

FAMILY SUPPORT AND ADVOCACY SERVICES

Young Adult and Adult Programming



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.

YOUNG ADULT AND ADULT PROGRAMMING

Adult Advocacy Programs

These support programs are for adults with mental illness and/or their families. This includes parents who are still caring for their adult children who have mental illness, as well as young adults with mental illness aged 18 and over. Programs and services include a weekly support group for depression and bipolar disorder; a monthly support group for parents of young adults who have mental illness; individual and systems advocacy; and information, resources, and referral for the community on a wide variety of topics, including mental health and physical health services, and benefits. **For more information: 845-473-2500 x1316**

Young Adult Transition Program

Modeled on the Teen Challenge program, this is for young adults aged **18-27** who have mental illness and are preparing to enter the adult world of work or further education. Participants meet in weekly groups to learn evidence-based life-and-career skills, perform community service activities, and enjoy socialization and recreation. **For more information: 473-2500 x1358**

Compeer Program

Trained Peer Volunteers (formerly: Community Friends) befriend persons who have mental illness, through weekly phone contact and/or activities that they both enjoy. Compeer is a model mental health community-based program, serving adults through supportive friendship and mentoring relationships, which occur in safe environments using natural supports. CompeerCORPS, for veterans, is in the planning stages. **For more information: 845-473-2500 x1323**