

MARYLAND COALITION OF FAMILIES

Connecting, Supporting and Empowering Maryland Families

We'll help you find your way.

Have you felt tired, frustrated, angry or overwhelmed as you struggled to help a loved one facing mental health, substance use or gambling issues? We understand what you're going through – because many of us have been there, too. The trained staff at Maryland Coalition of Families (MCF) are:

- Parents and caregivers of young people with mental health issues
- Spouses, partners, siblings, parents and other loved ones who care about someone with substance use or gambling issues

MCF provides free support with compassion and understanding. Our goal is to empower you as parents, caregivers, young people and other loved ones by:

- Helping you navigate services and systems
- Providing you with tools to advocate
- Connecting you to others facing similar challenges
- Ensuring your voice and perspective is heard
- Raising public awareness and fighting stigma



“

I was connected to a wonderful [MCF staff member]..We were able to get the placement and intensive treatment we needed... We are a totally different family now. It has been the most healing and powerful experience.

- Mary, mother of three

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While each family's struggle to find help is unique, please remember that you are not alone. We see successes every day and are ready to take the journey with you.

Founded in 1999, MCF is a statewide nonprofit with staff in communities across Maryland. We provide free support, information and resources to Maryland families thanks to funding from federal, state and local agencies.

Contact us today to learn more. Let's take the first steps toward recovery together.

Connecting, Supporting and Empowering Maryland Families

410.730.8267 | mdcoalition.org



Does someone you love have issues related to mental health, substance use, or gambling?

We've been there. We can help.



Connect with someone who understands

Who we serve

Whether your loved one has a behavioral health diagnosis or you're worried and need to talk to someone, we're here for you. We work with:

- **Parents and caregivers of young people with mental health issues** — such as attention deficit/hyperactivity disorder (ADHD), depression, anxiety, mood disorders, oppositional defiant disorder (ODD) and other mental health issues.
- **Anyone who cares about someone with substance use issues** — such as problems with opioids, alcohol, marijuana and other substances.
- **Anyone who cares about someone with gambling issues** — such as problems with casino slots/table games, lottery tickets, online betting and other forms of gambling.

HOW WE HELP PARENTS, CAREGIVERS AND OTHER LOVED ONES

Our trained staff, who themselves have cared for a loved one with mental health, substance use and/or gambling issues, will work with you without judgment. They will listen to your concerns and help you to improve your child or loved one's situation at school or work, in the home, and in the community.

HOW WE CONNECT YOUNG PEOPLE

We engage young people, who themselves have experience with behavioral health issues, to plan, lead and participate in activities including leadership development, awareness raising and advocacy to improve services for youth.

HOW YOU CAN GET INVOLVED

Many of the individuals we work with want to help others in similar situations. We bring families together to improve services in behavioral health, school and other systems throughout Maryland. If you are interested, MCF can assist you to:

- Identify leadership training opportunities to become a more effective advocate
- Have a voice in local and state behavioral health policies
- Get involved in legislative and community advocacy
- Share your story and experiences
- Raise awareness and fight stigma



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My MCF Family Peer Support Specialist was very compassionate and caring concerning my son and the struggles that he was facing. She helped me feel more relaxed and comforted me with her words of encouragement and compassion. She is extremely knowledgeable and educated in dealing with addiction.

—ROBIN, CAREGIVER

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When I realized my partner's problems with gambling, I reached out to MCF and they helped me understand what was happening and how to make a plan for our future.

—DAVE, PARTNER

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