

Maryland Coalition of Families: Who We Are & How We Help



Objectives

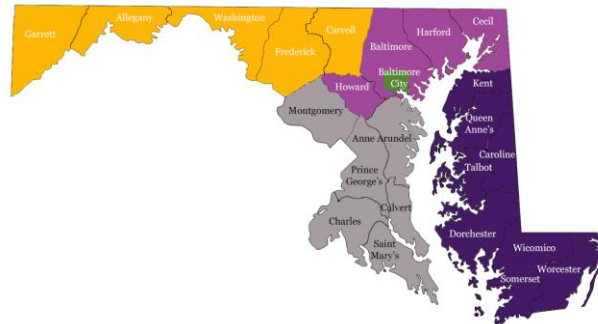
- Learn more about MCF's service areas
- Get an overview of the benefits of Family Peer Support
- Review MCF's support and training opportunities
- Get an example of how MCF staff support families
- Explore MCF's annual impact in Maryland
- Learn how to connect with MCF



About MCF

Maryland Coalition of Families is a statewide non-profit, based in Columbia, that offers Family Peer Support services, **at no cost**, to **families, caregivers, and/or loved ones** of individuals experiencing behavioral health challenges.

1. **Parents and caregivers** of children with mental health needs
2. **Anyone** with loved one struggling with substance use disorder
3. **Anyone** with a loved one struggling with problem gambling



About Your Presenter



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MCF Staff

Comprised of **Family Peer Support Specialists**, all of whom have experience as a caregiver, family member, or loved one of an individual with behavioral health challenges.



MCF Service Areas

Children's
Mental
Health

Substance
Use

Problem
Gambling

Young Adults
Helping
Peers

Advocacy

Family
Leadership
Trainings

Family Peer Support vs. Peer Support

Family Peer Support *What MCF provides

Lived experience as a **family member** of someone with a behavioral health challenge.

“CFPS”

Peer Support

Lived experience **with**, and in recovery for, a behavioral health challenge.

“CPRS”

What MCF Does

- Connect families to resources and services, as well as to each other through support groups and workshops
- Support families by helping them to navigate systems, and by sharing our own personal stories of caring for a loved one with behavioral health challenges
- Empower families to advocate for themselves and for their loved one



What MCF Doesn't Do

MCF Staff are not:

- Lawyers
- Therapist
- Psychiatrists
- Crisis Intervention Providers



How We Support Families

- Assist with system navigation
- Provide educational opportunities
- Accompany families to meetings
- Identify resources for services and treatment
- Offer support and social groups
- Develop skills and resiliency
- Provide comfort, hope and support



How We Support Youth

Taking Flight is MCF's young adult group (aged 18 to 26), that:

- Works to reduce stigma by providing education around mental health issues
- Offers informal peer support and support groups
- Promotes young adult leadership
- Participates in state committees and legislative events to bring youth voice to policy-makers



✓ www.taking-flight.org

✓ www.facebook.com/TakingFlightMD

✓ Instagram: [mcf.taking.flight](https://www.instagram.com/mcf.taking.flight)

How We Advocate

Bring families to Annapolis to meet with their legislators



Serve on local and state committees to bring family voice to policy-makers

Provide testimony on legislation

Hold focus groups to share the experiences and perspectives of families

Family Leadership Training

Family Leadership Institute

- A free, 60-hour, six-weekend intensive training program for parents and caregivers of school-age children with mental health challenges.

Family Leadership Retreat

- A free, two-day training program for parents and caregivers of a child or adolescent with behavioral health needs.



For more information, e-mail parchuleta@mdcoalition.org



Spanish Services

MCF offers free family peer support services to Spanish-speaking families in Maryland.



In FY 2019, MCF:

- **Supported** 1,856 families of loved ones with mental health needs, including substance use or problem gambling, with one-to-one family peer support
- **Empowered** 1,308 parents, caregivers and other family members through our trainings, support groups and other events across the state
- **Connected** families through 11,881 face-to-face meetings or phone calls



Continuing to Serve During COVID-19

- FPSSs continue to provide services through virtual meetings, phone and text
- Many virtual support/social groups: www.mdcoalition.org/groups
- Ongoing virtual trainings and workshops

The screenshot shows the MCF website header and a navigation menu. The MCF logo (Maryland Coalition of Families) is in the top left. In the top right, there are buttons for 'CRISIS HOTLINE' and 'DONATE'. The main navigation bar includes 'Get Help Now', 'Get Involved', 'Resources', 'News & Events', 'Who We Are', and 'Contact'. A dropdown menu is open under 'News & Events', listing 'Blog', 'Upcoming Trainings & Events', 'Family Leadership Institute (FLI)', and 'Parent & Caregiver Support Groups'. The main content area features a banner for 'Parent & Caregiver Support Groups' with a breadcrumb trail: 'Home > Get Help Now > Parent & Caregiver Support Groups'. The background of the banner shows a close-up of a woman's face wearing glasses.



Family Success Story



Testimonials

My FPSS was very knowledgeable of what resources were available to my family and went the extra mile to help.

My FPSS's ability to connect, her personal knowledge, support, and non-judgement made me feel comfortable and hopeful.

My FPSS has been a consistent and positive lifeline during a difficult transition. She took time to build rapport and trust while helping me navigate through several important decisions.

My FPSS has been the most professional, caring, and devoted provider I've ever met.

I wish I could put my FPSS in my pocket –she is so great!

The resources my FPSS gave me I couldn't get anywhere else. She had similar experiences so she could relate to my situation. I wish I had found her earlier.

Good Samaritan Law

- If someone calls 911 in an effort to help during an overdose crisis, or they are experiencing an overdose, their parole and probation status will not be affected, and they will not be arrested, charged, or prosecuted for:
 - Possession of a controlled dangerous substance
 - Possession or use of drug paraphernalia
 - Providing alcohol to minors



Get Help From MCF

Call 410-730-8267

E-mail referral@mdcoalition.org



In Summary:

- All services are completely free and confidential.
- Families will be paired with an FPSS with similar experience.
- Services are not time limited.
- Support is tailored to the needs of the family.

Upcoming Workshop



Maryland Coalition of Families: Recognizing & Responding to Substance Use Disorders

Maryland Coalition of Families invites you to join us for an interactive online workshop focused on educating and assisting caregivers of those with substance use disorders.

In this workshop, you will:

- Learn about MCF's services
- Recognize the signs and symptoms of substance use disorders (SUDs)
- Understand how family peer support helps you support your loved one
- Realize the effects of substance use disorder in Maryland and the U.S.
- Learn about harm reduction strategies
- Review Maryland's Good Samaritan Law

When: Thursday, June 25
Time: 7:00– 8:00 PM
Where: Online Zoom Meeting*
Cost: FREE

*Zoom is a free video and phone conferencing tool. Just click in and join from your computer, tablet, or smart phone. Downloading the free Zoom app is recommended, but not required

This training is open to all Maryland families.

Register at: www.mcf-sud.eventbrite.com

For more information contact:

Julie Slivka at jslivka@mdcoalition.org or 443-878-5679



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Questions?

