

# THE HELPING HAND

Quarterly Newsletter of Southborough Youth and Family Services

## A LETTER FROM OUR DIRECTOR

### HAPPY NEW YEAR!

I love the beginning of the new year. It's a time of year many of us are thinking about pushing the reset button on our goals: getting back into physical shape, carving out time for that activity you've been wanting to do, eating healthier, sleeping more, taking care of your mental health... Self-care is hard work and often last on our list of priorities. How wonderful that we have an annual holiday, cliché or not, that collectively, we can be kind to and take care of ourselves.



Sarah Cassell, LMHC  
Director

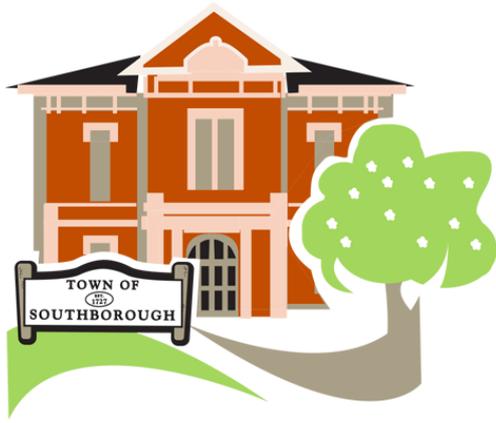
How do we make this self-love last? Life becomes so busy and stressful. Often our need to feel better faster from things like chocolate cake or alcohol, win out over our long-term health goals. Compounding the issue, we lack patience and compassion with ourselves or the tolerance to feel discomfort, leading us to throw in the towel on our health goals and beat ourselves up. It's a vicious cycle and one that leads to fatigue and defeat. We so often fail to recognize that even in our set backs, we are working hard and moving forward.

Whether you are pushing the reset button on your self-care goals now or work hard on them year round, I encourage you to practice patience and acceptance. Be kind to yourself! Negative self-talk and impossible expectations are not helpful. When you find yourself struggling, ask yourself "what is this trying to teach me?" versus "what have I done wrong?" or "why is this happening to me?" I love any opportunity to share my favorite quote:

*"A smooth sea never made a skillful sailor"*

-Franklin Roosevelt-

The journey should not be easy or perfect. Our challenges are our best teachers and without them we wouldn't have the opportunity to become our best selves. Enjoy the journey and learn as much as you can about yourself in the process.



**SOUTHBOROUGH**  
COMMUNITY FUND

We would like to extend a thank you to the Southborough Community Fund for their generous support of our programming this year. Their funding has enabled us to offer:

- Parenting workshops
- Art therapy and music therapy workshops
- Camp scholarships
- Emergency funds
- Something Special Funds
- and important trainings for our staff.

**THANK YOU!**

## SNOW POLICY

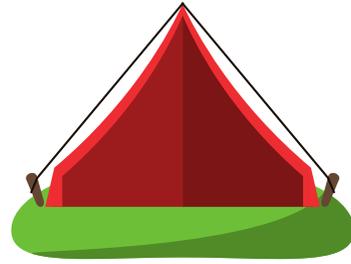
**If Southborough Public Schools are canceled, all meetings and programs at the Youth and Family Services (SYFS)/Recreation building (21 Highland St) are canceled that day. SYFS daytime counseling/case management appointments (8am-3pm) are also canceled. Please contact the SYFS staff to determine if any counseling/case management appointments occurring after 3pm are canceled that day.**

**If Southborough Public Schools have a 2 hour delay, the SYFS/Recreation building (21 Highland St) opens at 10am.**

**If Southborough Public Schools have an early release due to inclement weather, the SYFS/Recreation building (21 Highland St) closes at 2pm.**

**If Southborough Public Schools are in session but inclement weather is occurring 2pm or later, please see the SYFS and/or Recreation /social media for information on cancelations.**

# NEED BASED SERVICES



## CAMPERSHIPS

SYFS offers a camp scholarship program to Southborough families experiencing financial hardship that have school-age youth. It may seem very early to be considering summer camp but, believe it or not, many of the camps we partner with are already in full swing making preparations for the 2020 season! If you would like to find out if you're eligible to receive a camp scholarship for your child, please visit our website to find out more information.



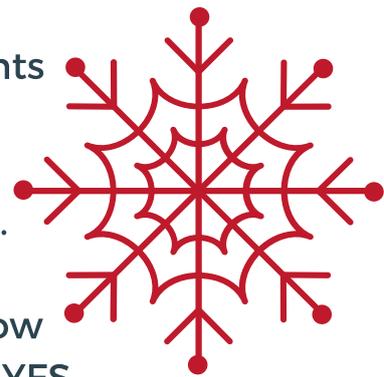
## SMILING KIDS BIRTHDAY PROGRAM

Smiling Kids, Inc was founded in 2003 to fill a simple need, something everyone should be able to experience as a kid, the excitement and thrill of receiving a special gift on their birthday. SYFS and Smiling Kids, Inc partner together to confidentially provide gifts to Southborough youth as their birthday approaches.

If you would like to learn more about this program, please visit our website.

## FUEL ASSISTANCE

SYFS is a Fuel Assistance intake site for Southborough residents under the age of 65 (residents over the age of 65 can visit the senior center for the fuel assistance). Fuel Assistance helps thousands of local families with home heating bills each year. Many people do not realize they are eligible for support. To qualify for the program, your household income must be below the yearly income limits (subject to change). Please contact SYFS to learn more.



To find out if you qualify for the above or any of our need-based services or to donate to these programs, please contact Shannon Kinayman at [skinayman@southboroughma.com](mailto:skinayman@southboroughma.com)

# **CALL FOR ART**

In observance of Mental Health Awareness Month, SYFS celebrates their annual community event: Celebrate Wellness. We are looking for Southborough residents artwork to feature in the community art gallery at the event. Please see more information below.

## **QUALIFICATIONS, RESTRICTIONS & SUGGESTIONS**

- \*Only work by Southborough and nearby artists are eligible for consideration.
- \*Group and solo pieces of all media are welcome to apply.
- \*Artwork should match the theme "Celebrate Wellness"--mental health, wellness, mindfulness, etc. being mindful that this is a family/community art show.
- \*Artwork should be brought to SYFS before April 17th, 2020 by appointment only. Please email Shannon at [skinayman@southboroughma.com](mailto:skinayman@southboroughma.com) or call 508-481-5676, ext 3 to make an appointment.
- \*All sizes are acceptable except for extremely large pieces or pieces needing to be projected.
- \*Submitting artwork is free but we encourage artists to make a donation to Friends of the Southborough Youth Commission and/or to attend the event on May 28th, 2020 at 7:00pm at the Southborough Community House.

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## **MUSICIANS NEEDED**

*We are also looking for Southborough musicians to showcase their musical talents to our Celebrate Wellness event. If you are a Southborough resident willing to donate one or two hours of your time and talent providing "dinner music" to this event, please contact Shannon Kinayman at [skinayman@southboroughma.com](mailto:skinayman@southboroughma.com) by Friday April 17th 2020*



# 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](mailto:scassell@southboroughma.com)



**MENTAL  
HEALTH  
FIRST AID®**

One in five youth 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](mailto:scassell@southboroughma.com)

## UPCOMING EVENTS

**December 27**

Deadline for Sound Mind, Mindful Art,  
and Next Level Parenting workshops

**January 28**

Northboro-Southborough Substance  
Abuse Prevention Coalition Meeting  
2:30-4pm  
Algonquin Regional H.S.

**January 31**

Deadline to express interest in  
Project Friend Session 2

**February 25**

Northboro-Southboro Substance  
Abuse Prevention Coalition  
Meeting 2:30-4pm  
Algonquin Regional H.S.

**March 13**

Deadline for Camp Scholarship  
Applications

**March 27**

Deadline for Ellen Piontek  
Scholarship Applications

**March 31**

Northboro-Southboro Substance  
Abuse Prevention Coalition Meeting  
2:30-4pm  
Algonquin Regional H.S.

**April 28**

Northboro-Southboro Substance  
Abuse Prevention Coalition Meeting  
2:30-4pm  
Algonquin Regional H.S.

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 us at:**

**[friendsofsboroyouthcommission@gmail.com](mailto:friendsofsboroyouthcommission@gmail.com)**



**LAUGHTER**  
*is the best  
medicine*

The Southborough Youth Council has been busy this fall making plans for the year. In October, they created a “Gross Lab” for Recreation’s Halloween Party at Finn and everyone had a blast—both party attendees and SYC members! Members are currently planning for the creation of a video about SYC in collaboration with Southborough Access Media and bringing a fun food competition to Trottier. SYC is also working on recruiting new members, If you’re interested in learning more or participating, please contact the group at southboroughyc@gmail.com.

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

Youth Council is for middle school aged youth that live in Southborough.

**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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Instagram @SBoroYFS**