

# HYFS NEWS AND HIGHLIGHTS

A MONTHLY NEWSLETTER FROM HOLLISTON YOUTH AND FAMILY SERVICES

## Current Happenings at HYFS

### Counseling Program

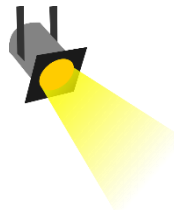
Did you know we provide **FREE** confidential services, individual, group and family counseling, parent consultation, crisis intervention and support, information and referral, Advocacy, Court Diversion, Community Education, Programs, activities and more!

### Court Diversion

The Court Diversion Program offers an alternative path to prosecution for first time youth offenders. **To learn more visit: [Court Diversion Program](#)**

### Interface Referral

Short-term, solution focused therapeutic approach to supporting families in the therapeutic referral process.



## SPOTLIGHT ON... *Holliston Youth Take a Stand.*

The Holliston Drug & Alcohol Awareness Coalition (HDAAC) has been leading the way in prevention efforts to crack down on the sale of e-cigarettes to children and teens

This April, Holliston Youth and Family services was able to participate in a two day training for youth leaders sponsored by HDAAC. This training was modeled after the highly effective campaign for Tobacco-Free Kids.

These young people were truly inspiring to listen to! Sixteen Holliston students were trained on how to combat the ways e-cigarettes affect their peers and community and what they can do to make a positive impact. The program aims to educate, empower, and engage young leaders in how to take their advocacy to the next level.

Holliston Youth and Families will continue to support these emerging leaders as they tackle this very important issue in their schools and community. Together we hope to create change locally and statewide to reduce the influence of Tobacco in Holliston, while also supporting parents in these prevention efforts.



HDAAC meets on the second Thursday of every month, all are welcome to attend!

## E-Cigarette Youth Advocacy Training



## Recurring events:

### Holliston Drug and Alcohol Awareness Coalition (HDAAC)

What: Join this group from HDAAC on the second Tuesday of every month for anyone interested in substance use and prevention strategies  
When: Second Tuesday of the month at 630pm in the meeting room at the fire station. All are welcome to come!

More Info: Visit [HDAAC](#) for more information.

### S.A.F.E Coalition MA; Healing Hearts Support Group

What: S.A.F.E. is a coalition of community partners who have come together to provide support, education, treatment options, and coping mechanisms for those affected by substance abuse disorder.

When: Every Thursday 7:00 – 8:00pm  
2nd floor of the Franklin YMCA

T: (508) 570-6996

E: [Healingheartscircle@gmail.com](mailto:Healingheartscircle@gmail.com)

### \$1 Friday Nights at Boston Children's Museum

What: Every Friday evening families can enjoy the entire Boston Children's Museum for \$1. The museum includes an Art Studio, Construction Zone, and more.

When: Friday nights from 5:00 – 9:00 PM

Where: Boston Children's Museum, 308 Congress Street, Boston

More Info: Visit <http://www.bostonchildrensmuseum.org/visit/target-1-friday-nights-sponsored-target>

### Spring/Summer Programming Parks and Rec

More Info:

Visit [http://www.townofholliston.us/sites/hollistonma/files/file/file/spring\\_summer\\_2018\\_v6\\_final.pdf](http://www.townofholliston.us/sites/hollistonma/files/file/file/spring_summer_2018_v6_final.pdf)

## Monthly Highlights:

### Stamp out Hunger 26<sup>th</sup> Annual Letter Carrier's Food Drive

What: Put your non-perishable donation in a bag by your mailbox. Your letter carrier will deliver it to a local food bank.

When: Sat., May 12, 2018

### Annual Spring Fest

What: Holliston's annual Spring Stroll in support of the Holliston Business Association

When: Sat May 19<sup>th</sup> 11am-5pm

Where: On the green in front of the Congregational Church.

### Holliston Food Truck Festival

What: Come enjoy great food and LIVE music to benefit American Legion post #47. No admission fee. Just come enjoy!

When: Sunday May 13<sup>th</sup> 2018 11am-3pm

Where: Holliston Historical Society



## LOCAL RESOURCES

**United way summer food program** <https://www.uwotc.org/>

**Community Action Fund**  
<http://hollistonbusinessassociation.com/hba/node/268>

**Holliston Pantry Shelf**  
<http://www.hollistonpantryshelf.org/>

**Learn to cope**  
<https://www.learn2cope.org/join-us.php>

**Massachusetts Youth and Young Adult Addiction Treatment**  
<https://www.samhsa.gov/find-help/national-helpline>

**Massachusetts Opioid Addiction Resources**  
<https://www.mass.gov/protect-your-kids-from-prescription-drug-misuse>

**Federation for Children with Special Needs** <https://fcsn.org/>

**OUT Metro west for LGBTQ youth** [outmetrowest.org/](http://outmetrowest.org/)

**Holliston Special Education Parent Advisory Council (SEPAAC)**  
<https://www.facebook.com/HOLLISTONSEPAAC/>

## Community Happenings:

### **Clothing Drive**

What: Clean out your closet and help raise funds for the Holliston Library

When: May 3- May 5<sup>th</sup>

Where: The Library Lower Level Gilman Room

More info: For drop off times call the library directly.

### **Sensory Friendly Movies AMC Theaters**

What: Avengers (May 8<sup>th</sup> and 12<sup>th</sup>) Show Dogs (May 26<sup>th</sup>)

Where: All AMC Theaters

### **HS Teacher Appreciation Week & Luncheon**

What: The HS PTO is looking for help either with donations and/or offering your time during the luncheon.

When: May 7-11<sup>th</sup>. In addition to a little something each day, they end the week with a soup and salad luncheon on Friday 5/11 from 10:45am-12:45am

More info: Contact your HS PTO parent representative if you have questions about the luncheon.

### **The Children's Museum Easton, Autism Event**

What: Ages 10 and under, sensory friendly event

When: May 26<sup>th</sup>

Where: 9 Sullivan Ave., Easton, MA

## Other Events:

### **Roxane Gay**

What: Roxane Gay is the author of the essay collection Bad Feminist; which was featured on the NY Times Bestseller; she will be having a book signing of her new anthropology

When: June 14<sup>th</sup> 6pm-7pm

Where: Congregation Kehilath Israel 384 Harvard Street, Brookline, MA

### **FREE Workshop for Parents of Children with Disabilities**

What: For parents, teachers, and advocates interested in learning how to influence change in Individuals with Disabilities Education Act

When: May 24<sup>th</sup> 9am-4pm or Sep 20<sup>th</sup> from 9am-4pm

More info: Visit [www.surveymonkey.com/r/disabilityadvocacy](http://www.surveymonkey.com/r/disabilityadvocacy)

### **Learn to Cope Conference-Knowledge is Power**

What: Conference for families struggling with addiction

When: Sat., June 16<sup>th</sup> --Worcester Poly Tech Institute

More info: Register here <https://www.learn2cope.org/knowledge-is-power-conference/>





To learn more or to make a referral to one of our programs contact Program Director Jaclyn Winer at Telephone number, 508-429-0620

### STEPS TO #CURESTIGMA

**Step 1 Educate yourself and others.** Everyone knows a little about mental health issues but knowing *the facts* can help you educate others and reject stigmatizing stereotypes. They are not the result of personal weakness, lack of character or poor upbringing. Understanding mental health isn't only about being able to identify symptoms and having a name for conditions, but dispelling false ideas about mental health conditions as well.

**Step 2 See the person, not the condition.** Whether you are a friend, family member, caregiver or medical professional, getting to know a person and treating them with kindness and empathy means *far more* than just knowing what they are going through

**Step 3 Take Action** Our mental health care system has been in crisis for far too long; often keeping treatment and recovery out of the hands of many who need it. We can take action now as we push for better legislation and policies to improve lives for everyone. By lending your support, you can show that this cause is important to you.

# MENTAL HEALTH AWARENESS MONTH

## THE MIND IS A BEAUTIFUL THING

In honor of Mental Health Awareness Month, Holliston Youth and Family Services will participate in a national campaign to #CureStigma in hopes that we can raise awareness and take part in sharing information, resources, and support for mental health conditions.

According to the National Alliance on Mental Illness (NAMI) 1 in 5 Americans is affected by mental health conditions. Digest that for a second.....

Would you believe that in light of this staggering statistic, so few people actually get the help they need? Some will even drop out of treatment early to avoid being associated with a negative stereotype. Research shows that one major barrier to accessing help is that people want to avoid stigma, because it creates an environment of shame, fear, and silence.

Therapy is not something to be ashamed of. It can help anyone, no matter who you are or what obstacles you are facing. More than 20 families and individuals are accessing support through HYFS.

During the month of May, HYFS will bring attention to the stories of people who are living with mental health conditions, and are seeking help and recovery.

If you or someone you know is struggling, and alone in their mental health journey, know that we are just a phone call away. We believe that everyone should have the tools and support available to live their absolute best lives.

### Additional Resources:

Samaritans Statewide Hotline call or text 1-877-870-HOPE(4673)

SAMHSA Treatment Referral Helpline, 1-877-SAMHSA7  
Veterans Crisis Line 1-800-273-8255  
Parents Helping Parents, 617-926-5008

