STUDENT SPOTLIGHT : Hope Moran

A Beacon of HOPE in Rhode Island



Hope Moran

Ever since Hope Moran launched the Active Minds chapter at East Providence High School, Townies Care, the conversation around mental health has begun to shift dramatically. What was once a back-burner topic is now moving to the forefront, as students feel more comfortable speaking up, sharing experiences, and connecting with one another. In a school of 1,700 students, Hope's initiative has sparked a ripple effect, creating a culture where support and connection are becoming the norm rather than the exception.

Mental health is deeply personal for Hope. "During my junior year, I hit my lowest low," she shares. "It was the most scared and alone I had ever felt in my life." Thankfully, her family helped her rebuild, and that experience ignited her desire to create a safe space at school for students who might not have that same support at home.

Leading Townies Care has also been a powerful part of her own healing journey. Hope reflects, "Every time I see students connecting through Townies Care, it reminds me that I've turned one of the hardest times in my life into something meaningful. It's proof that I've come back stronger and that sharing my story can help others know they aren't alone."

At a large school like East Providence High, students face pressure from all directions—academics, athletics, social life, and the constant comparisons on social media. Hope understood early on that mental health struggles are widespread, and she made it her mission to create a culture shift that reaches students of all backgrounds. Through open conversation and support, fear is being replaced with empowerment.

The impact of Townies Care is visible in the small, meaningful ways students show up for one another. "When students proudly wear 'Mental Health Matters' shirts or 'Townies Care' bracelets, it shows that we're breaking barriers," Hope says. The chapter has fostered a family-like atmosphere where talking about mental health is normal and encouraged, breaking down stigma one conversation and one event at a time.

One of the most rewarding moments for Hope came early in the initiative. When Townies Care first set up its table, students approached her to express how much it meant to finally see mental health being discussed openly. Some even shared their own struggles on the spot. "It made me realize that this initiative isn't performative—it's making a real difference," Hope says. Support has also come from teachers, administrators, and local officials, who have applauded her efforts to tackle such an important issue.

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Townies Care has hosted Green Out athletic events and after-school meetings that have drawn incredible participation and enthusiasm. Each gathering brings more students into the movement, and Hope is already looking ahead. “My biggest hope is to create a lasting culture shift that continues long after I graduate,” she explains. “I want Townies Care to be part of EPHS’s legacy, a community where everyone feels seen, supported, and valued.”

KyleCares has been instrumental in Hope’s journey. Through meetings, the Teen Mental Health Summit, and a $2,000 grant supporting her chapter, the organization has provided the tools, inspiration, and community necessary for Townies Care to thrive. “KyleCares has truly been the foundation for our success!!! Giving us the tools, inspiration, and community to thrive, and the impact at EPHS has been monumental. I’m so grateful to be part of a network of schools all united in creating positive change.”

Hope’s story is proof that one student’s courage, combined with the right support, can start a ripple that grows into waves of meaningful change.