

HEYWOOD'S SCHOOL BASED SERVICES MONTHLY NEWSLETTER

June 2024



June is Pride Month

Pride Month is celebrated annually in June to honor the 1969 Stonewall riots, and works to achieve equal justice and equal opportunity for lesbian, gay, bisexual, transgender, and questioning (LGBTQ+) individuals.



SAFE HOMES

What is Safe Homes?

Safe Homes is a program supporting lesbian, gay, bisexual, transgender, questioning, intersex and asexual (LGBTQIA+) young people, and their straight allies, between the ages of 14 and 23.

Groups are led by youth peer leaders, professional staff, and volunteers who offer support, resources and opportunities for socialization in a safe and nurturing environment.

Safe Homes offers two locations, Safe Homes Worcester and Safe Homes North, located on the Fitchburg State University campus. They also host virtual Drop-ins to reach youth, no matter where they are located. Here are the group options:

Safe Homes North

Fitchburg State University
@ Herlihy Hall
Ages 14-23: Tuesdays 6:00-8:00pm

Safe Homes Virtual

Join us on *Discord!*
Ages 14-23: Mondays, 6:30-8:30pm

Safe Homes Worcester

4 Mann St. Worcester, MA
Ages 14-17: Wednesdays 2:00-5:00pm
Ages 18-23: Thursdays 5:30-8:30pm

What is the Safe Homes' TRC?

Safe Homes' Transgender Resource Center, or TRC, is an environment dedicated to support Safe Homes youth within transgender, nonbinary and gender non-conforming communities through direct services, education and advocacy. The TRC is open during all Drop-In hours, or per request. The TRC offers a wide array of FREE services including:

- Gender-affirming products and clothing
- One-on-one peer support
- Short-term counseling for individuals seeking letters for HRT or gender-affirming surgeries.

Want to know more?

Contact safehomes@openskycs.org



What is GenQ?

Generation Q is a peer-led social support group serving youth and young adults 14-24. Meetings are in **Greenfield** and **Northampton**. Group activities are decided and planned by participants and many groups are led by peer leaders within the program.

What can I expect from GENQ?

When you come to GenQ you can expect to find snacks, laughter, and connection with other LGBTQIA+ youth and young adults. We meet up in-person and virtually in Greenfield and Northampton to learn together and from each other about queerness and community. We talk about things ranging from gender affirming care, LGBTQIA+ history, and our favorite LGBTQIA+ cartoon characters to sexual education, and mental health.

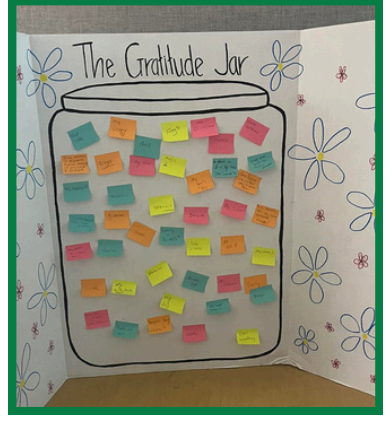
Young people who would like to learn more about Gen Q can complete the **interest and enrollment form** – by themselves or with the help of a supportive adult.

Looking Back At Last Month...

Our teams spent time in the community and in our schools sharing resources and hosting events/activities recognizing Mental Health Month.



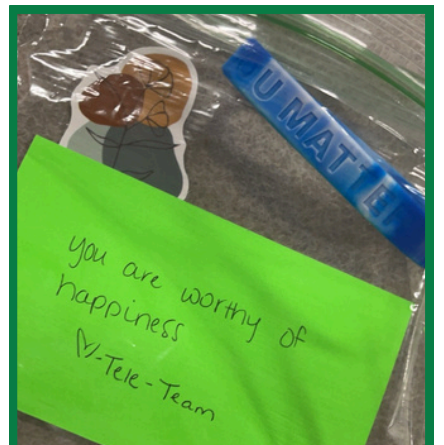
Mahar- Mental health facts trivia wheel with prizes



Mahar- Students contributed to a "Gratitude Jar"



Gardner Middle School - Every Piece Matters



Mahar- Our team distributed positive affirmation goody bags

CHW Appreciation Day - June 15th

We are thankful every day for the work of our School Based Community Health Workers (CHWs). Here is what our staff wanted to share about our amazing team of CHWs:



"None of us could do our jobs half as well without the support of our CHWs. They really are the heartbeat of our school based services."

Joslyn



Joslyn is kind, helpful, supportive, and thoughtful to me, the students, the school staff, and our program team! She is the true definition of a good teammate. Joslyn is great at coordinating and finding services and resources for kids and families. She is a pleasure to work with and we are lucky to have her! -Katie

As a new clinician at Heywood, I had a bit of an odd start up. Joslyn has gone ABOVE and BEYOND for me and I am beyond grateful. She is the master of scheduling, listening, organizing- in my mind she is magical. She worked two jobs and was always there when I needed her. -Stacy

Kaylee



I appreciate Kaylee for her ability to connect with and go above and beyond for the youth we support! Kaylee is extremely flexible in meeting their needs whether it's resources, a change in session time, or a listening ear. Kaylee also does a great job of keeping me updated and working with school staff to ensure all needs are being met. I am extremely grateful to be able to work with Kaylee and truly appreciate everything she does! -Zack

Alli



Alli is honestly the best! She is thoughtful, considerate, and fun to work with! Alli in particular has a mind for juggling. She is always managing and balancing our schedules, communication with the school, external resources, and more. She is so good with the students at ARMS, helping to make them feel welcome and comfortable. I'm so grateful for everything she does and all the support she offers each and every day. She makes the tough days brighter and the good days even better. -Chelsea

Alli is a rockstar CHW who juggles the caseloads of two clinicians and also has such great connections with the students herself. She is personable, dependable, flexible and goes above and beyond to make sure the middle schoolers get the services they need which can be a challenge in itself. So grateful for all of her help day in and day out! -Jen

Macy



As a CHW, Macy is attentive, caring and organized! She is always willing to go the extra mile and be there for our clients. Macy makes herself available for check ins and to play games with students who need a little extra time. Macy seems to always be several steps ahead and makes sure everything is done! Anytime I have questions, concerns, or just want to chat, Macy is on screen to answer or even just listen. As a new clinician with Heywood, Macy has made the transition easier! Lastly, Macy and I share a love of animals- especially cats so it automatically makes everything better :) -Stacy

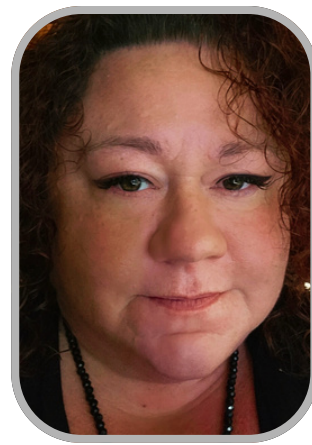
Deanna



I appreciate Deanna's flexibility, her communication, and her ability to learn quickly. She makes her job look so easy even though I know it's not easy juggling two clinician's schedules. -Amy

Some words that come to mind when I think of Deanna are thoughtful, professional, organized, reliable, and caring. Narragansett is so lucky to have her and I am so thankful I get to work with her! -Kirsten

Josie



Josie is a passionate CHW who is dedicated to our clients. She goes above and beyond by purchasing interesting snacks for the kids and stickers that she knows they will like. She also connects them to community resources and has helped several clients get their first jobs! She remembers their birthdays and makes sure that she does a little something special for each and every one of our kids. She is flexible while managing my schedule between the school and the kids and my needs. She does all this without any complaints and always has some fun jokes to share or interesting documentaries or shows she thinks I might like. Josie makes my job more manageable and fun! She truly is my right-handed (wo)man! -Jenn

Linda



Working with Linda is always a pleasure! She is organized, keeps things in line and is able to connect with students in a way where they respect and appreciate her. Linda is always on top of things, willing to lend a helping hand and makes sure that each day goes as smoothly as possible for the clinicians that she works with. -Jen

Linda showed up countless times (and still does!) and always made an effort to know the clients. She is reliable and works hard. She made an uncertain time a lot easier and I am thankful for her! -Stacy

Cindy Lou



Cindy always creates a welcoming environment for the students. They will come down to the health center just to visit with her, get a snack and chat about their day. She also does great outreach and has positive relationships within the community. Through this she has been able to secure multiple donations for the clothing and food pantry here at school which has benefited countless students and families. -Becky

Sheila



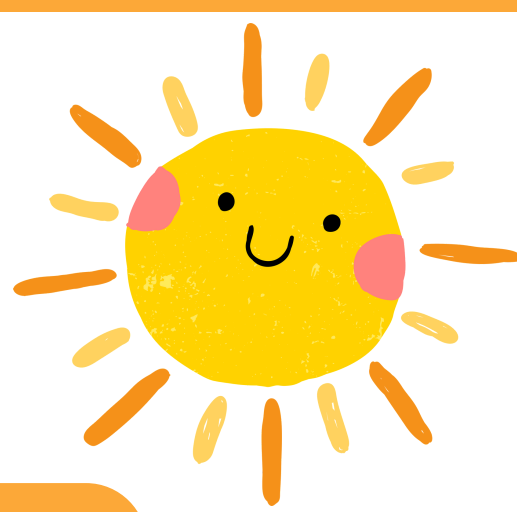
I appreciate Sheila's outreach in the community not only as a CHW but also promoting the health center. Sheila has made yard signs and flyers, attended back to school nights and other school events at all ARRS schools, spreading the word to the community about the health center and services we offer. This outreach helped to increase our productivity and community awareness significantly. -Christine

FREE Summer Toolkit

Looking for resources and at-home activities for you and your child over the summer months?

Look no further!

We have created a helpful toolkit that includes worksheets, activities, resources, and coping skills tips!



[DOWNLOAD THE TOOLKIT HERE](#)

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 in the community receive appropriate support to help them achieve emotionally and academically. Learn more...

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[WEBSITE](#)

SCHOOL BASED SERVICES PROGRAMS

(SERVICES ARE PROVIDED YEAR ROUND)

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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