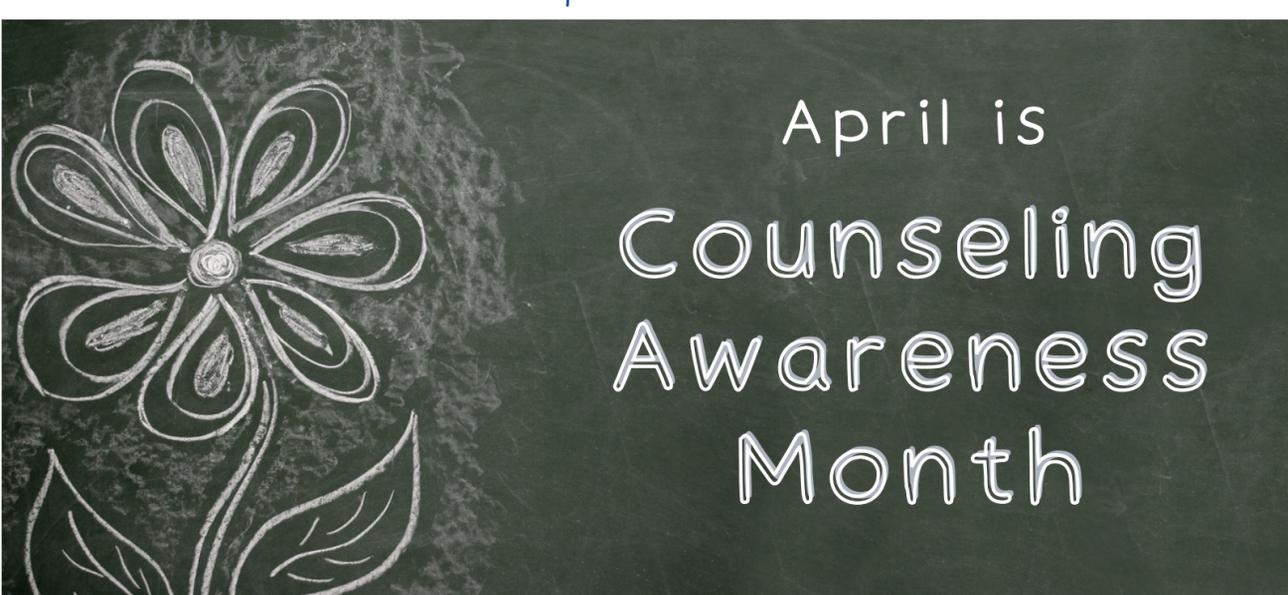


HEYWOOD'S SCHOOL BASED SERVICES MONTHLY NEWSLETTER

April 2024



April is National Counseling Awareness Month. This time is set aside to not only honor those professionals who do the work, but to help people understand what counseling is and how it can benefit them.

CELEBRATING SOME OF OUR AMAZING COUNSELORS



Jen

"Life becomes more meaningful when you realize you'll never get another day like today."

Jen's passion has always been working with children and teens. She has found that this work keeps her humble and motivated. She also has a Black Belt in Krav Maga!



Katie

"Changing the way you think about things, having different perspectives and re-framing your thoughts can help change your behavior, feelings, and mood!"

Katie's source of inspiration are people who help others. She has always known that mental health is important and becoming a therapist is one of her biggest accomplishments!



Kirsten

"Fake it 'til you make it: I learned later that the brain actually does listen to the body so if I act confident, eventually I can become more confident."

Kirsten like to tap dance, crochet, and believes that naps have the power to turn a bad day into a good one! She has known since high school that she wanted to be a therapist.



Jenn

"Never go somewhere empty handed and always leave a place better than when you arrived."

Jenn is a drummer for a rock cover band! When she isn't rocking out, she can be found with her kids or watching documentaries. When she is stressed, she reaches out to friends.

IMMEDIATE OPENINGS AVAILABLE

We have immediate openings for telehealth counseling services available at the following schools:



- Athol-Royalston Middle School
- Gardner Middle School



MAKE A REFERRAL

You're not alone.
Help is available.

988 Suicide & Crisis Lifeline
988 or 988Lifeline.org

Veterans Crisis Line
Dial 988 (press 1)

SAMHSA's National Helpline
1-800-662-HELP (4357)

Disaster Distress Helpline
1-800-985-5990

FindSupport.gov
FindTreatment.gov

SAMHSA

Join us for

TEAL DAY - APRIL 12th

Celebrated on the second Friday of April, Teal Day encourages awareness of the importance of counseling and self-care for counselors as they enlighten their clients, colleagues and the greater public of the same. It recognizes counselors place in the national mental health conversation and the importance of debunking the stigma related to mental illness. It also challenges people to broaden their understanding of counseling in the prevention and management of mental health conditions.

April is Autism Acceptance Month

April is Autism Acceptance Month

The recognition raises awareness about autism acceptance and promotes inclusion and connectedness for people with autism. Social and community support can help people with autism achieve optimal health and reach their full potential.

What is Autism?

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication.



AUTISM QUICK STATS



1 in 36 kids identified with autism



241% higher than baseline stats in 2000

Although autism can be diagnosed before a child reaches the age of two, most kids are diagnosed only after the age of **4**

BOYS are 4X more likely to be diagnosed than GIRLS

40% are nonverbal
44% Have average or above average intellectual ability
31% have an intellectual disability

Some areas have higher than average prevalence rates:
California 1/26
South Korea 1/38

36.5% of autism caregivers use ABA
20% of caregivers give CBD to autistic kids

Looking Back At Last Month...

The Murdock Food Pantry & Clothing Loft Highlighted In The Winchendon Courier

Students Helping Students - Post-Graduate ALL Class Helps Keep Food Pantry and Clothing Loft Running.



The Murdock Food Pantry and Clothing Loft, coordinated by Heywood's Community Health Worker Cindy Lou Rivers, receives help from ALL (Alternative Lifelong Learning) students to help remain running and available to families.



The pantry is maintained through majority donations, but items are also periodically purchased using grant money or donated gift cards.

THANK YOU to the ALL students, Nathan, Caden, and Deyshon for all of their help!

Photos by Inanna Arthen

Upcoming Community Events

Free transportation in Gardner via MART busses

Greater Gardner Health and Wellness Fair

APRIL 17TH, 5-7PM
PERRY AUDITORIUM AT GARDNER CITY HALL

- Over 50 vendor and resource tables!
- Free raffles drawn every 30 minutes!
- Fun activities for the whole family!
- Free Refreshments!

Vendor and Resource space available! Please scan the QR code to reserve a spot! For more information contact Veronica Parry (vparry@gardner-ma.gov)

North Quabbin Health and Wellness Fair

Meet local practitioners and learn about alternative therapies for healing

MAY 5TH, 12-5PM
75E MAIN ST, ORANGE
Hosted by Kelly Knower Coaching

ATHOL-ROYALSTON MIDDLE SCHOOL PARENT TEACHER ORGANIZATION
ATHOL-ROYALSTON REGIONAL SCHOOL DISTRICT
ATHOL-ROYALSTON SPECIAL EDUCATION PARENT ADVISORY COUNCIL

The ARMS PTO & AR-SEPAC presents Community Spring Fling Fair

Saturday, May 4, 2024 10am-3pm
Athol High School *2363 Main St* Athol MA

ARMS PTO Offering:

- Items for Sale in Cafe: Vendor Tables, Handcrafted Items (EMAIL: ARMSPTO1@GMAIL.COM FOR TABLE RENTAL APPLICATION)
- Lots to Win: Center Table Raffle, Gift Baskets & Gift Card Raffles

AR-SEPAC FEATURING... *SENSORY-FRIENDLY EVENT*

Many Children Activities: Games, Arts & Crafts, Resources for Families*

*Information to Setup - Contact: arsepac.board@gmail.com
Raffles to Win!
All FREE in Gym

ARRSD FAMILY & COMMUNITY CENTER WILL HAVE FOOD AVAILABLE FOR PURCHASE ALL PROCEEDS WILL BENEFIT THE AHS FOOD PANTRY

THANK YOU SO MUCH FOR SUPPORTING OUR COMMUNITY STUDENTS AND FAMILIES!

VENDOR BINGO

to benefit the Murdock Food Pantry

Sunday April 21st
1PM
Gardner Elks, 31 Park Street

Prizes donated by local Vendors.
All proceeds go to Murdock Food Pantry.
Donations of non-perishables are also accepted at this event.

\$5 For 10 GAMES

CAMP OUT AT THE FARM SCHOOL

eliminating racism empowering women
ywca cambridge, ma

Monday, August 19- Friday, August 23
Central Massachusetts

FOR QUEER AND TRANSGENDER YOUTH AND YOUTH FROM LGBTQ+ FAMILIES

Overnight Summer Farm Camp for ages 9 - 14
Counselors In Training (CITs) ages 15 - 19

CampOut at The Farm School is a place to be part of a welcoming community, make friends, play camp games, and hang out on a farm and in nature

Learn More and Register: bit.ly/campout2024
The Farm School: farmschool.org

Book Our Training!

PPAL TALK SAVES LIVES: AN INTRODUCTION TO SUICIDE PREVENTION

PPAL staff will present the American Foundation for Suicide Prevention's program Talk Saves Lives to teach participants about the second leading cause of death among youth, the most up-to-date research on suicide prevention, and to teach participants what to do in their communities to save lives.

Thurs. April 10
9:00 AM - 10:30 AM
on Zoom

REGISTER NOW!

<https://bit.ly/talk4-10>

ABOUT PARENT/PROFESSIONAL ADVOCACY LEAGUE

The Parent/Professional Advocacy League, Inc. (PPAL) is a statewide family organization dedicated to improving the mental health and well being of children, youth and families through support, education, and advocacy.

- Parent Support** We offer 1:1 and group support for families of children with mental and behavioral health needs
- Education** PPAL offers workshops and trainings for parents and professionals
- Advocacy** PPAL works with parents and policy groups to improve children's mental health

PPAL.net | 18 Lyman Street, Suite 260, Westborough, MA 01581

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SUMMER CAMP

Looking for a summer camp?
Local camps are accepting registrations!



MASSCAMPS.COM

HANDLE WITH CARE



Handle With Care of the North Central and North Quabbin region is a school-community response to help ensure that children exposed to trauma in their home, school, or community receive appropriate support to help them achieve emotionally and academically. Learn more...

[CONTACT](#)

[WEBSITE](#)

SCHOOL BASED SERVICES PROGRAMS

Our referral form: <https://tinyurl.com/sbsreferralfom>

TELE COUNSELING: Our school-based tele counseling program offers students individual therapy. Students meet with a Clinician using 2-way interactive video conferencing at school or at home. Our Clinicians help the student (and their family) understand and resolve problems, modify behavior, and make positive changes in their lives. This is an outpatient service that is billed through the student's insurance.

Available to students enrolled at:

Athol High School	Gardner Academy (GALT)	Mahar Regional MS/HS
Athol-Royalston Middle School	Gardner High School	Narragansett Regional MS/HS
	Gardner Middle School	

ADOLESCENT COMMUNITY REINFORCEMENT APPROACH (A-CRA): A-CRA is a 13-week therapy model for students (ages 12+) that focuses on developing positive coping skills, improved communication skills, and enhanced problem solving skills to decrease incidences of unhealthy coping skills such as substance use, self-harm, and aggressive behaviors. This is an outpatient service that is billed through the student's insurance.

Available to students enrolled at:

Athol High School	Gardner High School	Murdock MS/HS
Gardner Academy (GALT)	Mahar Regional MS/HS	Narragansett Regional MS/HS

YOUTH MENTOR (Project Amp): Project Amp is a brief mentorship program that helps students (ages 12+) reach their goals in health and wellness, family relationships and friendships, and academics. Together we work toward exploring the student's strengths and interests, navigating pressures, understanding alcohol and drug risks, clarifying values, and finding positive social connections in the school and community. The program is FREE to all participants.

Available to students enrolled at:

Athol High School	Gardner High School	Murdock MS/HS
Gardner Academy (GALT)	Mahar Regional MS/HS	Narragansett Regional MS/HS

COMMUNITY RESOURCE ASSISTANCE: A School Based Community Health Worker (CHW) works alongside school personnel to help students and families to access a variety of services and locally based resources. These resources may include food, clothing, fuel assistance, support groups and more. The CHW will guide families and assist with navigating the application process if needed. The support is FREE to all participants.

Available to students enrolled at:

Athol Community Elementary	Gardner Academy (GALT)	Mahar Regional MS/HS
Athol High School	Gardner High School	Murdock MS/HS
Athol-Royalston Middle School	Gardner Middle School	Narragansett Regional MS/HS

SCHOOL BASED HEALTH CENTERS: Heywood's School Based Health Centers provide onsite medical and behavioral health services by appointment to students grades K-12 at select school districts. We support a whole-child approach to wellness by a care team who at school. Our care teams include a Nurse Practitioner, Behavioral Health Clinician, and Community Health Worker. No copays. No cost to enroll.

Save time & enroll in advance: <http://tinyurl.com/sbhcheywood>

Available to students enrolled in:

Athol-Royalston Regional School District (center is located at Athol Community Elementary)
Winchendon Public School District (center is located at Murdock High School)

SCHOOL BASED TELEMEDICINE: We understand that taking time off work when your child suddenly gets sick at school isn't always easy. Heywood's Telemedicine Program, in partnership with your school's healthcare team, can assist with caring for your child while at school. Illnesses that you would normally visit an urgent care clinic for can be treated virtually through the telemedicine program. No copays. No cost to enroll.

Save time & enroll in advance: <https://tinyurl.com/hhtelemed>

Available to students enrolled at:

Athol High School	Gardner Elementary	Narragansett Regional MS/HS
Athol-Royalston Middle School	Gardner Middle School	Toy Town Elementary
	Mahar Regional MS/HS	

THANK YOU TO OUR FUNDERS & SCHOOL DISTRICT PARTNERS



the brookline center
for COMMUNITY MENTAL HEALTH

school-based telebehavioral health



Massachusetts Department of Public Health



Prevent • Treat • Recover • For Life



Gardner Public Schools



Narragansett Regional Schools



Ralph C. Mahar Regional School



Winchendon Public Schools



Athol-Royalston Regional Schools



Heywood Healthcare

SCHOOL BASED SERVICES

A Whole Child Approach To Health & Wellness

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