

Hopkinton Youth & Family Services

November 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 struggle to navigate 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 network of towns 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.



Emily Evans (HHS Senior), HOP Intern, supports the Drug-Free Communities grant program's efforts to reduce youth substance use and promote mental health in the Hopkinton community.



Government Shutdown Resources for Help and to Help

Please review the resources listed below for all families affected by the government shutdown, whether due to furlough or delayed SNAP benefits.

For families looking to help reduce food and financial insecurity affecting our neighbors and the organizations that support our communities, please consider donating goods, time, or money to any of the organizations listed below.

For more resources and organizations to assist with the holidays, please visit the [HYFS Resource Center](#). Contact HYFS for help accessing resources or additional support.

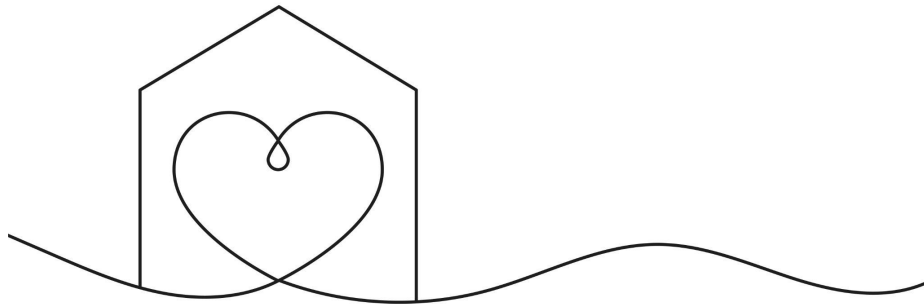
Organization/Website	Services	Contact Information
Project Just Because	Food, clothing, hygiene items, and cleaning supplies. Families can visit weekly. Accepting new clients from Hopkinton.	77 South St., Hopkinton (508) 435-6511
Project Bread Foodsource Hotline	Location of pantries in MA and resources to help pay for food	(800) 645-8333
Grace House	Food pantry, meals, and clothing	20 Beech St., Framingham (508) 473-2842 Open Saturdays & Sundays from 3:00pm - 4:30pm
Sudbury Food Pantry	A food pantry that families can visit twice a month (not limited to Sudbury residents).	534 Boston Post Rd., Wayland (978) 443-7725 Register and schedule a pick-up time here: https://www.sudburyfoodpantry.org/pick-up-food/ info@sudburyfoodpantry.org
HOPE Framingham Food Pantry	Food pantry. Bring an ID to register on-site. Open the third Wednesday and first, third, and fourth Saturdays every month from 9am-12pm.	214 Concord St., Framingham (508) 848-2405
Mass 211	Mass 211 is an easy-to-remember, confidential telephone number available 24/7 that connects callers to information about critical health and human services in their community.	Dial 211 anytime

Interested in Helping?



SNAP2IT is a partnership among HYFS, the Senior Center, the Police Department, the Health Department, and local nonprofits to support Hopkinton families facing food insecurity due to the government shutdown. The aim is to quickly and efficiently direct resources to those in need. For more details, [see our flyer](#).

National Family Caregivers Month



November is National Family Caregivers Month, a time to show our support and honor the essential caregivers in our community. Family members who provide around-the-clock caregiving often go unrecognized in their communities and need appreciation, understanding, and support. Their work involves constant commitment, organization, responsibility, scheduling, and hands-on care.

Some resources for caregivers:

[Caregiver Action Network \(CAN\)](#): CAN is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge. CAN serves a broad spectrum of family caregivers. This includes parents of children with significant health needs. It also includes families and friends of wounded soldiers, from a young couple dealing with a diagnosis of MS to adult children caring for parents with Alzheimer's disease.

[Family TIES of Massachusetts](#): Family TIES (Together in Enhancing Support) is a part of the Federation for Children with Special Needs and focuses on caregiver support and education.

[Springwell](#): Springwell offers a broad spectrum of services with a commitment to serving the broader needs of our communities' seniors, people with disabilities, and caregivers. Springwell is also Hopkinton's Aging Services Access Point to help provide Hopkinton's older adults with information, support, and care.

[The VA Caregivers Support Program](#): The Caregivers Support Program teams at local Veterans Affairs facilities are excited to celebrate Veterans' caregivers monthly with various events, workshops, and opportunities to connect with other caregivers. In addition to local support, the VA offers many virtual resources and support for caregivers who may not have the time to travel.

Caregiver Support Groups:

In Hopkinton: [The Hopkinton Senior Center](#) offers in-person and virtual caregiver support. Please check their [schedule](#) for the exact dates. For more information or to register, call (508) 497-0108 or email info@ourtimememorycafe.org. The Senior Center is located at 28 Mayhew St.

Other parts of MA:

[Mass.gov Support Groups for Family Caregivers](#): The MA Executive Office of Health and Human Services maintains a list of free support groups around Massachusetts hosted by the [Family Caregiver Support Program](#). This list is updated periodically, and most groups require registration. Utilize the contact information provided to register and verify dates and times, as they are subject to change.



Hopkinton Organizing for Prevention (HOP) Youth Coalition Hosts First-Ever Pickleball Tournament

The Hopkinton Organizing for Prevention (HOP) Youth Coalition hosted its first-ever Pickleball Tournament at Hopkinton High School on Friday, October 15, as part of the district’s early release day. Student organizers and adult advisors have heard from Hopkinton youth about the need for more opportunities to connect and socialize outside of school in a fun and substance-free environment. The event offered students a chance to be active, build community, and have fun.



The HOP Youth Coalition extends special thanks to the Hopkinton Police Department for providing Uhlman’s Ice Cream to attendees and to Domino’s for their support. For more information about HOP, please visit sites.google.com/hopkintonma.gov/hop-coalition.

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

Bookmark [this page](#) or visit our [website](#).

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

Check out our Community Partners

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](#).



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 or 508-497-9781

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