

HOPKINTON SOCIAL EMOTIONAL RESOURCES FOR FAMILIES

Basic Information on Social Emotional Development

Pathways.org

<https://pathways.org/topics-of-development/social-emotional/>

Understood.org

<https://www.understood.org/en/learning-thinking-differences/signs-symptoms/age-by-age-learning-skills/social-and-emotional-skills-what-to-expect-at-different-ages>

Childmind Institute (more in depth according to child's struggle)

<https://childmind.org/audience/for-families/>

Edutopia (A curated list of articles and videos for parents about fostering skills like kindness, empathy, resilience, perseverance, and focus in children.)

<https://www.edutopia.org/SEL-parents-resources>

State Resources

Massachusetts Department of Elementary and Secondary Education

Student and Family Support- Social Emotional Learning

Provides in depth information about what the state is doing to address social/emotional learning and defines SEL as:

"The process of developing students' and adults' social and emotional competencies—the knowledge, skills, attitudes, and behaviors that individuals need to make successful choices."

<http://www.doe.mass.edu/sfs/sel/>

Parenting Support

Mommying is Hard

Hopkinton support group for moms (and dads) - for more info

<https://www.facebook.com/MommyingIsHardSupportGroups>

Parents Helping Parents

Parental Stress Line: 1-800-632-8188

Website contains resources, helpline information, and support group listing

<https://www.parentshelpingparents.org/>

Parent Professional Advocacy League (PPAL) <http://ppal.net/>

Resources and a listing of support groups throughout Massachusetts

Connecting to Deeper Support

Hopkinton Youth and Family Services

18 Main Street

Hopkinton, MA 01748

508-497-9781

https://www.hopkintonma.gov/residents/youth_and_family_services.php

A Town of Hopkinton department providing:

Free, Confidential Services - Individual, Group and Family Counseling - Parent Consultation - Crisis Intervention and Support - Information and Referral - Advocacy - Court Diversion - Community Education, Programs and Activities - Hopkinton Organizing for Prevention (HOP), the towns community coalition to prevent substance misuse

INTERFACE REFERRAL SERVICE

A free resource to all residents in Hopkinton that provides free and confidential help with finding an outpatient mental health provider, in as little as two weeks, that best matches the needs in terms of location, specialty of the provider, insurance/fee requirement and availability.

Call **1-888-244-6943** Monday-Friday from 9am-5pm to complete a brief intake to start the process. Find mental health and wellness resources here: <https://interface.williamjames.edu/>

Advocates - Psychiatric Emergency Services (PES) - 24/7 crisis intervention

For **EMERGENCY** mental health support - **1-800-640-5432**

<https://www.advocates.org/services/psychiatric-emergency-services>

In-School Support

Cubby's Den BRYT program	Kirsten Gleason EXT - 2016	Marathon Elementary School 508-497-9875
The Roost BRYT program	Trisha Shen EXT - 3007	Elmwood Elementary School 508-497-9860
Empower SEL program	Liane McCorvey EXT - 4524	Hopkins Elementary School 504-497-9824
Student Therapeutic Academic Resource Center (START) Empower SEL Program HMS Guidance Department	Erin DiPalma EXT - 5021 Debby Arienti EXT - 5025	Hopkinton Middle School 508-497-9830
Student Therapeutic Academic Resource Center (START) SEL Learning Centers Three Tier System of Substance Support HHS Guidance Department	Lisa Winner EXT - 6903 Michael Donahue Special Education Team Chair - EXT - 6047 Jane Gomes EXT - 6014	Hopkinton High School 508-497-9820

