

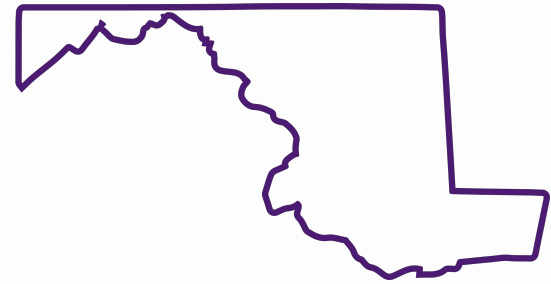


MARYLAND COALITION OF FAMILIES

CONNECTING FAMILIES THROUGH SHARED EXPERIENCE SINCE 1999



Maryland Coalition of Families



Statewide

More than 30 Family Peer Support Specialists living and working in all 24 MD jurisdictions



Nonprofit

MCF started in 1999 by a group of parents offering support and guidance to one another



Free

All services are offered at no cost to families



Family Run

All program staff and the Executive Director, as well as 51% of our Board, have lived experience

Support for Anyone Who Loves Someone With...



**Mental
Health**



**Substance
Use**



**Problem
Gambling**

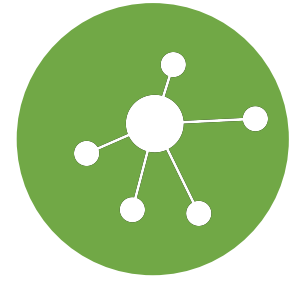
Family Peer Support

Connect. Support. Empower.



One to One Emotional Support

From someone who has been there and has first-hand experience caring for someone with a behavioral health challenge



Resource Connection

Behavioral health providers and treatment, social/recreational, legal, housing, financial, basic needs



Systems Navigation

Educational, healthcare, justice, child welfare



Support Groups

Build connections and natural support networks



Educational Trainings & Workshops

Build skills and knowledge

Family Leadership Development

Building Leaders.

Elevating Family Voice.



Family Level

- Parents and Caregivers Find Their Voice
- Build Confidence & Skills
- Promote Partnerships with Schools & Providers
- Develop Natural Support Networks



Systems Level

- Volunteers
- Organizational Ambassadors
- Advocates in Annapolis
- Family Voice in Policymaking

St. Mary's Co. Consortium



The Consortium provides a Family Peer Support Specialist to serve families with children who have mental health challenges attending a St. Mary's County Public School.



These families are referred using a referral link unique to this contract.



Referrals can come from SMCPS personnel or families can self-refer.

What makes a good referral?



There is no specific criteria or diagnosis required for a family to receive family peer support. However, examples of situations where families might benefit include:

- The child is experiencing behavioral or mental health challenges such as anxiety, ADHD, or depression.
- The family needs support navigating school-related issues, such as IEPs, 504 plans, or disciplinary actions.
- The child is struggling with substance use, truancy, or other behavioral concerns.
- The caregiver is seeking emotional support, advocacy, or help connecting to resources.

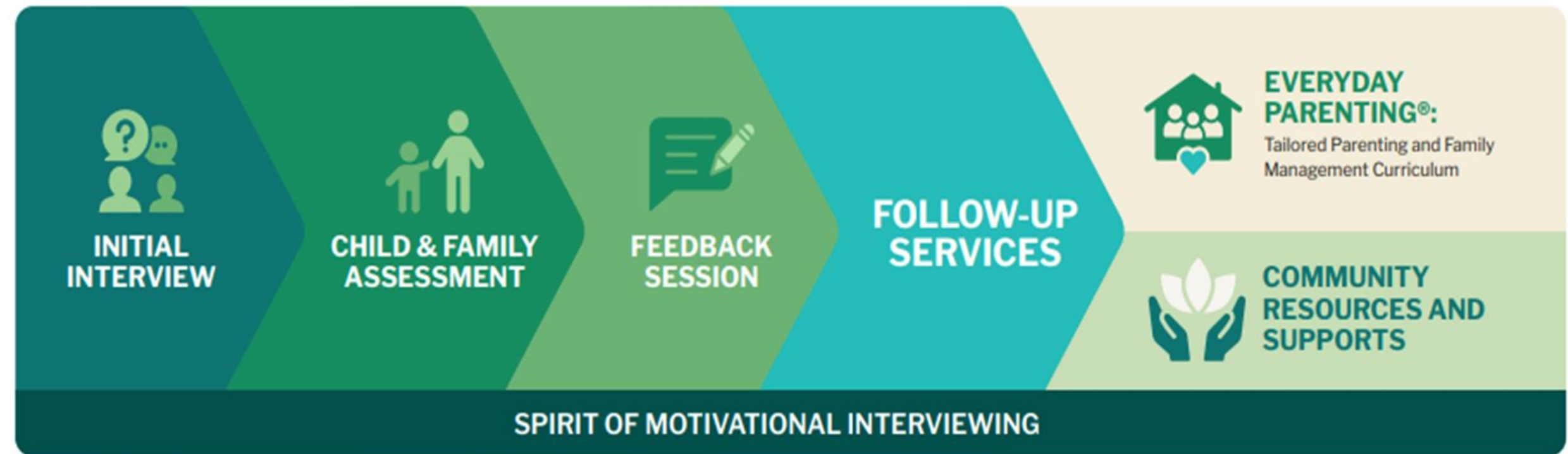


The service is open to any family needing help, regardless of specific circumstances

Evidence
Based
Practice




A brief, strength-based intervention
for families with children aged 2-17



Evidence-Based Prevention Programs for Schools, Families, and Communities

The Botvin LifeSkills Training (LST-F) Program for Families is an evidence-based educational program designed to help children and adolescents develop important life skills that promote mental well-being, resilience, and healthy decision-making. It's typically used as part of prevention programs to reduce risky behaviors, such as substance abuse, violence, and other social challenges.



Evidence
Based
Practice

Key Differences

- **Structure:**

- FCU is individualized, using assessments and tailored feedback.
- LST-F includes both parents and children in joint, interactive sessions.

- **Focus:**

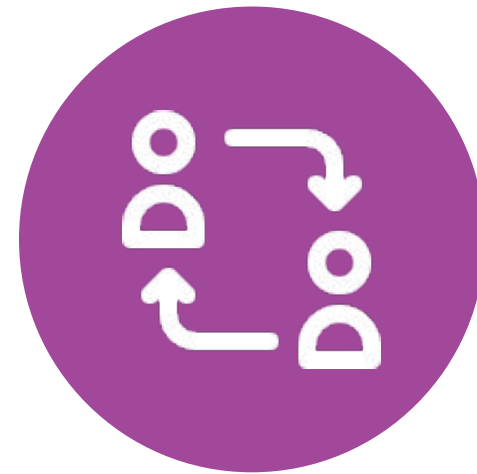
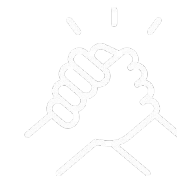
- FCU targets specific family strengths and challenges, aiming to reduce behavioral problems through motivation and coaching.
- LST-F focuses on prevention of risky behaviors (e.g., substance use) and builds family communication and life skills.

- **Target Population:**

- FCU serves families with children at risk of behavioral or emotional issues, often starting as early as toddlerhood.
- LST-F works with families of children and early teens (ages 8-14), often in school or community prevention settings.

Taking Flight

Support for Young Adults
by Young Adults



Peer to Peer Support

- Emotional Support
- Resource Connection
- Systems Navigation



Young Adult Voice

- Committees and Workgroups
- Advocacy in Annapolis

mcf.taking.flight



Advocacy

Changing Systems.

Impacting Policy.



Statewide Committees & Workgroups



Focus Groups



Family Day in Annapolis



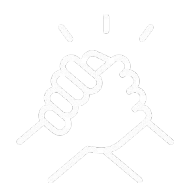
Testimony



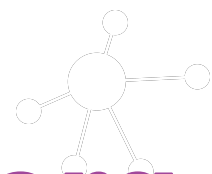
In the Media



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Help@mdcoalition.org



Family Focus Newsletter



mdcoalition



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