

# May is Mental Health Month- Department of Mental Health, Division of Child/Adolescent Services Calendar of Events

May 1<sup>st</sup>

**Q&A with Heather Hogan, Education Resource Coordinator; 9:30-12.** Join Heather Hogan, Education Resource Coordinator, for a Q&A on school-related issues. A light continental breakfast will be served. Parent Information Center (PIN) Office at 47 East Grove Street in Middleboro, MA 02346. RSVP: [pin@bamsi.org](mailto:pin@bamsi.org) or call 508-947-8779 ext 210.

May 2<sup>nd</sup>

**TEAMA 11:00am -12:00pm;** Worcester Public Library, 3 Salem Sq in Worcester. Banx Room - Teens Education About Mental Awareness will offer a FREE public presentation on youth and mental health. Everyone who attends will receive a green ribbon to show their support! There will be resources and Youth MOVE Massachusetts members available to answer all your questions about our programming and what we do! For more info email [LProulx@ppal.net](mailto:LProulx@ppal.net).

May 5<sup>th</sup>

**HOPE Youth Group visits City Council 5:30pm-7:30pm;** for the Proclamation of Children's Mental Health Awareness Week! Meet us at our Youth Room, 51 Union St Suite 306, at 5:30 for pizza dinner kick off to Children's Mental Health Month! At 6:30pm, we will carpool over to Worcester City Hall to attend the City Council Meeting For more info email Lydia [LProulx@ppal.net](mailto:LProulx@ppal.net).

May 5<sup>th</sup>

**Bellingham Parent Support Group 5:30pm-7:00pm;** Bellingham Public Library- *Children's Program Room* 100 Blackstone Street Bellingham. RSVP by Email: [Lcecelya@ppal.net](mailto:Lcecelya@ppal.net).

May 5<sup>th</sup>

**Adoption Training with Dr. Joyce Pavao 10-12.** Join Heather Hogan, Education Resource Coordinator, for a Q&A on school-related issues. Parent Information Center (PIN) Office at 47 East Grove Street in Middleboro, MA 02346. RSVP: [pin@bamsi.org](mailto:pin@bamsi.org) or call 508-947-8779 ext 210.

May 5<sup>th</sup>

**Caregiver Dinner.** Summit House in Holyoke. E-mail Sean Barry for additional information at [Sean.Barry@massmail.state.ma.us](mailto:Sean.Barry@massmail.state.ma.us)

May 6<sup>th</sup>

**Substance Use & The Teenage Brain: From Use to Abuse to Addiction** 7pm-9pm; at Wayside Youth & Family Support Network, 88 Lincoln St Framingham. *Mitch Finnegan, M.Ed., Director of Wellness Education for the Weston Public Schools.* This interactive workshop will explain the impact of substance use on the teenage brain, and its implications for the social, emotional, and mental health of our children. A basic understanding of the progression from use to abuse to addiction will be explored for all substances (alcohol, tobacco, marijuana and other drugs), as well as a very functional model for defining each of these stages. The latest information on marijuana use and opioid use among adolescents will also be covered. Strategies and tips for having effective conversations about this issue with your own children will be shared. RSVP: Ann Killion at 508-620-0010 x194 or [ann\\_killion@waysideyouth.org](mailto:ann_killion@waysideyouth.org)

May 6<sup>th</sup>

**CBHI Knowledge Center Symposium 10:00 am – 3:00pm;** Worcester Recovery Center and Hospital Conference Center, 309 Belmont St. Worcester MA

May 6<sup>th</sup>

**TAY Parent Support Group 6:00pm-8:00pm;** A Group for Empowering Families through Transition Planning, Sync Communication Center 1 Beverly Drive, Sterling MA, 01568 For further information, visit [www.ppal.net](http://www.ppal.net) or e-mail [Ahurst@ppal.net](mailto:Ahurst@ppal.net) or [Rbenoit@ppal.net](mailto:Rbenoit@ppal.net).

May 7<sup>th</sup>

**Children's Mental Health Day Appreciation Ceremonies, 6-7PM.** PIN support groups will be holding an "Appreciation Ceremony" where parents will recognize their children's successes and strengths. Events will take place at area support group locations.

May 7<sup>th</sup>

**"Children's Mental Health Day!"** *National Children's Mental Health*

*Awareness Day seeks to raise awareness about the importance of children's mental health and that positive mental health is essential to a child's healthy development from birth.*

May 7<sup>th</sup>

**A conversation with Rich Breault DMH Central MA area Director Child and Adolescent Services 10:00a-12:00pm;** YOU Inc. and PPAL will be hosting at YOU Inc. Family Center, 205 School Street Ste 205, Gardner, MA 01440 **RSVP by May 5<sup>th</sup>:** Andrea Froelich: 508-767-9725 or [afroelich@ppal.net](mailto:afroelich@ppal.net).

May 7<sup>th</sup>

**DYS-Crisis Planning 10:00a-11:00a:** Crisis Planning: Preparing for a Mental Health Crisis Training at LMCC-Families and Youth Initiative, 112A East Haverhill St, Lawrence. **RSVP by May 5th:** Andrea Froelich: 508-767-9725 or [afroelich@ppal.net](mailto:afroelich@ppal.net).

May 7<sup>th</sup>

15<sup>th</sup> Annual Provider Forum on R/S Prevention in Westborough from 9 a.m. – 3:30 p.m., featuring keynote speaker Kevin Ann Huckshorn on the topic of 6 Core Strategies to Prevent R/S and the role of Leadership. For more information or to register, contact Annabelle Lim at [Annabelle.lim@massmail.state.ma.us](mailto:Annabelle.lim@massmail.state.ma.us)

May 7<sup>th</sup>

**Through the Looking Glass Art Show! 5:00pm-9:00pm;** A free, local art showcase to fight stigma and raise awareness of mental health and young people's personal stories. There will also be a bake sale and info table available. UU Church of Worcester, 90 Holden St, Worcester MA 01606. Email Britt [BBell@ppal.net](mailto:BBell@ppal.net) for more info!

May 7<sup>th</sup>

**TAY Parent Support Group 6:00pm-8:00pm;** A Group for Empowering Families through Transition Planning, Parent/Professional Advocacy League 51 Union Street, Suite 308, Worcester. For further information, visit [www.ppal.net](http://www.ppal.net) or e-mail [Ahurst@ppal.net](mailto:Ahurst@ppal.net) or [Rbenoit@ppal.net](mailto:Rbenoit@ppal.net)

May 8<sup>th</sup>

**TEAMA Speakers' Bureau presents at the Massachusetts School of Professional Psychology;** Newton, MA. Contact PPAL at 508-767-9725 for more information.

May 12<sup>th</sup>

**Minute to Win It at the HOPE youth group! 5:00pm-6:30pm;** Join us for dinner and Minute to Win It challenges! Can you unpack and stack those cups in 60 seconds? How about win a potato-and-spoon race? Join us and find out!!! Open to youth ages 13-19. Free. 51 Union St Suite 306, Worcester MA 01608 For more info email Lydia [LProulx@ppal.net](mailto:LProulx@ppal.net)

May 13<sup>th</sup>

**Young Adult – Mental Health Workforce** 10am-3pm, in Marlborough. For more information or to register, contact Bradley Moore at

May 14<sup>th</sup>

[Bradley.moore@massmail.state.ma.us](mailto:Bradley.moore@massmail.state.ma.us)  
**Pediatric Psychiatric Medications, 10AM-11AM,** with Michael C. Angelini, BCPP, for an overview of Pediatric Psychiatric medications for parents and staff that work with children. Light refreshments will be served. At Taunton DMH, 60 Hodges Ave, in Taunton.

May 14<sup>th</sup>

**PIN Mother's Day Breakfast;** 10:30-12:30. PIN is hosting its 6<sup>th</sup> annual Mother's Day Breakfast, a leisurely breakfast for mothers with the PIN staff. Due to limited space, this event will be invitation only. For more information contact your Parent Coordinator.

May 14<sup>th</sup>

**Worcester Parent/Caregiver Support Group 5:30p-7:30p;** A time of Sharing and Support, Located at PPAL, 51 Union Street, Suite 308, Worcester. For more information call PPAL: 508-767-9725.

May 14<sup>th</sup>

**What to do when your Child/Youth is in Mental Health Crisis?** 7pm-9pm; at Wayside Youth & Family Support Network, 88 Lincoln St, Framingham. *Panel Discussion with: Brian Lightsey, LICSW – MCI – Mobile Crisis Intervention from WaysideDanielle Larsen, M. Ed. – Jail Diversion Program Framingham Police Department Colleen Clinkscale, LMHC, CJCC – Court Clinician from Framingham Juvenile Court.* What is a Mental Health Crisis? What should Parents/Guardians do when their Child/Youth is in Crisis? Please join our Panel Discussion to get information and meet local providers. RSVP: Ann Killion at 508-620-0010 x194 or [ann\\_killion@waysideyouth.org](mailto:ann_killion@waysideyouth.org)

**May 17<sup>th</sup>** **LUK's Day In The Park 10:00am-2:00pm;** A collaborative event celebrating foster parents, raising awareness for mental health, and raising money for the "[Corduoy King](#)" [Scholarship!](#) Lake Quinsigamond Park 248 Lake Ave. Worcester, MA. For more information, go to [www.LUK.org](#) and click on the Day in the Park banner!

**May 17<sup>th</sup>** **Youth MOVE Massachusetts & Next Generations Concerts at the Hard Rock Cafe! 12:00pm-4:00pm;** Join Youth MOVE Massachusetts and youth from across the state at Hard Rock Cafe for food, music, and information on mental health and wellness! Wear GREEN to show your support for our performers. Half of the ticket sales will benefit Youth MOVE Massachusetts - so bring your friends! \$10/person, youth under 14 FREE. Hard Rock Cafe 22-24 Clinton St, Boston, MA 02109. More info at <http://nextgenconcerts.com/> or email Chandra [CWatts@ppal.net](mailto:CWatts@ppal.net)

**May 18<sup>th</sup>** **What to do when your Child/Youth is in Mental Health Crisis? 7pm-9pm;** at Wayside Youth & Family Support Network, 118 Central St, Waltham. *Panel Discussion with: Brian Lightsey, LICSW – MCI – Mobile Crisis Intervention from WaysideDanielle Larsen, M. Ed. – Jail Diversion Program Framingham Police Department Colleen Clinkscale, LMHC, CJCC – Court Clinician from Framingham Juvenile Court.* What is a Mental Health Crisis? What should Parents/Guardians do when their Child/Youth is in Crisis? Please join our Panel Discussion to get information and meet local providers. RSVP: Kelley Daron 781-891-0555 ext 58 or [Kelley\\_daron@waysideyouth.org](mailto:Kelley_daron@waysideyouth.org)

**May 19<sup>th</sup>** **Wear GREEN to the Park! 5:00pm-6:30pm;** Meet the HOPE Youth Group at Green Hill Park in Worcester, MA for an outdoor picnic, games, and ice cream sundaes! Ages 13-19. Free. For more info email Lydia [LProulx@ppal.net](mailto:LProulx@ppal.net).

**May 19<sup>th</sup>** **All About PPAL/ PPAL 101/ Get to Know PPALS:30pm-7:00pm;** Bellingham Parent Support Group, Bellingham Public Library- *Children's Program Room* 100 Blackstone Street Bellingham. RSVP by Email: [Lcecelya@ppal.net](mailto:Lcecelya@ppal.net).

**May 19<sup>th</sup>** **Motivational Interviewing Training, with** Robert Jope, 9AM-4PM. Lunch will be provided for attendees. For DMH C/A staff that work with children and adolsecnts. Taunton Holiday Inn, 700 Myles Standish Blvd., Taunton. RSVP to Jenny DiBlasi at 508-897-2179 or [jenny.diblasi@massmail.state.ma.us](mailto:jenny.diblasi@massmail.state.ma.us)

**May 19<sup>th</sup>** Statewide Young Adult Council (SYAC) from 2-4 p.m. For more information, contact Annabelle Lim at [Annabelle.lim@massmail.state.ma.us](mailto:Annabelle.lim@massmail.state.ma.us)

**May 20<sup>th</sup>** **TAY Parent Support Group 6:00pm-8:00pm;** A Group for Empowering Families through Transition Planning, Sync Communication Center 1 Beverly Drive, Sterling MA, 01568 For further information, visit [www.ppal.net](#) or e-mail [Ahurst@ppal.net](mailto:Ahurst@ppal.net) or [Rbenoit@ppal.net](mailto:Rbenoit@ppal.net).

**May 20<sup>th</sup>** **Substance Use & The Teenage Brain: From Use to Abuse to Addiction 7pm-9pm;** at Wayside Youth & Family Support Network, 118 Central St, Waltham. *Mitch Finnegan, M.Ed., Director of Wellness Education for the Weston Public Schools.* This interactive workshop will explain the impact of substance use on the teenage brain, and its implications for the social, emotional, and mental health of our children. A basic understanding of the progression from use to abuse to addiction will be explored for all substances (alcohol, tobacco, marijuana and other drugs), as well as a very functional model for defining each of these stages. The latest information on marijuana use and opiod use among adolescents will also be covered. Strategies and tips for having effective conversations about this issue with your own children will be shared. RSVP: Kelley Daron 781-891-0555 ext 58 or [Kelley\\_daron@waysideyouth.org](mailto:Kelley_daron@waysideyouth.org)

**May 21<sup>st</sup>** **YAYA - Young Adults & Youth Advocacy! 5:00pm-6:30pm;** Join YAYA for dinner, games, and conversation! Ages 17+. Free. For more info email Britt [BBell@ppal.net](mailto:BBell@ppal.net).

**May 21<sup>st</sup>** **Express Yourself 7:00pm-9:00pm;** Youth MOVE Massachusetts will be attending the Express Yourself youth performing arts show at the Wang Theater in Boston, MA! There will be a carpool organized to and from our Youth Room. Tickets to Express Yourself are free, but the

carpool is limited and requires a permission slip. RSVP to Lydia [LProulx@ppal.net](mailto:LProulx@ppal.net) by 5pm on May 19th to secure your spot!!! More info on Express Yourself at [www.exyo.org](http://www.exyo.org).

**May 21<sup>st</sup>** **TAY Parent Support Group 6:00pm-8:00pm;** A Group for Empowering Families through Transition Planning, Parent/Professional Advocacy League 51 Union Street, Suite 308, Worcester. For further information, visit [www.ppal.net](http://www.ppal.net) or e-mail [Ahurst@ppal.net](mailto:Ahurst@ppal.net) or [Rbenoit@ppal.net](mailto:Rbenoit@ppal.net)

**May 21<sup>st</sup>** **Parents of TAY panel Sharing their Stories with Southeastern Area Site Director's and Leadership1:00pm-3:00pm;** A joint DMH C/A staff and parents of youth talk about their experiences with their children who are now young adults as they journeyed from DMH Child to Adult services, for DMH Site Directors. Held at Brockton Area Office. For further information, contact Julia Meehan at [Julia.Meehan@massmail.state.ma.us](mailto:Julia.Meehan@massmail.state.ma.us)

**May 22<sup>nd</sup>** **Youth & Young Adult OPEN MIC for Mental Health Awareness! 7:00pm-9:00pm;** Join Youth MOVE Massachusetts members and supporters at Nu Cafe for an evening of poetry, music and storytelling! Help bust the stigma around mental health, share your story, and listen to others. Event is free, food and drink available for purchase. All ages, families and supporters welcome! Nu Cafe 335 Chandler St, Worcester. For more info contact Chandra [CWatts@ppal.net](mailto:CWatts@ppal.net).

**May 26<sup>th</sup>** **Listen Up! Youth Have Something to Say (Tie Dye T Shirt Night) 5:00pm-6:30pm;** Join the HOPE youth group and take stand against stigma! We will make t shirts with a positive message about mental health. You can write your own message! You'll have a chance to tie dye them, too, with different greens for mental health or all kinds of colors! Ages 13-19. \$2 per person, seats limited, RSVP needed. 51 Union St Suite 306, Worcester MA 01608. To RSVP, request help with the cost, or for more info contact Lydia [LProulx@ppal.net](mailto:LProulx@ppal.net).

**May 28<sup>th</sup>** **Worcester Parent/Caregiver Support Group 5:30p-7:30p;** Guest Speaker: TBD, Located at PPAL, 51 Union Street, Suite 308, Worcester. For more information call PPAL: 508-767-9725.

**May 28<sup>th</sup>** **PTAY Q&A with Dr. Miriam Ornstein 6p-8p.** For more information Tresa Salters, PTAY Parent Coordinator, [ptaypin@bamsi.org](mailto:ptaypin@bamsi.org) or 508-947-8779 ext 222.

**May 29<sup>th</sup>** **PPAL's 5<sup>th</sup> Annual Conference & Celebration, with a Youth Track by Youth MOVE Massachusetts 8:30am-3:30pm;** Best Western Royal Plaza, Marlboro, MA. Make sure to register at [www.ppal.net](http://www.ppal.net)!

*\*To confirm events we recommend you call the local contact listed!*