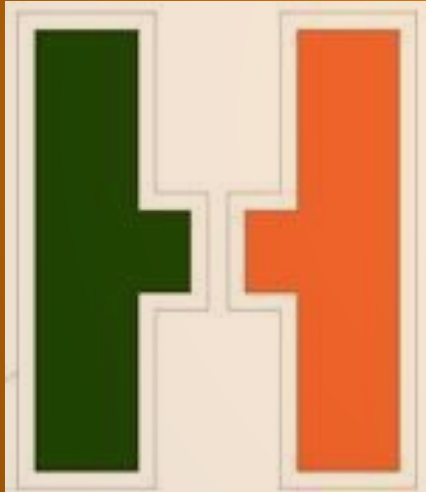


Thank You MetroWest Health Foundation!



With gratitude, from members of the Hopkinton High School community.

We have reached the end of the 3 year grant from the MetroWest Health Foundation, working with 100 students and their families!



THANK YOU
MWHF!!

“Utilizing the BRYT model, START not only helped students return to school but also develop new coping skills to deal with everyday stress. I can’t tell you how many times a student told me that **being part of START literally saved their life.** I will be forever grateful to have taken part in the creation and development of such a powerful intervention for young people!”

- START Clinical Coordinator.

“The START room is always there for me when I am having an anxiety attack or am behind on a lot of work. The moon sand helps me calm down, the wooden puzzle blocks help me stay focused, the support I get from my fellow classmates and the teachers is much needed. I am a START alumni so am not in the START room very much anymore but last year I was unable to attend classes and had all my work through the START room so as not to have to repeat a grade. I am eternally grateful to the START program at HHS!!”

- HHS Alumni Student

“I am so thankful for the
START program because it
allowed me to makeup all of
my work without much stress.
It was so good to have a place
to go when I was feeling down
and wanted to be in a place
where I felt safe and
welcomed. The thinking putty
is also amazing!” - HHS
Alumni Student



“The START program has been an incredible addition to the our school and Counseling Department. It has truly bridged the gap that so many students struggle with during the year. Thank you to the MWHF!”

- HHS School Counselor

“The START program has been extremely beneficial to our high school community over the last 3 years. Our START staff is amazing and has really helped to change the culture in our building around social emotional learning...



...Our START room is a place where students go to get support and gain skills to increase their ability to function independently, transition back to school and succeed within the community. At this point, I can't imagine not having a support system like START for our students. I would strongly encourage any high school to have a program like this if they don't already.”

-HHS Principal Evan Bishop

“We cannot speak highly enough about the START program and Guidance services offered to our son. It is hard to put into words how very grateful we are that the staff in START took such a proactive and vested interest in

him and in helping him get back on track and succeed. We are so very appreciative of all the efforts...



...Our son also understands that sometimes life throws you curveballs, and it's important to have coping strategies to control how you react to them. The program brought some much needed visibility into our son's challenges, and brought us closer together as his advocates/parents. Our son understands that now it's ok to ask for help, and to rely on the adults and professionals around him when he needs it. THANKS SO MUCH!" -HHS Alumni Parent



“I am grateful for the depth of services that START provides. From the struggling student to the prospective valedictorian, the staff members tailor their individual needs, and I am so impressed that they can deliver services that cover a broad spectrum of their population.

Thank you so much!”

- HHS School Counselor

“I am so grateful for our MetroWest Mental Health grant. Without it I can confidently say we would not have been able to create this responsive intervention for our district that serves some of our most vulnerable students. The START program data that was required by the grant made it possible to demonstrate measurable results in such a way that the the program could be supported by the district moving forward. MetroWest Foundation has our immeasurable thanks for making a profound difference in the lives of so many students and their families.” - HHS Adjustment Counselor

“Thank you for never giving up on me.

Without START I don't know what I would have done.”

- HHS Alumni Graduate