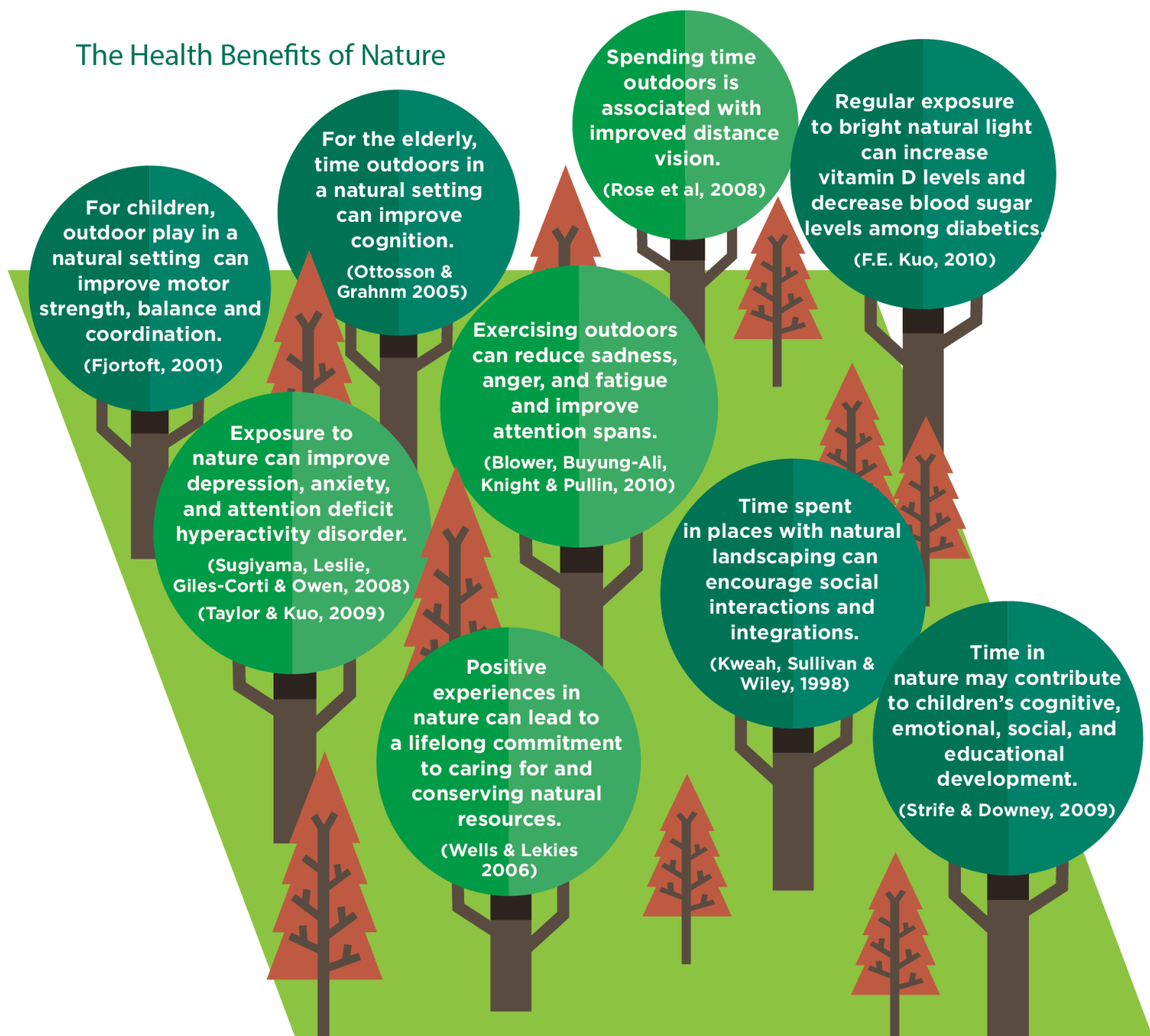
. Try some free, fun ideas from [HYFS' Summer Resources](#) page or other activities like family nature walks or [scavenger hunts](#), chalk-arts on sidewalks, and loosely-structured play at local parks. It's a screen-free reset that's scientifically sound and full of smiles.

For more information about the benefits of being and playing outdoors, check out:

- Healthykids.org has a thorough resource about the benefits of outdoor play on the development of young minds, as well as some tips on helping your kids become outdoor kids. [Playing Outside: Why It's Important for Kids - HealthyChildren.org](#)
- [Mass Audobon Society](#) has a great resource on places around Massachusetts where families can explore nature, participate in activities, and learn more about the land around them.

Time outside benefits the whole family!

### The Health Benefits of Nature





## Calling All Hopkinton High School Students!

[Hopkinton Organizing for Prevention](#) (HOP) Youth is hosting a *free* **Youth Leadership Camp** this summer, July 29–31, from 4:30 to 7:00 PM!

This three-day program builds leadership skills, makes new connections, and gets involved with the exciting prevention activities HOP Youth has planned for the upcoming year.

Camp highlights include:

- Peer vaping prevention training
- The Green Bandana Project
- A fun-filled Amazing Race at the MetroWest YMCA

Dinner is included, and community service hours will be provided.

Open to *all* Hopkinton High School students and it’s completely free!

Sign up here: <https://forms.gle/a9jDcCUz5KnwMuNw7>

See the flyer below for more details!



# HOP YOUTH LEADERSHIP CAMP

**JUL 29-31**

**JOIN US!**  
Amazing Race at the MetroWest YMCA, Peer Vaping Prevention Training, the Green Bandana Project and more!

**Who:** Hopkinton High School Students

**Time:** 4:30-7pm each day

**Location:** Lower Level Conference Room, Town Hall (7/29-7/30) & MetroWest YMCA (7/31)

**SIGN UP HERE:**  


**DINNER IS INCLUDED!**  
Community Service Hours Will be Provided!



**QUESTIONS? EMAIL US:**  
[EBARTOLINI@HOPKINTONMA.GOV](mailto:EBARTOLINI@HOPKINTONMA.GOV)  
[CSOUZA@HOPKINTONMA.GOV](mailto:CSOUZA@HOPKINTONMA.GOV)

## 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!***

### 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!](#)**