

# HANOVER AREA MENTAL HEALTH RESOURCES

Below is a list of resources that you or your child may find helpful. Hanover Public Schools does not endorse any specific provider, service or resource. As always, please preview any resource for appropriateness prior to encouraging your child to utilize.

## CRISIS

**911**- Dial 911 if imminent danger to self or others.

**South Shore Mental Health -Crisis Team** 617-774-6036/ Plymouth Mobile Crisis 508-747-8833  
South Shore Mental Health's Emergency Services Program (ESP) provides in-home, community, and hospital ER-based services to children, teens, and adults who are at risk of harming themselves or others. Available 24 hours a day, seven days a week, ESP's master's level clinicians provide psychiatric evaluation and treatment to support and stabilize clients while transitioning them to the appropriate level of care within the community. SSMH's Emergency Services Program also includes an open, six-bed stabilization unit that offers an alternative to hospitalization for clients in need of short-term crisis intervention.

**National Suicide Prevention Lifeline**- 1-800-273-(TALK)8255.

The National Suicide prevention Lifeline is a 24 hour, toll-free suicide prevention hotline. You will be routed to the closest possible crisis center in your area. With more than 130 crisis centers across the country, their mission is to provide immediate assistance to anyone seeking mental health services. Call for yourself or someone you care about. Your call is free and confidential.

**Crisis Text Line**- Text HOME to 741741 in the United States. <https://www.crisistextline.org/>  
Crisis Text Line is a free, 24/7, confidential text message service for people in crisis.

**Child and Family Services of New Bedford**- 508-996-3154

- **Towns Served**: Duxbury, Hanover, Hanson, Marshfield, Pembroke
- **Insurance**: MassHealth, BCBS (MA), United, Harvard Pilgrim
- **Address**: (by appt.) 543 North St. New Bedford

## **FIND A THERAPIST OR PRESCRIBER**

### **Interface Referral Service, William James College- 888-244-6843 (toll free)**

The William James INTERFACE Referral Service maintains a mental health and wellness referral Helpline **Monday through Friday, 9 am-5 pm**. This is a free, confidential referral service for individuals across the lifespan living in Hanover and participating communities. Callers are matched with licensed mental health providers from their extensive database. Each referral meets the location, insurance, and specialty needs of the caller. More information about the service, terms of confidentiality, and other mental health resources are on their website <https://interface.williamjames.edu/>

### **Massachusetts Behavioral Health Partnership**

<https://masspartnership.com/member/FindAProvider.aspx>

The MBHP behavioral health provider network is one of the largest in Massachusetts. It includes over 1,200 clinics, inpatient programs, individual practitioners such as social workers and psychologists, and many more. Many of their providers speak multiple languages. They all share a commitment to providing high quality, culturally sensitive care. Services offered range from detox, to crisis counseling, to long-term therapy.

### **Massachusetts Behavioral Health- <https://www.mabhaccess.com/>**

The Massachusetts Behavioral Health Access (MABHA) website is designed to enable behavioral health and health care providers to locate potential openings in mental health and substance use services for the purpose of referring individuals to those available services. They welcome youth, families, and other stakeholders, such as state agency staff, to utilize the website to locate those services that they can access directly from the community.

#### **Locate openings for the following services:**

- CBHI services
  - In-Home Therapy (IHT)
  - Therapeutic Mentoring (TM)
  - In-Home Behavioral Services (IHBS)
  - Intensive Care Coordination (ICC)
  - Family Support & Training (FS&T)
  - Emergency Services Programs/Mobile Crisis Intervention (ESPs/MCI)
- Substance Use Services
- Inpatient and other 24-hour level of care

**Psychology Today referral service- <https://www.psychologytoday.com/us>**

**South Shore Coalition of Independent Therapists- <https://sscit.org/>**

## **ONGOING LIST OF LOCAL OUTPATIENT PROVIDERS:**

- **Arbour Counseling** (Norwell) 781-871-6550
- **Atlantic Counseling** (Weymouth) 781-335-6000 <http://atlantic-counseling.net/>
- **\* BAMS/Whitman Counseling Center** (Whitman): 781-447-6425  
<https://www.bamsi.org/program/individual-and-family-counseling/>
- **\* Bayview Counseling/North River Associates** (Marshfield): 617-847-1914  
<http://www.ssmh.org/our-programs/for-children-families/outpatient-counseling/>
- **Belmont Counseling** (Brockton): 508-584-9161 <http://belmontcounseling.com/>
- **Center for Integrative Counseling and Wellness** (Hingham): 781-749-9227  
<http://www.centerforintegrativecounselingandwellness.com/>
- **Coastal Center** (Norwell/Plymouth): 781-878-3870 <http://thecoastalcenter.com/>
- **Compassion Counseling Services** (West Bridgewater): 508-297-0015
- **Door is Open Counseling Center** (Hull/Quincy): 781-925-3505  
<http://www.doorisopen.net/>
- **Family Counseling of Pembroke** (Pembroke): 781-826-7940  
<https://sites.google.com/site/familycounselingofpembroke/>
- **In the Creative Process, LLC** (Weymouth): 781-724-9003  
<http://www.inthecreativeprocess.com/home.html>
- **Leeward Counseling** (Hanover and Scituate): 617-545-2958  
<http://www.leewardcounseling.com/home.html>
- **Mar Vista Psychological Associates** (Cohasset): 781-383-0860  
[www.marvistapsych.com](http://www.marvistapsych.com)
- **\* New Life Counseling** (Randolph): 781-986-4800  
<http://www.newlifecounselingcenter.org/>
- **\* NOVA Psychiatric Services** (Quincy/Weymouth): 617-479-4545  
<http://novapsychiatric.net/>
- **\* Quincy Outpatient Counseling** (Quincy): 617-471-8400 x121  
<https://baystatecs.org/services/outpatient/#1482253707823-f6dc8cc9-0028>
- **\* South Bay/Weymouth Mental Health Clinic** (Weymouth): 781-331-7866  
<https://www.southbaycommunityservices.com/services/mental-health-substance-abuse-counseling-services/>
- **\* South Shore Child and Family Counseling** (Braintree): 781-817-5844  
<http://sscfc-braintree.com/>
- **\* The Wholeness Center** (Brockton): (508) 580-3800  
<http://www.thewholenesscenterma.org/>

**\* Denotes that the agency takes some forms of Mass Health**

# DEVELOPMENTAL SERVICES/AUTISM RESOURCES

## **Community Autism Resources-** Swansea 508-379-0371

- A family created and oriented community services organization. The valuable input we receive from families and professionals sustains our continued focus on assisting and educating families and professionals so that they can better meet the needs of persons with Autism Spectrum Disorders (ASD). We do this by building collaborative relationships with those involved, in an effort to provide comprehensive and individually tailored supports.

## **The Asperger's Association of New England (AANE)-** Watertown 617-393-3824

- Works with individuals, families, and professionals to help people with Asperger Syndrome and similar autism spectrum profiles build meaningful, connected lives.

## **Department of Developmental Services-** Boston 617-727-5608

- DDS creates, in partnership with others, innovative and genuine opportunities for individuals with intellectual and developmental disabilities to participate fully and meaningfully in, and contribute to, their communities as valued members.

## **The ARC of Greater Plymouth-** Plymouth 508-732-9292

- Empowers and supports people with disabilities and their families to belong, contribute and thrive
- Provides support in; adult family care, family support, shared living, social recreation, supported employment, autism services.

## **MA Down Syndrome Congress (MDSC)-** Burlington 781-221-0024

- Provides a broad array of programs to serve people with Down syndrome and their families throughout the state.

## **Child and Adolescent Health Specialists-** Cohasset 781-383-8380

- Specialization in developmental, behavioral and mood disorders, and learning problems
- On-site clinical therapists, speech therapists, X-ray, lab, children's dentistry, adult medical and dental offices and physical therapy in our building
- An inviting, child-friendly, state-of-the-art office environment
- Convenient office hours Mon-Sat with evening access
- Emergency access to one of our pediatricians available 24/7

## **Massachusetts Department of Mental Health-** 617-626-8000

- <https://www.mass.gov/orgs/massachusetts-department-of-mental-health>
- The Department of Mental Health, as the State Mental Health Authority, assures and provides access to services and supports to meet the mental health needs of individuals of all ages; enabling them to live, work and participate in their communities.

## EATING DISORDER SERVICES

### **Walden Behavioral Care-** Braintree 781-647-6700

- The clinic offers adult and adolescent partial hospitalization and intensive outpatient programs and intensive outpatient program for adult binge eaters. In addition, the Braintree clinic offers outpatient services for both adolescents and adults.

### **McLean Hospital- Eating Disorder Treatment-** Belmont 800-333-0338

- Founded with the generous support of the Klarman Family Foundation, the Klarman Eating Disorders Center (KEDC) provides state of the art treatment for young women ages 16 to 26. Our residential and partial hospital program specializes in the treatment of anorexia nervosa, bulimia nervosa, and binge eating disorder.

### **Multi-Service Eating Disorders Association (MEDA)-** Newton 617-558-1881

- Provides Assessment, Support groups and Skills Sessions
- Coaching Sessions and Care groups
- Community Resources; a free monthly forum

## GROUP THERAPY

### **The Aspire Center (Hanover):** 781-826-3601 <http://www.theaspirecenter.com/>

- Dialectical Behavior Therapy (DBT) for adolescents and adults
- Family Therapy

### **FLIHH (Marshfield):** 781-834-5750 <https://www.flihh.com/>

- Anxiety Support for Teens and Young Adults
- Teen Eating Disorder Support Group
- Other services including: Individual, family and group counseling; parent support groups, workshops and retreats

### **Quincy Family Resource Center (Quincy):** 617-481-7227 <https://quincfamilyrc.org/>

- Various FREE groups offered throughout the year including:
  - LGBTQ Teen Group
  - Grandparents raising grandchildren

# GRIEF/LOSS SUPPORT

## **Compassionate Friends Meeting**

<https://www.compassionatefriends.org/find-support/chapters/chapter-locator/>

1st and 3rd Monday of each month (7:00 pm), St Paul's Parish House, 20 Fearing Rd, Hingham

## **Hope Floats:** 781-936-8068    <http://www.hopefloatswellness.org>

Every other Monday, (6:30 - 8:00 pm), 4 Elm Street, Kingston

Registration: Denise Brack, 781-936-8068x2 or Kathleen McAleer, 508-746-0215

\*Hope Floats is a bereavement and educational center for individuals and families who are grieving or facing other life challenges. Their mission is to help people cope with loss, support their healing, and nurture their physical and emotional well-being.

### **Groups include:**

- Child Loss Bereavement Group for parents- Peer-led groups facilitated by parents who have lost a child.
- Overdose Loss Bereavement Group for parents- Peer-led groups facilitated by parents who have lost a child.
- Bereavement Support Group for kids ages 10-15- Co-led by Alice Kearney, LMHC, ATR & Sandy White.
- Ongoing Suicide Loss Bereavement Group- This group is for anyone who has lost a loved one to suicide.
- Mother's Group is a small group meeting for mothers who have lost children to support each other.

**Joanna's Place:** 781-413-5141 or email: [info@joannasplace.org](mailto:info@joannasplace.org) / <http://www.joannasplace.org/>

*8-week groups, for parents or guardians and their children aged 6-18 years. FREE of charge*

### **Groups include:**

- **Circle G:** Support for children and parents facing the loss of a parent or sibling (Lutheran House of Prayer, Hingham)
- **Circle S:** Support for children and parents facing the challenges of being a "typical sibling; that is, having a brother or sister with a significant need" (Collicot School, Milton)
- **Circle I:** Support for children and parents facing a life-challenging or chronic illness (Collicot School, Milton)

**Scituate Surviving Parents Group** Please email [scituatesurvivingparents@gmail.com](mailto:scituatesurvivingparents@gmail.com) to confirm

This group is for anyone that ever lost a child. Co-led by parents Lynda Steverman and Gail

Tierney-Mariano, this group meets occasionally at the Knights of Columbus on Route 3A in Scituate.

**Uplifting Connections** <http://www.upliftingconnections.com>

1355 Pleasant Street, Bridgewater

## HARD OF HEARING/DEAF RESOURCES

**Deaf Counseling Center-** <http://www.deafcounseling.com/>

- Individual, couples, and family therapy to help you address and resolve issues and see positive changes in your life.

**Hands and Voices Chapters-** <http://handsandvoices.org/>

- Hands & Voices is a non-profit, parent-driven organization dedicated to supporting families of children who are deaf or hard of hearing. We are non-biased about communication methodologies and believe that families can make the best choices for their child if they have access to good information and support. We have local chapters comprised mainly of parents along with professionals.

**National Association of the Deaf:**

<https://www.nad.org/resources/education/k-12-education/additional-resources/>

**Massachusetts Commission for the Deaf and Hard of Hearing:**

<http://www.mass.gov/eohhs/gov/departments/mcdhh/>

**Laurent Clerc; National Deaf Education Center:**

<http://www3.gallaudet.edu/clerc-center/info-to-go/educational-resources.html>

## RELATIONSHIP VIOLENCE

**Health Imperatives/A New Day:** (Brockton)

- 24/7 Emergency Hotline: **508-588-8255** or **888-293-7273** (toll-free)
- Email: [info@healthimperatives.org](mailto:info@healthimperatives.org)
- Website: <http://healthimperatives.org/a-new-day/>
- Services:
  - Individual and Group Counseling
  - Advocacy
  - Connection to Community Resources

**Love Is Respect:** 866-331-9474 or text LOVEIS to 22522 <http://www.loveisrespect.org/> (online chat)

**National Domestic Violence Hotline:** 800-799-7233 <http://www.thehotline.org/> (online chat)

**National Sexual Abuse Hotline:** 800-656-4673 <https://www.rainn.org/> (online chat)

# LGBTQ RESOURCES

**Sidney Borum Health Center:** 617-457-8141 (75 Kneeland St., Boston) <http://sidneyborum.org/>

**Jeff Brody, LMHC, ATR-BC:** 781-848-8898 <https://www.jeffbrodycounseling.com/>

**Trans Lifeline:** 877-565-8860 (available 10am- 4am) <http://www.translifeline.org/>

Trans Lifeline is a national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education. Our vision is to fight the epidemic of trans suicide and improve overall life-outcomes of trans people by facilitating justice-oriented, collective community aid.

## **Support and Resources:**

- **BAGLY: Boston Alliance of Lesbian Gay Bisexual Transgender Queer Youth**  
<https://www.bagly.org/>
  - Phone: (617) 227-4313
  - Email: [info@bagly.org](mailto:info@bagly.org)
  - Location: 14 Beacon Street, Suite #301 Boston, MA 02108
- **PFLAG: Parents and Friends of Lesbians and Gays** <https://www.pflag.org/>
  - Local Chapter: PFLAG Attleboro (508) 455-5870, [pflagattleboro@gmail.com](mailto:pflagattleboro@gmail.com)



## SUBSTANCE ABUSE

### Adolescent Outpatient:

<u>Agency:</u>	<u>Population:</u>	<u>Contact Information:</u>	<u>Insurances Taken:</u>
<b>Old Colony Outpatient Counseling</b>	Individual, Group, Family Ages (13-17), 18+ Men, Women	891 Montello St Brockton, MA 02301 508-427-4383 <a href="http://www.oldcolobyymca.org">www.oldcolobyymca.org</a>	BCBS, BMC Health Net, Fallon, MassHealth, MBHP, Medicaid, Medicare, NHP, Tufts Public, uninsured adults
<b>South Bay Mental Health Center</b>	Outpatient Counseling for Youth Ages (13-17, 18+ Men, Women	103 Commercial St. Brockton, MA. 02302 508-580-4691 <a href="https://www.southbaycommunityservices.com/">https://www.southbaycommunityservices.com/</a>	BCBS, Boston HealthNet, Fallon, Harvard Pilgrim, MassHealth, MBHP, Medicaid, Medicare, NHP, Network Health, United Behavioral Health, Self-pay
<b>Massachusetts General Hospital Addiction Recovery Management Services (ARMS)</b>	Individual, Group, Parent Services, Consultation Ages (14-26) Men, Women	151 Merrimac St. 6 <sup>th</sup> Floor Boston, MA. 02144 617-643-4699 <a href="http://www.massgeneral.org">www.massgeneral.org</a>	Aetna, BCBS, Cigna, Coventry, Fallon, Harvard Pilgrim, Humana, NHP, Tricare, Tufts, Unicare, United
<b>CASTLE (High Point)</b>	Individual, Group, Family	30 Meadowbrook Road, Brockton 508-742-4420 842 Purchase Street, New Bedford 508-992-1500 2 School Street, Plymouth 508-830-1234 4 Post Office Square, Taunton 508-823-5291 <a href="http://www.castlekids.org/index.php">http://www.castlekids.org/index.php</a>	
<b>Gosnold Counseling Center</b>	Individual, Group, Family (Mostly adults, adolescents limited)	909 Sumner St. Stoughton, MA. 02072 508-584-7884 Admissions: 800-444-1554 <a href="http://www.gosnold.org">www.gosnold.org</a>	BCBS, Harvard Pilgrim, United Behavioral Health, Cigna, Aetna

## **Adolescent Inpatient:**

<b><u>Agency:</u></b>	<b><u>Population:</u></b>	<b><u>Contact Information:</u></b>	<b><u>Insurances Taken:</u></b>
<b>CASTLE (High Point)</b>	Short-term Addiction Treatment Program (detox, stabilization, psychiatry, group, family counseling, aftercare planning) Ages (13-17) Men, Women	30 Meadowbrook Road, Brockton 508-584-9210 <a href="http://www.castlekids.org/index.php">http://www.castlekids.org/index.php</a>	<b>Admission Policy:</b> Interested patients/guardians or collaterals should call for bed availability and a phone screening by the nursing department. Based on bed availability, patients with MBHP (Mass Behavioral Health Plan) insurance will be advised to come directly to The CASTLE after a phone assessment has been completed by a nurse.  Patients with private insurances will be advised to have an evaluation completed by their local crisis team. Based on bed availability, they will be admitted following the evaluation. For Section 35 patients, court personnel will contact CASTLE regarding bed availability, and fax an evaluation to CASTLE staff.
<b>UMASS Memorial Community Healthlink Motivating Youth Recovery (MYR)</b>	Youth Detox and Stabilization Ages (13-17) Men, Women	26 Queen Street Worcester, MA. 01610 508-860-1244 <a href="http://www.communityhealthlink.org/chl/substance-abuse-treatment-and-recovery-programs/adolescent-substance-abuse-treatment/myr-menu">http://www.communityhealthlink.org/chl/substance-abuse-treatment-and-recovery-programs/adolescent-substance-abuse-treatment/myr-menu</a>	Private Insurance, MassHealth

## **Substance Abuse Resources:**

- **Massachusetts Substance Abuse Hotline: 800-327-5050** <https://helplinema.org/>  
\*Services available M-F (8am-10pm), Sat and Sun (9am-5pm)
- **Independence Academy (Recovery High School): 508-510-4091** <http://iarecoveryhs.org/>  
Students ages 14-21 who are struggling with issues related to drug and alcohol use. They service students from the southeast region of Massachusetts
- **South Shore Peer Recovery:** 781-378-0453 [www.southshorepeerrecovery.com](http://www.southshorepeerrecovery.com)
- **Brockton Area Opioid Abuse Prevention Collaborative: 508-742-4405**  
<http://opioidoverdoseprevention.org/bmoocp/>
- **AlaTeen** <http://www.ma-al-anon-alateen.org>  
Meetings on Sundays (7-8pm), Glastonbury Abbey, Hingham  
Current participants' age range is 13-17, all welcome
- **Gosnold Reaching Out Family Meeting**  
Meetings on Sundays (11am-12:30pm), Scituate Senior Center, 27 Brook St., (Park in rear/First Parish Rd.)  
Substance use affects the whole family unit. Free education and support for family members and concerned significant others to understand addiction, treatment options, and stages of recovery. Small group meetings are facilitated by a clinician from Gosnold. All towns are welcome.
- **Learn to Cope** <http://www.learn2cope.org>  
Thursdays, (7:00-8:30 pm), SSVTL, 476 Webster Street, Hanover (Mtg is at Brass Lantern Rest.)  
Peer support for families affected by opiates, alcohol and other substances. Weekly meetings are led by parents and/or young people in recovery from addiction. Free confidential Narcan training available at all meetings.
- **Addict in the Family** Thursdays (6:30-7:30), Miramar Retreat Center, 121 Parks St, Duxbury  
Educational support group for families living with a loved one's addiction, which is facilitated by individuals in recovery, often alumni of The Plymouth House 12-Step Retreat. Participants may ask questions, and gain fellowship with other families.
- **AdCare Family Services Information and Support Group**  
1st and 3rd Thurs of the month, (6:00 pm), Quincy Outpatient Office, 1419 Hancock St, Ste 201, Quincy. Open to anyone concerned about a family member or friend's use of alcohol or drugs.

## ADDITIONAL RESOURCES

**APPLY FOR MASS HEALTH INSURANCE:** to be considered for Mass Health eligibility \*\*\* based on mental health diagnosis\*\*\* for behavioral health services (Intensive Care Coordination, In Home Therapy, Therapeutic Mentor). Make an appointment at a Community Agency below to submit documents to determine eligibility (you do not need to be/have been a client of these agencies to utilize their financial counseling department) based on mental health diagnosis:

- Manet Community Health Center, Hull- 781-925-4550
- Quincy Family Resource Center-617-481-7227
- South Shore Hospital-Financial Counseling Department-781-624-4329

### **ADDITIONAL MENTAL HEALTH RESOURCES**

- **AnxietyBC™** is a leader in developing online, self-help, and evidence-based resources on anxiety and anxiety disorders. Our site provides information to help you understand anxiety, as well as resources and tools to help you manage your anxiety. <https://www.anxietybc.com/>
- **Anxiety and Depression Association of America** <https://adaa.org/understanding-anxiety>
- **Child Mind-** The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals and policymakers to support children when and where they need it most. <https://childmind.org/>
- **Department of Mental Health-Southeast Area Office**  
The Department of Mental Health's (DMH) Division of Child, Youth and Family Services provide a variety of supports to Massachusetts youth with mental illness and their families. DMH believes that families are experts on their children and that both youth and family participation in treatment is essential to the recovery process. Every youth and family has strengths, which are important to help overcome challenges, and DMH services focus on building upon those strengths. Services offered through DMH to eligible youth are intended to be strength-based, trauma-informed, family-driven, youth-guided, and respectful of the culture and preferred language of the youth and family. Howard Baker-Smith, Area Director, 165 Quincy Street, Brockton, MA 02302, Phone (508) 897-2000, Fax (508) 897-2024, TTY (508) 897-2102
- **National Alliance on Mental Illness** <https://www.nami.org/> A state resource for individuals and families facing the challenges of mental illness, providing free mental health family-based education, family and peer support and grassroots advocacy. Massachusetts chapter-<http://namimass.org/>

### **HOUSING AND SHELTERS:**

- Plymouth Area Coalition for the Homeless- Kingston 781-582-2010

- Pilgrims Hope Shelter
- Coalition Food Pantry
- Plymouth Housing Authority- Plymouth 508-746-2105
- South Shore Community Action- Plymouth 508-747-7575; Fuel Assistance 508-746-6707
- South Shore Housing- Kingston 781-422-4200
- Veteran Services- Hanover 781-826-5000 ext 1107 (Ben Quelle- Veteran Service Officer)

### **FOOD ASSISTANCE:**

- Food Stamps
  - SNAP- through DTA (Department of Transitional Assistance) 877-382-2363
- Plymouth WIC- 508-747-4933
- Salvation Army- 508-746-1559

## **TECHNOLOGY RESOURCES**

### **APPS and WEBSITES-free and fee based**

- **3 Minute Mindfulness**-Free meditation and breathing app. There is also a subscription level of service.
- **Breathe2relax**- an app with hands-on diaphragmatic breathing exercise.
- **Buddhify**-meditation app for a fee.
- **Izen**-free relaxing light and music app
- **Calm.com**-Free website and mobile app with guided meditation and relaxation exercises.
- **Calmharm**-an app that provides tasks that help you resist or manage the urge to self harm. You can add your own tasks too and it's completely private and password protected.
- **Colorfly**-free coloring book app
- **eCBT**-a set of Apple™ apps that provides therapeutic skills and education based on the principles of Cognitive Behavioral Therapy (CBT).
- **Happify**-Activities and games for stress and anxiety
- **Headspace**-"Meditation made simple." This app has a free introductory period, after which it requires a paid subscription to continue to use.
- **Insight Timer**-Free mobile app with virtual "bells" to time and support your meditations.
- **Ichill**-
- **iSleepEasy**-A calm female voice helps you quell anxieties and take the time to relax and sleep, in an array of guided meditations
- **Meditation Oasis**-meditation and music
- **Mindshift**- Free mobile app for teens developed by AnxietyBC, with mindfulness and other coping skills for anxiety
- **Mood 24/7**-website
- **Mood meter**-free app with available upgrades that aims to build emotional intelligence.
- **Optimism**-Track your moods, keep a journal, and chart your recovery progress with this comprehensive tool for depression, bipolar disorder, and anxiety disorders.
- **Smiling Mind**-Free mobile mindfulness app for young people, from Australia
- **Sosh-aSosh™** is an approach to social skills based on a decade of work with children, adolescents, and young adults who struggle with social difficulties. The Sosh framework divides social functioning into

five areas essential to social skills development and success: **Relate** (Connect with Others), **Relax** (Reduce Stress), **Regulate** (Manage Behaviors), **Reason** (Think it Through) and **Recognize** (Understand Feelings).

- **Stop Breathe Think**-Free web and mobile app for youth, with meditations for mindfulness and compassion
- **Virtual Hope box**-teaches breathing, relaxation, inspirational quotes, save coping tools.
- **For more apps visit:** <http://bit.ly/2fpqmNr>

## BOOKS/ARTICLES for PARENTS

### **Preventing Parent Burnout** article

<https://childmind.org/article/preventing-parent-burnout/>

### **Why Self Care is Essential to Parenting** article

<https://childmind.org/article/fighting-caregiver-burnout-special-needs-kids/>

**Transition of Care Guide**-If you/your child received treatment for a mental health condition while in high school or before, there are several things you can do to continue to stay healthy while transitioning to and attending college.

<https://www.settogo.org/wp-content/uploads/2017/03/Transition-of-Care-Guide.pdf>

Adolescent Depression: A Guide for Parents by Francis Mark Mondimore. (2002).

Boys of Few Words: Raising our sons to Communicate and Connect by Adam J. Cox (2006).

Emotional First Aid for parents by Koocher & LaGreca, Eds (2011).

Freeing Your Child from Anxiety by Tamare Chansky, PhD. (2004).

Freeing Your Child from from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents by Tamare Chansky, PhD. (2001).

Helping Your Anxious Teen: Positive Parenting Strategies to Help Your Teen Beat Anxiety, Stress and Worry by Sheila Achar Josephs, PhD. New Harbinger Publications Inc. (2016).

Helping Teens Who Cut: Using DBT Skills to End Self-Injury by Michael Hollander, PhD. (2017).

Helping Your Troubled Teen by Cynthia S. Kaplan (2007).

If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents by Edna B. Foa and Linda Wasmer Andrews. (2006).

If Your Adolescent Has Depression or Bipolar Disorder: An Essential Resource for Parents by Dwight L. Evans, M.D. and Linda Wasmer Andrews. (2005).

Parenting That Works: Building Skills That Last a Lifetime by Edward R. Christophersen, Ph.D., ABPP and Susan L. Mortweet, Ph.D. (2002).

The Imp of the Mind: Exploring the Silent Epidemic of Obsessive Bad Thoughts by Lee Baer, Ph.D (2001).

The Pressured Child: Freeing Our Kids from Performance Overdrive and Helping them Find Success in School and Life by Michael Thompson (2004).

Unholy Ghost-writers on depression edited by Nell Casey. (2001).

## CHILDREN'S BOOKS

What to do When You Grumble Too Much: A kids guide to overcoming anxiety by Huebner, D (2005). Ages 6-12.

Mookey the Monkey gets Over Being Teased by Lonczak, H. (2006). Ages 4-8.

Double Dip Feelings: Stories to help Children Understand Emotions, 2nd Ed., Cain, B (2001). Ages 4-8.

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The Grieving Teen-A Guide for Teenagers and Their Friends by Helen Fitzgerald. (2000).

The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time by Dzung X. Vo, MD, FAAP. (2015).

The Self Esteem Workbook for Teens: Activities to Help you Build Confidence and Achieve Your Goals by Lisa M. Schab, LCSW. (2013).

When A Friend Dies – A Book for Teens About Grieving and Healing by Marilyn E. Gootman. (2005).



### Child and Adolescent Psychopharmacology

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