

FAMILY SUPPORT AND ADVOCACY SERVICES

Families, Children, and Youth



The programming in MHA's Family Support & Advocacy Services division (FSAS) offers supportive services for families affected by mental illness in one or more of their family members. FSAS programming is strength-based, person-centered, trauma-informed, and family-driven, with interventions based on each individual family's needs.

FAMILIES, CHILDREN, AND YOUTH

Family Support Programs are available for families with a child or youth who has Serious Emotional Disorder (SED). These families often find themselves struggling against misunderstanding from the community or schools, as well as dealing with intensified dynamics within the family as one child seems to get most of the attention. Family Support Programs offer peer-led parent support groups, an educational/support group for siblings, and advocacy by credentialed Family Peer Advocates. **For more information: 845-473-2500 x1343**

Respite Programs for children aged 4–18 give parents/caregivers an opportunity to take time for themselves while their child goes out for several hours with a trained respite worker for fun and educational activities. This provides a “respite” from the challenging task of caring for children and youth with special mental health needs. Services include planned individual hourly respite activities and group recreational respite. In addition, Teen Challenge, for ages 14–18, offers participants the opportunity to meet in dynamic weekly education groups to work through evidence-based life skills curricula; perform Community Service activities; and enjoy socialization in recreational events. Summer camp programs are available for enrolled members. **For more information: 845-473-2500 x1324**

Emerge: Parents With Psychiatric Disabilities

This program addresses the specialized needs of parents of school-aged children when the parents themselves have a psychiatric illness. This program uses several evidence-based curricula to assist parents in maintaining their children in the home and achieving recovery and wellness for themselves. Services include a monthly support group, home visits, support in Family Court, and systems advocacy by credentialed Family Peer Advocates. **For more information: 845-473-2500 x1321**