

Town of Hopkinton

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Hopkinton Youth and Family Services

Director Dawn Alcott Miller

18 Main Street
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FOR IMMEDIATE RELEASE

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Hopkinton Youth And Family Services Offers New Online Behavioral Health Screenings

HOPKINTON -- Town Manager Norman Khumalo and Youth and Family Services Director Dawn Alcott Miller are pleased to share with community members Hopkinton Youth and Family Services' new online behavioral health screenings.

Hopkinton Youth and Family Services has partnered with MindWise Innovations, a division of Riverside Community Care, to offer free, confidential online behavioral

health screenings to Hopkinton community members in both English and Spanish.

[To conduct an online behavioral health screening click here.](#)

"We encourage community members to share this link with their loved ones and friends, and to explore these screenings themselves," Director Alcott Miller said. "These screenings will help people identify behavioral health issues that they may be experiencing and provide recommendations to begin addressing any areas of concern."

The 14 scientifically validated behavioral health screenings include the following topics: Anxiety, Depression, General Wellness, Adolescent Depression, Adolescent Substance Use, Gambling, Eating Disorders, PTSD, Opioid Use, Substance Use, Psychosis (for self or loved one) and more. These brief screenings are a quick way to determine if connecting with a behavioral health professional is recommended.

When completing the screening, community members will select statements that best describe how they are feeling and answer a few questions about themselves. Once the screening is completed, community members will receive comprehensive explanations about their moods and behaviors, and informational materials about next steps.

Community members should note that the behavioral health screenings are for informational purposes only, and are not a substitute for professional medical advice, diagnosis or treatment.

The behavioral health screenings will be available through at least early June 2022 and are made possible through a generous Metrowest grant program for mental health via the state Department of Mental Health.

Hopkinton Youth and Family Services would also like to remind community members of several other resources that are available to them including:

- [Interface Helpline](#) to assist in finding an outpatient mental health provider
- [Advocates Psychiatric Emergency Response](#) if experiencing a mental health or emotional health crisis
- Community members are also encouraged to call 911 if experiencing a crisis

Anyone who would like to learn more about behavioral health resources that are available can visit the [Hopkinton Youth and Family Services website](#).

"Hopkinton Youth and Family Services provides vital comprehensive social services and resources to youth and families in our community in an effort to help ensure their well-being," Town Manager Khumalo said. "I encourage community members to take advantage of all that Hopkinton Youth and Family Services has to offer."

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A message from the Town of Hopkinton