

Parent Resources

Blake Middle School Contacts

Grade 6 Guidance Counselor -- Jennifer Sullivan jensullivan@medfield.mec.edu 508-359-2396 x2003

Grade 7 Guidance Counselor – Matt Marengi mmarengi@medfield.mec.edu 508-359-2445 x2008

Grade 8 Guidance Counselor – Tracy Allen tallen@medfield.mec.edu 508-359-2396 x2018

School Nurse -- Tricia Williams twilliams@medfield.mec.edu 508-359-2396 x2021

Dean of Students – Kelly Campbell kcampbell@medfield.mec.edu 508-359-2396 x2023

Principal – Nat Vaughn nvaughn@medfield.mec.edu 508-359-2396 x2046

Wellness Content Specialist - Susan Cowell scowell@medfield.mec.edu 508- 359-4367 x1006

Guidance Content Specialist – Heather Mandosa hmandosa@medfield.mec.edu 508-359-4367 x1017

Town Resources

Medfield Youth Outreach 508-359-7121 or 508-359-8505 x3026 A free and confidential resource for Medfield children and families providing information and referral, counseling, prevention activities, and more.

Free Booklets Available in PDF format:

Talking to Your Middle School-Aged Child About Alcohol, Tobacco, and Other Drugs: A 10-step guide for parents Booklet for parents of children age 11-13.

<http://www.maclearinghouse.com/PDFs/SubstanceAbuse/SA1020.pdf>

What To Do If Your Child is Drinking or Using Drugs

http://timetogethelp.drugfree.org/sites/default/files/intervention_guide.pdf

Research and Resources:

Cyberbullying/Bullying/ Cell Phone Safety Resources

www.ncpc.org/topics/cyberbullying

www.stopbullying.gov

www.stopcyberbullying.org/parents/index.html

Suicide Prevention Hotlines

Samaritans Statewide Hotline 877-870-4673

Samariteens (teen to teen) 800-252-8336

24 hr Helplines 617-247-0220 or 508-875- 4500

The National Center on Addiction and Substance Abuse at Columbia University – research initiatives, teen attitude surveys, parenting resources, and national prevention campaigns
www.casacolumbia.org

Parents the Antidrug - resources, parenting advice, drug information <http://www.theantidrug.com>

Talklisten.org - a service of Boston Public Health with information on mental health & navigating the mental health system. Resources for teens, parents or for others who are concerned about a young person; free publications <http://www.talklisten.org/index.html>

Substance Abuse Treatment Resources

HELPLINE: Alcohol and other drug problems are treatable disorders. The decision to seek information and ask for help with an alcohol or other drug abuse problem is not an easy one. It takes courage to take the first step towards feeling better and to be willing to look at yourself and consider making a change. If you want to talk with a knowledgeable Information and Referral Specialist now, call **1-800-327-5050** or **617-292-5065**. We are here to listen, help you explore your options and find the programs that can help. Our services are free and anonymous.

The **Youth Central Intake and Care Coordination (YCICC)** is a special state-funded service organization helps Massachusetts parents and families access treatment programs specifically for teens. YCICC is a project of the Institute for Health and Recovery. Hours of Operation: 9am–5pm. 617-661-3991 or (Toll free) 866-705-2807 www.healthrecovery.org

Riverside Community Care: 24 Hour Emergency Services Program 1-800-529-5077 or 1-781-769-8674
Available 24 hours/7 days for mobile crisis intervention at your home, our office, or other community locations

For Assessment and/or Treatment

Adolescent Substance Abuse Program (ASAP) at Children’s Hospital, located in Boston, provides a comprehensive diagnostic assessment, with three appointments scheduled over a one to three week period; treatment recommendations; and, referrals to services. To learn more visit <http://www.ceasar-boston.org> or call (617) 355-2727.

Genesis Counseling, located in Framingham, provides outpatient substance abuse treatment for adolescents, women, men and families. Among its services, Genesis provides: diagnostic alcohol/drug evaluations, designed to determine if a client has a substance abuse problem and if so, to what extent; Youth Substance Abuse Program (YoSAP), a three session educational format is designed to give a teen educational information about alcohol, marijuana and other illicit drugs and the risk associated with their use; and, ongoing substance abuse groups, gender specific treatment for teens who are struggling with substance abuse issues. To learn more, visit <http://www.geniscounselingservices.org/> or call (508) 620-2992.

Sameem Associates, located in Newton and Sharon, provides: drug testing; group therapy; and, an adolescent program which allows teens and their parents to participate in evaluating the extent of their substance abuse problem and get appropriate intervention and treatment for that problem. To find out more, visit <http://sosdrugs.org> or call (617) 964-1060.