

Needham Youth & Family Services

March 2018 RAY of Hope Recipient

Josh Steinberg



Left to right: Carolyn Tracey, Clinician at Youth & Family Services, March RAY of Hope, Josh Steinberg, Newton Needham Chamber Representative, Noa Baker-Durante, manager of Barre 3 studio

March 2018 Recipient – Josh Steinberg

Josh is a senior at Needham High School. He was nominated by his sister Becki Steinberg. Josh was diagnosed with severe OCD at age 11 and, after undergoing several years of intensive treatment, is now able to manage his symptoms effectively and harness his experience to help others do the same. “Josh shines for his creativity, his empathy, his resilience, his perseverance, his kindness and his sense of humor,” notes Becki.

Josh is actively involved in the Mental Health Initiative at his temple, Temple Beth Elohim in Wellesley, MA, where he has worked with clergy, educators and other congregants to promote awareness of mental health issues through community programming. Josh is a member of the Temple’s mental health committee, where he has shared ideas for resources that the Temple could bring to children and families struggling with mental illness. He has also trained Hebrew School teachers at the Temple surrounding how to detect and address potential mental health issues in their students.

Josh is involved with mental health organizations, as well, such as the International OCD Foundation (IOCDF). Josh has served as a Presenter at the IOCDF’s annual conference: in 2016, he presented a workshop for families on how to help loved ones with OCD, and in 2017, he spoke to middle and high-school students about how to excel in school while managing OCD.

Additionally, Josh is active with the National Alliance for Mental Illness (NAMI), having served as a summer intern this past summer and currently serving as the student representative on a board of teachers, parents and students through NAMI’s “Allies for Mental Health” program. He has traveled to different school districts throughout Massachusetts to speak at teachers’ Professional Development days about mental health issues, and to provide tools to enable teachers and administrators to recognize signs of distress among students

At Needham high Josh is a Captain of the NHS Varsity Tennis Team, of which he has been a member since his sophomore year. He is also a Board Member of “Own your Peace,” the NHS initiative focused on promoting emotional wellness in the community. Finally, he is a member of the National Honors Society and an active member of the Spanish Club, the Linguistic Club, and the Ping Pong Club.

Watch the ceremony honoring Josh at: <https://youtu.be/KGRQpbC3XxQ>

For more information please visit www.needhamma.gov/youth/ray