

THE HELPING HAND

Quarterly Newsletter of Southborough Youth and Family Services

OUR STAFF



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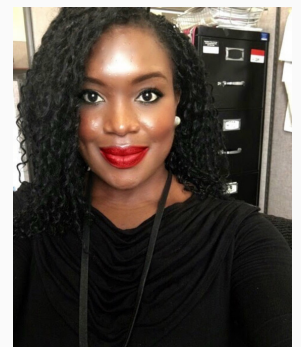


Southborough Youth and Family Services (SYFS) is a department of the Town of Southborough and a human service resource for the community. The department provides support to the youth, families, and individuals of Southborough and develops programming to foster a caring community.

ALSO JOINING US THIS YEAR



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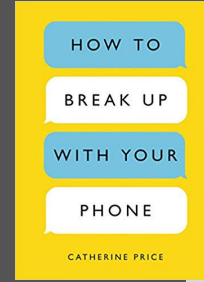


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**UNPLUG
RECONNECT
BE PRESENT
PRESS PAUSE**



FOR QUESTIONS ABOUT PRESS PAUSE,
CONTACT SHANNON KINAYMAN AT
SKINAYMAN@SOUTHBOROUGHMA.COM



Join us for a book discussion group on Thursday, October 10th at the Southborough Library at 7pm. Reading the book ahead is not required.

Southborough Unscheduled helped us reconnect as a community by collectively taking a night off. We wanted more! Look for year-round PRESS PAUSE events, programs, and incentives to schedule more time to be unscheduled, bring awareness to our relationship with technology, and rekindle relationships without the use of screens.

NEED-BASED SERVICES

SYFS offers a number of need-based services for families and individuals experiencing financial hardship. Income eligibility is required for some programs.

- Holiday Giving Program
- Fuel Assistance
- Transfer Station Sticker Fee Waivers
- Emergency Funds
- Smiling Kids Birthday Program
- Camp Scholarships

To find out if you're eligible for any of our need-based services or to donate to these programs, please contact Shannon Kinayman at skinayman@southboroughma.com

Project Friend and Project Friend Plus



PROJECT FRIEND

This program brings older youth and younger youth together to form friendships. Participants are matched one-to-one by age, personality, and interests. Weekly supervised meetings are held where pairs enjoy activities and discussion as they develop their relationship. "Little Friends" are in K-5th grade, and "Big Friends" are students in 7th-12th grade.

PF Meetings are held on Wednesdays at SYFS offices from 5:45-7:15pm for "Big Friends" and 6-7pm for "Little Friends."



TO LEARN MORE ABOUT HOW TO BECOME A "BIG FRIEND"/ADULT PARTNER OR ENROLL YOUR CHILD AS A "LITTLE FRIEND"/YOUTH PARTNER, PLEASE CONTACT MEAGHAN EILAND AT MEILAND@SOUTBOROUGHMA.COM BY OCTOBER 18, 2019



PROJECT FRIEND PLUS

This program brings community members of all ages together. Participants are matched one-to-one by age, personality, and interests. This group has a community service focus where pairs work together on service projects that benefit human services agencies in and around Southborough, including some site visits. Supervised meetings are held twice a month where pairs enjoy activities and discussion as they develop their relationship. "Youth Partners" are in 6th-12th grade and "Adult Partners" are 21 years of age or older and are interviewed and CORI checked.

PFP Meetings are held on Wednesdays at SYFS offices from 2:45pm to 4:30pm.



Counseling and Referral Services

SYFS employs licensed mental health professionals and each year invites the additional support of two graduate-level Counseling Psychology Interns. Southborough residents and families may see one of our clinical staff for support for free confidential counseling services on matters such as depression, anxiety, divorce, stress management, communication skills, loss/grief, and more.

Individual counseling
Group counseling
Couples and Family counseling
Referral Support
Parenting support
Crisis intervention and assessment

To meet our goal of offering support to as many residents as possible, counseling services are time-limited. For more information about counseling and referral services contact Sarah Cassell at scassell@southboroughma.com



One in five youth ages 12-18 live with a mental health condition. That means in a group of 25 young people, 5 of them are impacted. That is why it is so important for adults to take Youth Mental Health First Aid, a course that teaches participants how to help young people experiencing a mental health or substance abuse challenge. Having a more informed community can dramatically help early intervention efforts and get youth the help they need when they need it.

SYFS staff are trained Youth Mental Health First Aid instructors. If you or your organization has an interest in participating in this training and/or learning more, please contact Sarah Cassell at scassell@southboroughma.com

UPCOMING EVENTS

September 24

Northboro-Southboro
Substance Abuse Prevention
Coalition Meeting

2:30-4pm

Algonquin Regional H.S.

October 2

PRESS PAUSE

Community Book Discussion
How to Break Up With Your Phone
by Catherine Price

Southborough Public Library
at 7pm

October 18

Deadline to register for Project
Friend and Project Friend Plus

October 25

Deadline for Holiday Giving
Program Applications

October 29

Northboro-Southboro
Substance Abuse Prevention
Coalition Meeting

2:30-4pm

Algonquin Regional H.S.

November 26

Northboro-Southboro
Substance Abuse Prevention
Coalition Meeting

2:30-4pm

Algonquin Regional H.S.

December 6

Deadline for 2019 Holiday
Giving Program donations

Friends of the
Southborough
Youth Commission



We need your help!

Do you want to show your support
of mental health services,
prevention programs, and public
assistance programs in
Southborough?

Consider giving some of your time and
talent to Friends of the Southborough
Youth Commission (FSYC). FSYC is a 501c3
non-profit organization that fundraises
throughout the year to supplement the
operating budget of Southborough Youth
and Family Services.

We are looking for people with a passion
for this community who possess
creativity and enthusiasm. Offer one hour
of your time or take on a leadership
opportunity as one of our officers.

If you're interested in learning more or
have questions, please contact, Beth or
Sue at:

friendsofsboroyouthcommission@gmail.com



LAUGHTER

*is the best
medicine*

Southborough Youth Council is a youth led group of middle-school aged youth focused on community service, projects, campaign development, and event planning with the goal of improving the community for its young people and engaging youth in self-advocacy. SYFS staff supervises and advises the Youth Council and the group is open to all Southborough youth entering grades 6-8th grade.

Youth Council Meetings are held every other Tuesday from 2:30-3:50pm at Trotter Middle School

Contact Meaghan Eiland at meiland@southboroughma.com to join Youth Council or to learn more.

LOCAL RESOURCES

IN THE EVENT OF A
PSYCHIATRIC EMERGENCY
CALL:
**PSYCHIATRIC
EMERGENCY
SERVICES**
(800) 640-5432

**NATIONAL SUICIDE
PREVENTION
HOTLINE**
(800) 273-8255

**SOUTHBOROUGH
FOOD PANTRY**
(508) 485-4847

**HOUSING ASSISTANCE FOR
SOUTHBORO RESIDENTS
RCAP SOLUTIONS**
(800) 488-1969

**NORTHBOROUGH-SOUTHBOROUGH
SUBSTANCE ABUSE PREVENTION
COALITION**

The Northborough-Southborough Substance Abuse Prevention Coalition (NSSAPC) is comprised of community members from both towns working together to reduce substance abuse and offer information for those needing substance abuse treatment. NSSAPC utilizes evidence-based strategies to promote healthy choices, educate the community, and foster resiliency for those in recovery. As a community, we believe it is our collective responsibility to take an active role in substance abuse prevention and be responsive and supportive to those struggling with addiction.

IF YOU'RE INTERESTED IN JOINING OUR COALITION, HAVE QUESTIONS, OR SUGGESTIONS FOR THE GROUP, PLEASE CONTACT SARAH CASSELL AT SCASSELL@SOUTHBOROUGHMA.COM,



**SOUTHBOROUGH YOUTH
AND FAMILY SERVICES**
STRENGTHENING OUR COMMUNITY BY SUPPORTING ITS FAMILIES

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