

Mission

The mission of the Stoughton Youth Commission is to provide easily accessible, high-quality mental health services and community outreach to Stoughton youth and their families in response to the needs of the town of Stoughton; without regard to income, insurance status, culture, religion, sexual orientation, or social circumstances.

Vision

Stoughton Youth Commission envisions a community that values sustainable partnerships and competent, quality programming that empowers youth and their families, with the purpose of enhancing the well-being and respect of the individual, family, and greater community.

We accept self referrals and referrals from and maintain close relationships with local schools, DARE/Juvenile officers, juvenile probation officers, and the Department of Social Services in order to provide the most comprehensive care possible. As needed, we refer to other agencies with broader ranges of services to provide the best care for you and your family.

Our Staff

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Hours

Monday	10:30AM - 6:30PM
Tuesday	10:30AM - 6:30PM
Wednesday	10:30AM - 6:30PM
Thursday	8:30AM - 7:00PM
Friday	8:30AM - Noon

P.O. Box 582

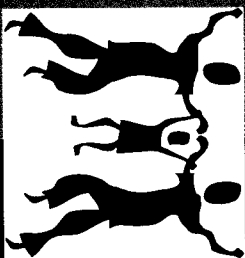
110 Rockland Street

Stoughton, MA 02072

781-341-2252

Stoughton Youth Commission

- FREE Services to Stoughton youth and their families
- Individual & Family Counseling
- Activities & Groups



Trusted since 1975
www.StoughtonYouthCommission.org



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**WE ARE
U-KNIGHTED**



What the Stoughton Youth Commission Offers

Counseling

For the Individual and Family...

The Stoughton Youth Commission provides no-cost professional and confidential counseling services to Stoughton youth and their families. Children, adolescents and families meet with an experienced mental health clinician or graduate social work intern. The counseling process begins with a thorough interview and assessment, followed by the establishment of goals for treatment and a timeline for services. Counseling is a collaborative effort with respect to individual clients and families regardless of race, religion or sexual orientation.

O.A.S.I.S.

Organizing Against Substances in Stoughton (OASIS) is Stoughton's substance abuse prevention coalition. O.A.S.I.S. is made up of community members that work toward the planning and reduction of youth alcohol and other drug use. The mission of O.A.S.I.S. is to work toward strengthening and coordinating collaborations for substance abuse prevention through community partnerships and mobilizing the community towards a culture that values substance abuse prevention and sustainability. These collaborative efforts will dramatically decrease the desire among youth to use alcohol and other drugs, as youth will feel a stronger connection to the community. Interested in getting involved: contact Stephanie Patton

@ Spatton@Stoughton-MA.gov.

OASIS Social Norms Campaign
www.StoughtonOASIS.org

Strengthening Families

Strengthening Families is a 5-week skill-building group for youth and families to improve communication, stress management and family functioning.

Stoughton Community Garden Project:

Free Intergenerational Project.
Community members of all ages work together in garden partnership teams to grow organic vegetable gardens.



Operation Horizons Summer Field Trips

For almost three decades, the Youth Commission has provided free summer activities to the youth of Stoughton. We offer weekly trips to various area destinations. Scholarships are available for Operations Horizons.



Pictures: Left -youths at Patriot Hall Museum
Right – youths on the swings at Canobie Lake Park.

GROUPS

Youth Advisory Council is for teens

(grades 9th-12th) who wish to make a positive impact on their community. Joining the Council provides an opportunity to create and execute community projects (such as Pride of Stoughton), develop leadership skills, and meet other teens with the same vision.

Preteen Esteem is a group for fifth-grade and sixth grade girls designed to enhance self-esteem and aid in the transition from grade school to middle school.

Conflict Resolution (Anger Management) is designed for youth to learn to identify and manage angry feelings.

Babysitter Training provides education in basic childcare, first aid, safety and safe play, leadership, professionalism, and CPR training.

P.A.S.S. (Positive Action Stops Substances)

A short term substance abuse program for youth who are referred for treatment, and those who would like to work on challenges they face regarding substance use.

Stoughton Leadership Institute is a group to promote civic engagement and leadership skills in youth.

The Youth Commission is willing to create programs based on the need of school department and/or the community.