

# TEAMWORK:

ISSUE 21 / SPRING 2025

A QUARTERLY CHILDREN'S  
CLINIC AND FLEX NEWSLETTER  
FROM OUR TEAM TO YOURS



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## SPRING IS HERE

The twenty first issue of our Children's Clinic and Flex Team Newsletter is here!

You can find all our newsletters printed in the waiting room at the Clinic, and archived [here](#) on our WEBSITE!

Want to unsubscribe from this newsletter? No problem! E-mail [lgray@cutchins.org](mailto:lgray@cutchins.org) and we will remove you from the mailing list.

This newsletter has been made possible through our agency partnership with United Way of the Franklin & Hampshire Region.

United Way of the  
Franklin & Hampshire Region



 **Cutchins Programs**  
for Children & Families



## LETTER FROM THE DIRECTOR

### Hello Clinic and Flex Families,

The biggest news around these parts is our Clinic Expansion! We are so happy to be growing into the first floor of the Clinic to have all of our current services (and more!) all offered under one roof. Right now our new reception office is being built on the first floor, along with some other fun renovations. Long term plan is to move our current reception area and waiting room to the first floor. We will also be moving some of our therapy offices to the first floor. As plans progress, we will update you on specific timelines and what to expect. As you can imagine, this project could use some support financially, if you or someone you know might be interested in donating toward our Help Us Grow (HUG) campaign, please see this website <https://cutchins.org/help-us-grow> or reach out to us with questions.

We have included some info here about our Parent Support Groups, cofacilitated by our Family Partners Gina and Connie. The group meets twice monthly, offered on different days and at different times, to hopefully accommodate a wide range of schedules. I'd really encourage you to drop into one of the groups, Connie and Gina have so much to offer, and we can all use support.

You may have read about the proposed budget cuts to children's mental health services in The Gazette, the Boston Globe, The Herald, or 22 News.... There is also info on social media. We have included details in this newsletter about advocacy efforts our agency, and CEO Tina, have put forth to reverse the proposed budget cuts and preserve the children's mental health services provided to families of the Commonwealth. As someone who has dedicated my career to children's mental health, I am holding hope that the funds will be reinstated and our children's mental health services will be protected. I struggle to think of something more important...

We have also included info about our annual agency fundraiser, Dancing with the Local Stars, coming up May 9th at the Hotel Northampton. It's a fun night of food, entertainment and fun! See <https://cutchins.org/events/full-event/dancing-with-the-local-stars-silent-auction-fundraiser-dinner> for info.

Also, a big thank you to all who supported our High Five Books Event! Lexi and her team went above and beyond in supporting our fundraiser, and we were able to acquire so many important and meaningful books to add to our clinical library. If you have a chance, please pop by and offer High Five Books your support (with the warm weather they have popcicles now too!!) <https://highfivebooks.org/>

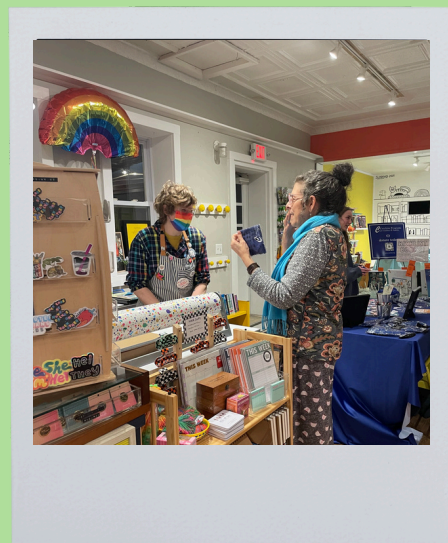
And of course we have our specially chosen "Staff Picks" and our new section where you can "Meet Our Team", which we hope helps in getting to know our Clinic team and increasing community here in our special corner of the world.

Thank you for reading our newsletter, we know there's a LOT packed into it and we hope you find it helpful. Reach out with ideas for future topics!

With Kindness,

~Amanda Jenkins Harrison, LMHC  
Vice President of Community Services





What a wonderful Pajama Party we had at High Five Books in March! Thank you to all who supported the evening, purchased books off our wishlist and brought the fun!

We got so many wonderful new titles, and can't wait to read them with you!



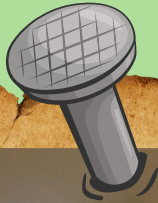
A huge thanks to Lexi and her team at High Five Books for offering this opportunity, as well as donating 50% of proceeds from the evening toward our Clinical Library.





## It's Happening!

We have gotten approval for our renovations to the first floor and the builders have begun construction.



We have signs up at the Clinic, letting you know that there may be some disruptions as we complete the renovations to the first floor, which include building a new reception area (see pic) and installing a sink in one of the rooms. Hopefully the construction will go quickly and all inspections go well so we can occupy the first floor soon.



When the first floor is ready, we will be moving our reception and waiting area to the first floor, along with a few of our therapy offices as well. We will make sure to send out more details as that date gets closer, about logistics (how to check in etc) and also the awesome new programming we will be adding with our new expanded space.



[www.cutchins.org/help-us-grow](http://www.cutchins.org/help-us-grow)



## Why Donate?

- Support us in serving more clients with innovative trauma treatment services to address the crisis in youth mental health affecting vulnerable populations and area families.
- Give in honor or memory of someone who believed in compassionate care, and our mission and values of Hope, Integrity, Acceptance and Belonging.
- We are a certified 501(c)(3) non-profit - your donation is tax deductible.

Please share this fundraiser with anyone you think might like to Help The children's clinic grow!



Tina Champagne(CEO) and Amanda Harrison (VP)

### We're Adding:

- Neurofeedback
- Groups
- Occupational Therapy
- Psychological Assessments
- Graduate Internship Program
- More Clinicians
- Renovated reception area



QR Code for Direct Donation Link and to Donate in Any Amount

Checks may be mailed to:  
Cutchins Programs for Children & Families Inc.  
78 Pomeroy Terrace, Northampton, MA 01060  
Please note "Restricted Gift for The Children's Clinic."



# ADVOCACY ALERT

## Amendment #1250 to H4000

### STATUS UPDATES

Greetings Supporters of Children's Mental Health Services, We received terrific news from the House of Representatives in the release of the House budget. Thanks to advocacy efforts they have **restored 2/3rds of the funding needed to continue IRTP/CIRT services**, and nearly all of the community-based programming for DMH children and adolescents.

**However, we continue to advocate for the full restoration of funding for the IRTPs/CIRT programs.** Specifically, these are the NFI Evolutions 1 and 2 adolescent IRTP programs and Cutchins' Clinically Intensive Residential Treatment Program for 6-12 year olds. **WE STILL**

**NEED YOUR HELP, URGENTLY, to get the rest of the funding restored!**

### NEXT STEPS

We continue to need your help with advocacy efforts! Please contact your representative

(not Senator) and **THANK THEM** for the partial restoration of funding for the IRTP/CIRT programs and **ASK THEM TO PLEASE SUPPORT and CO-SIGN AMENDMENT #1250 TO HOUSE 4000** (the House budget) to help restore the rest of the funding required to support these programs.

**TIME SENSITIVE:** This advocacy step needs to take place before the end of the week, on or before 4/25/25.

**NOTE:** If you call and your representative is not available, speak to one of their aides about the importance of supporting and co-signing the amendment in order to fully restore the IRTP/CIRT services.

- You can identify and obtain the contact information of your representative using this link: <https://malegislature.gov/Search/FindMyLegislator>



## MEET THE TEAM



### **Mia Skowron**

She/her

Advanced Clinician Intern

I've worked here for: **8 months**

#### **Describe your job, what do you do?**

I spend a lot of my time meeting with clients and collaborating with their families to support them in whatever way they need. I also get to work on various projects, whether it be advocacy related research or working on organizing our clinic library. A big part of my job as an intern is also to learn. I do this through reading and research on assorted topics, resources, and services; I also learn a lot from different clinician experiences and from other clinicians here at Cutchins.

#### **What do you love most about your job?**

There are two things I love most about being an intern here at Cutchins. First, I love getting to meet with my clients every week and watch our therapeutic relationships grow over time. I also love getting to work with my clients' families as well! The second thing I love about being an intern here is getting to learn from and work with a great group of people. All of the clinicians and staff at Cutchins have varying backgrounds and experiences, and I have learned so much from everyone. Being a part of this team has been amazing!

#### **What's a fun fact about you?**

My senior year of college I studied abroad in Ireland (and it was my first time ever leaving the country!)



## MEET THE TEAM



**Tara Dennis**

**She/Her**

**PMHNP-BC** (psychiatric mental health, nurse practitioner certified through the lifespan, and board certified.)

### **Clinic Nurse Practitioner**

I have worked at the clinic for going on **eight years** now.

### **Describe your job, what do you do?**

As the clinic nurse practitioner, I **do diagnostic evaluations, and follow up visits.** I like to tell my patients the first time that I see them that it's kind of like seeing your pediatrician and your therapist, because we're going to do and talk about things that they do at both of those visits. As part of a visit with me, one can expect an interview, screening of symptoms, vital signs, and possibly diagnostic lab testing. My goal is to take a holistic approach to assessing and treating.

### **What do you love most about your job?**

What I love most about my job is when someone comes into my office and says **I feel better, or I was able to do this.** I consider it an honor to work with families and children, to be trusted with their stories and experiences, and be part of a team that has a positive impact on their lives.

### **What's a fun fact about you?**

Some fun facts about me are that I like to **bake**, I love **being on the water, at the beach, and paddle boarding.** I also knit, and like to go to sheep and wool festivals. Oh, and I can't forget my favorite companion to go on walks with is Biscuit, my Yorkshire terrier.





## PARENT SUPPORT GROUPS

*Now offered by Cutchins Childrens Clinic:*

# Parent Support Groups

*Free of charge, and open to all families of the Children's Clinic and Flexible Support Services.*

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**Meets every Second Tuesday of the Month at 7 PM - 8 PM**

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**Meets every Fourth Thursday of the Month at 5 PM - 6 PM**

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Parenting is challenging, and we know how helpful it can be to have a space to share and feel supported. You are not alone. Our Parent Support Groups are here to help you connect with others, validate your feelings and experiences, learn practical strategies, and connect and even have a little fun along the way.



**For more information and questions, please text, email, or call:**

**Connie Evans**, Parent Partner:

860-461-2964  [cevans@cutchins.org](mailto:cevans@cutchins.org)

**Gina Krosoczka**, Parent Partner:

413-341-9086  [gkrosoczka@cutchins.org](mailto:gkrosoczka@cutchins.org)

Scan to join the Zoom!



**Zoom ID:**  
**password:**  
**1234**

 **Cutchins Programs**  
*for Children & Families*

## DANCING WITH THE LOCAL STARS

# DANCING *with the local* STARS

SILENT AUCTION & FUNDRAISER DINNER



## *Dancing Around the World*

May 9, 2025 | Hotel Northampton  
[www.cutchins.org](http://www.cutchins.org)  
[Learn More >](#)

### Event Details

**Date:** May 9, 2025

**Location:** Hotel Northampton

**Time:** 6PM-10PM

**Admission Pricing:**

Individual-\$100.00

Table of 10-\$1,000.00

This year, we'll transport you through an evening of "Dancing Around the World", featuring:

- Iconic dance performances by local talent
- An incredible silent auction
- An elegant plated dinner

Don't miss this chance to support Cutchins Programs' most important fundraiser of the year, and help support critical mental health services for children and families, locally.



**Allie's Pick: The Family IT Guy** is a parent with a professional background in cybersecurity who educates about the dangers of unlimited access to technology and the internet for kids, and offering resources to support parents with implementing developmentally appropriate restrictions on screen time and internet access.

At <https://www.familyitguy.com/index.html> you can access lots of free resources, and one paid resource that provides detailed step-by-step instructions (including screenshots) for implementing developmentally-appropriate parental controls and restrictions on a child's iPhone.

I would also recommend checking out @family\_it\_guy on Instagram or @family.it.guy on TikTok.

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**Laura's Pick - Together: A Collection of Activities to Support Connection**  
Playful activities for parents and kids to strengthen attachment - especially designed for children who have experienced trauma. Lots of ideas with cute illustrations! [Link](#)

