



# Westford Mental Health Resources and Supports

Rae Dick, Health Director

Nicole Laviolette, Community Wellness Coordinator



# agenda



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# westford town employees



**RAE DICK**

Health Director



**ALISON CHRISTOPHER**

Town Social Worker



**NICOLE LAVIOLETTE**

Community Wellness  
Coordinator



**BRITTANY NASH**

Regional Community Health  
& Wellness Coordinator

# contact information

## RAE DICK

- Manages the Westford Health Department
- [rdick@westfordma.gov](mailto:rdick@westfordma.gov)
- 978-399-2553
- <https://www.westfordma.gov/215/Health-Department>

## ALISON CHRISTOPHER

- Available for phone, email and in person consultation to identify needs and assist with referrals
- [achristopher@westfordma.gov](mailto:achristopher@westfordma.gov)
- 978-399-2553
- <https://www.westfordma.gov/593/Council-on-Aging>

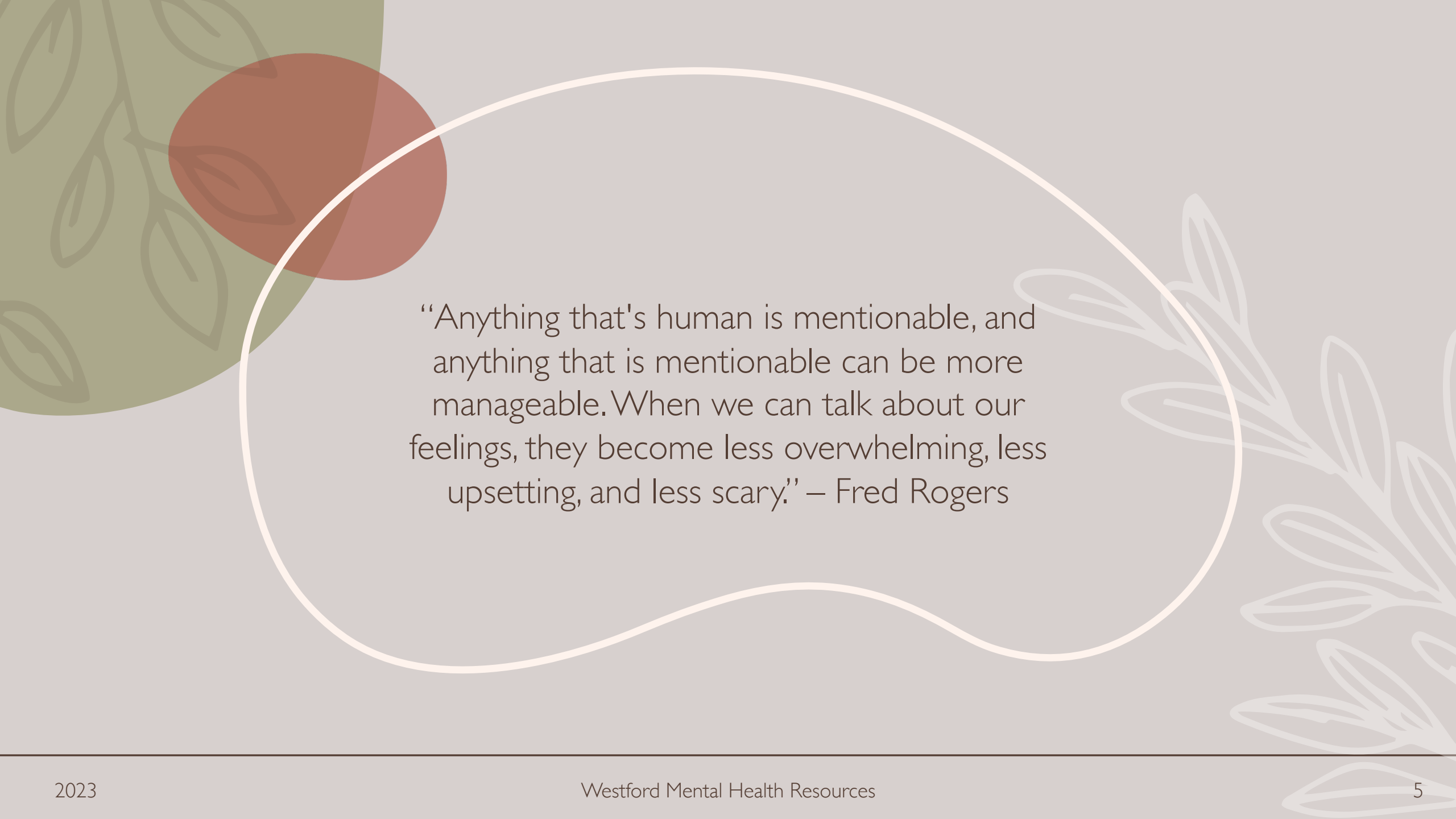
## NICOLE LAVIOLETTE

- Serves Westford, reports to the Town Manager
- Community outreach and education on mental health, substance use disorder
- Collaboration with town departments & schools
- [nlaviolette@westfordma.gov](mailto:nlaviolette@westfordma.gov)
- 978-399-2503
- <https://www.westfordma.gov/1487/Community-Wellness>

## BRITTANY NASH

- Serves Acton, Dracut, Lowell and Westford Health Departments
- Provides Youth Mental Health First Aid training, SEL workshops and yoga
- [bnash@westfordma.gov](mailto:bnash@westfordma.gov)
- 978-399-2564
- <https://www.westfordma.gov/215/Health-Department>





“Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.” – Fred Rogers

# current and future programs and services

- Youth Mental Health First Aid Training for Residents, Employees, Coaches, Camp Directors, etc
- Learning Tree Program for after school students in Westford Public Schools Grades K – 5
- Breath for Change Yoga Certified Instructor Classes Offered
- Summer Camp and after school assistance programs with ARPA funding
- Resident connection to mental health, substance use disorder, domestic violence, parenting and other needed supports
- Resource for town departments, Nashoba Technical High School and Westford Public Schools
- Town webpages with highlighted resource information
- QPR (Question, Persuade, Refer) Suicide Prevention training for Residents and Employees
- Opioid Overdose Rescue and Prevention Community training for Residents and Employees
- Narcan Training-Lockboxes for local buildings and businesses
- Overdose Rescue Kits for residents and for first responder's vehicles
- Tobacco/Vaping Program

# westford services, continued

- COA offers a Spotlight on Emotional Wellness – Mindfulness
- Westford Cat Wellness Series
- Wellness Speaker Series for Residents and Employees March through June
- Mental Health Awareness Month Event and 988 Suicide Awareness campaign with SANS and the Westford Coalition on Non Violence, and other area resources and supports

## PARENT SUPPORT GROUP

- Support group for parents whose children may be struggling with their mental health.
- Group sessions offer - coping skills, resources, and support
- The support group Co sponsored by Health Department and Community Wellness Department
- Registration is not required, feel free to attend one or all the sessions
- Meets the 2<sup>nd</sup> Thursday of every month, 7-8:30pm at Town Meeting Hall Room @Town Hall

# crisis intervention

- Vinfen – local community behavioral health center, crisis services and crisis stabilization
  - 24-hour Crisis Line: 866-388-2242
  - <https://vinfen.org/cbhc/>
- National Suicide and Crisis Lifeline
  - text or call 988
  - <https://988lifeline.org/>
- National Maternal Mental Health Hotline
  - Call or text 1-833-943-5746 (1-833-9-HELP4MOMS).
  - <https://mchb.hrsa.gov/national-maternal-mental-health-hotline>
- Veterans Crisis Line
  - 988 then press 1, text 838255
  - <https://www.veteranscrisisline.net/>
- The Trevor Project (TrevorLifeline)
  - 24/7 crisis intervention and suicide prevention lifeline for LGBTQ youth, available at 1-866-488-7386
  - <https://www.thetrevorproject.org/>
- The Massachusetts Behavioral Health Help Line (BHHL) is here to connect you directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, we can help guide you.
  - Get Help Now ~ Call or Text 833-773-2445, available 24/7, including holidays.
  - <https://www.masshelpline.com/>

# william james interface referral service

- Mental health and wellness referral help line available Monday, Wednesday Friday, 9 am-5 pm, Tuesday and Thursday 8am-6pm at 888-244-6843 (toll free).
- This is a free, confidential referral service for individuals across the lifespan living in participating communities (Westford is a participating community). Callers will work with a Resource and Referral Counselor who will help them navigate the challenges of finding mental health services. Each caller will be assigned a lead counselor who will provide matches to services, as well as provide information and resources about mental health and wellness.  
<https://interface.williamjames.edu/>
- This service is paid by the Town of Westford through ARPA funds for the 2023 calendar year.



# westford mobile clinician

- The goal of this service is to reduce the wait time for counseling services for Westford residents.
- Services are provided free of charge. Health insurance will not be charged for the service. Services are paid through ARPA funds.
- Up to 8 sessions will be offered. The clinician will determine the number and frequency of sessions following the initial appointment. Determining factors may include nature of the mental health issue; length of time estimated for private therapy to begin; and/ the client's response to therapy. Specifics are discussed at the intake screening visit.
- Services are offered in person at a town building or virtually
- Each individual and situation is unique, so careful consideration is given when determining if the Westford Mobile Clinician is right for residents. Due to scope of service and ACA ethical guidelines there may be situations where this service is not suitable for all residents and employees. If it is determined the Mobile Clinician is not a fit, we will work with the resident on alternative services.
- This service is paid by the Town of Westford through ARPA funds
- Contact Nicole Laviolette or Alison Christopher for an intake

# community behavioral and mental health committee

- CBMHC will take a community-wide approach by engaging partners, providers, faith leaders and residents. The Committee will focus on mental health services and access, suicide and substance use disorder prevention and interventions.
  - Review the Westford mental and behavioral health data, provided by the Community Wellness and Health Departments. The group will review existing mental and behavioral resources, programming, and services for all residents.
  - Advise the Select Board, Board of Health and other town departments to improve awareness and recommend programs, resources, and tools focusing both on prevention and interventions, including specific items with budgetary estimates and suggested timelines for implementation.
  - Advocate for substance use disorder and mental health services which promote prevention, treatment, and recovery for all diverse populations.
- Rae Dick and Nicole Laviolette are the Co-Chairs of the committee.
- Select Board appointed members at the 2/14/23 select board meeting

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questions and  
feedback



# thank you

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Nicole Laviolette

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