***Families with Children with Behavioral Issues***

We would like to let you know that [**Maryland Coalition of Families**](https://linkprotect.cudasvc.com/url?a=http%3a%2f%2fgo.mdcoalition.org%2fe%2f312281%2f2020-04-23%2fb8c5z%2f956752797%3fh%3dtgmzV9HcBoD87YFc2gz4YCNogSd_WQHCyrUasjBil4Y&c=E,1,9KBVYBCaIdQ6BeDsavQJEwP5ldrt-wwhw-C1InlcPHcE-6aXGRZud5p3T1djmWlPrs4euAlvEs_4Dt6XrUzwxp8QZJQ32ie2SITkFK7QfsUYFhFYb1y0Xw,,&typo=1) is continuing to provide family peer support and navigation services to families who are struggling with behavioral health challenges, many of whom will be experiencing greater needs and stresses during the COVID-19 public health crisis. We encourage you to refer families to MCF, and have included a link to our simplified [**referral form**](https://linkprotect.cudasvc.com/url?a=http%3a%2f%2fgo.mdcoalition.org%2fe%2f312281%2freferral%2fb8c66%2f956752797%3fh%3dtgmzV9HcBoD87YFc2gz4YCNogSd_WQHCyrUasjBil4Y&c=E,1,nNNC94OQn8zT-seOZscJVFKPT4Lu_flHvu1XdA6ZH-yiIB6eWJQLd3EacwQRdmDlb0TtfgiqNtV4YZe5QwAurS_h8X16XK7t1vROgLPQsPUoCSBdLg,,&typo=1)(see more details below).

**Supporting Families with Behavioral Health Challenges**
Our Family Peer Support Specialists (FPSSs) all have extensive training and lived experience with behavioral health challenges in their own families. In addition to providing family peer support and navigation, they are knowledgeable and will be kept up-to-date about COVID-19 related information and resources to share with families.

Specifically, MCF supports:

* Parents and caregivers of children with mental health needs
* Anyone who cares for a loved one struggling with substance use disorder
* Anyone who cares for a loved one struggling with problem gambling

**Our Support Continues Virtually**
Since all our staff are accustomed to providing remote as well as face-to-face family peer support and navigation, we have experienced very limited interruption of service to families now that we have moved to all remote support. The methods we use to stay in communication with families include phone calls and texts, emails, and 1:1 video support.

We have quickly adapted most of our activities for families so that they can engage remotely as well. We now have online support groups for families caring for someone with mental health or substance use disorder, online meet-ups for young adults aged 18-26 who are struggling with their mental health, online Narcan and parenting trainings, as well as online book clubs, exercise groups, self-care workshops and cooking classes. See our list of online support groups [**here**](https://linkprotect.cudasvc.com/url?a=http%3a%2f%2fgo.mdcoalition.org%2fe%2f312281%2farent-caregiver-support-groups%2fb8c62%2f956752797%3fh%3dtgmzV9HcBoD87YFc2gz4YCNogSd_WQHCyrUasjBil4Y&c=E,1,CoDmIyZuYKpTYYDudIP5gdbdStQo8XEM37CicsHMU0lIjOKAY-M2NagTXgtrs_ssfQT19wj5dpf_9eXFCK8Iz8SGBWQdwRUFlcZP_owL1l36KQzc_p_FTxo,&typo=1)**.** See our list of events and trainings [**here**](https://linkprotect.cudasvc.com/url?a=http%3a%2f%2fgo.mdcoalition.org%2fe%2f312281%2fents-upcoming-trainings-events%2fb8c64%2f956752797%3fh%3dtgmzV9HcBoD87YFc2gz4YCNogSd_WQHCyrUasjBil4Y&c=E,1,2of-8TeVECjJKENXIo-oZmX0Dt1_-LUi5jlw8Gi46yY1mz3qIg-SnR4jBTo-GEA7KgP5FffAIKFUMkYOKR7fFkn8zF4z_1eTpmKgOSWw&typo=1).

**Families Accessing MCF Services**
Families and others can reach MCF by:

* Calling our statewide intake line at 410-730-8267
* Emailing **info@mdcoalition.org**

After an initial intake process, families receive immediate informational support from a statewide FPSS and, if more extensive support is requested, they are connected to an FPSS in their region.

Note: Due to limited funding and regional criteria, MCF has less availability and capacity to support families in certain areas of the state.

**Resources for Partners and Providers**
We now have an updated [**referral form**](https://linkprotect.cudasvc.com/url?a=http%3a%2f%2fgo.mdcoalition.org%2fe%2f312281%2freferral%2fb8c66%2f956752797%3fh%3dtgmzV9HcBoD87YFc2gz4YCNogSd_WQHCyrUasjBil4Y&c=E,1,bw0yE2SuPaO8LIBGX7EOpA9-M2GMr6FpwSIHm3dXqIkROHgyr0YCSmgOV6K02r8smJ-tgJEaRnUuAhLQFZZNNZHw6EScUMim3-g2PS8BjLAOJz0yUY16&typo=1) for you to use for families that you feel can benefit from MCF services. Our practice is to contact the referred family within 48 business hours of the request to offer our support. We will let families know that we have received the referral from you. We then contact you to give an update on our progress in reaching the family. Please know that we cannot share anything further without a signed release.

**Let’s Stay Connected**
Navigating through this unprecedented time will take all of us working closely together on behalf of the families that need us. If you have any questions, suggestions, or ideas for how to do this better, please feel free to call or email one of us. We are consistently identifying unmet needs for families and would like to collaborate on how to meet them. If a family’s needs fall into your area of expertise, we will be sure to reach out and hope you will do the same.

Wishing you and yours well-being and resilience,

MCF’s Family Peer Support Program Team

**Heidi Rochon**
Program Director, Family Peer Support
**hrochon@mdcoalition.org**/ 410-200-1172

and

**Trish Todd**
Program Manager for Substance Use, Family Peer Support
**ttodd@mdcoalition.org** / 443-537-5219