

mental health advocates of WNY

BE HEARD. BE HELPED.

At Mental Health Advocates of WNY*(MHA), our mission is to promote mental health and wellness in our community and support individuals and families challenged by mental illness.

We take a holistic approach by offering education, awareness initiatives, prevention and early intervention programs, support groups, and much more.

Since 1962, advocacy has been at the core of what we do.

When you or a family member is struggling with mental illness, it can be hard to know where to turn. If you are looking for answers, we can help navigate the mental health care system and offer links to treatment and other support services. There is hope and we are here to help.

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what we do

BEST

Basic Emotional Skills Training

BEST is a classroom-based program that helps students in Pre-K through Second Grade develop the healthy social and emotional skills they need to be successful in school and in life.

Our staff provides BEST in two formats:

Teaching Kids to Care features interactive classroom lessons that help young children develop the skills they need to make and keep friends, express their feelings appropriately and behave in the classroom.

Too Good for Violence is an evidence-based program that uses cooperative learning, role play, games, small group activities and class discussions to help primary school students handle their emotions, improve their interpersonal skills and reduce aggressive behavior.

COURT APPOINTED SPECIAL ADVOCATES

Court Appointed Special Advocates (CASA) is a program of trained, dedicated volunteers assigned by Family Court judges to advocate for the best interests of abused and neglected children.

CASA volunteers in Erie County act as an extra set of eyes and ears for the judges by visiting the children monthly, speaking to caregivers, teachers and medical and mental health providers and then providing that information to the Erie County Family Court judges.

CASA volunteers come from all walks of life. They are ordinary citizens with an extraordinary commitment to helping children reach their full potential in a permanent, safe home.

Learn how you can take the first step in speaking up for children involved in Erie County Family Court by becoming a CASA volunteer at mhawny.org.

LEGAL SERVICES

Legal Services has enabled thousands of people disabled by mental illness to live independently by advocating for their basic rights and linking them to appropriate community agencies for support.

This program provides pro bono civil legal services and advocacy for mental health consumers and their families, including representation in Social Security Disability, Supplemental Security Income, Medicaid, Medicare, housing, family and consumer matters.

In order to be eligible for legal services, a person must live in Erie, Cattaraugus, Chautauqua, Genesee, Niagara, Orleans or Wyoming County and have a psychiatric diagnosis.

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To learn more about the programs and services of Mental Health Advocates of WNY*, visit MHAWNY.ORG or call (716) 886-1242.



CFSF also assists young adults, offering youth peer support groups as well as other workshops and conferences to encourage them to advocate on their own behalf.

- » Learning to navigate the mental health system
- » Understanding and learning to pursue appropriate educational accommodations
- » Discussions with the person's treatment team
- » Working with formal and informal community supports

Having a family member with significant emotional or behavioral challenges can be an overwhelming experience. The Child and Family Support Program (CFSF) offers hope and support through a variety of services, including support groups, advocacy and education to those who have a family member suffering from a mental illness. Run by peers, advocates working in the program also have a child or family member diagnosed with a mental illness. CFSF advocates provide a wealth of information about services and supports in WNY, working with families and caregivers to reach their goals, which may include:

Call (716) 886-1242 today to learn more about how we can help you!

JUST TELL ONE

A peer-to-peer awareness campaign and school program that helps young people ages 12-26 learn how to connect with a trusted person - or be that trusted person for someone else - and have that first conversation to receive help for depression, thoughts of suicide, alcohol abuse or drug abuse. Visit justtellone.org to learn more.

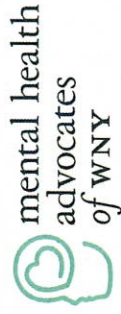
INFORMATION & REFERRAL SERVICE

Did you know that one in four adults and one in five children suffer from a diagnosable and treatable mental health disorder?

For individuals and families seeking help, our Information and Referral service can offer solutions. Our trained specialists can help callers understand and navigate the mental health system and provide up-to-date information and referrals to the most appropriate community resource, including mental health clinics, mental health professionals, area support groups and more.

MINDSET: A PATH TO WORKPLACE MENTAL WELL-BEING

- Mindset helps organizations:
- » Start a conversation and reduce stigma around mental health issues
 - » Help employees achieve a balance between work and life
 - » Develop strategies for creating a mentally healthy workplace culture
 - » Lower barriers that discourage employees from getting help
 - » Increase employee engagement and productivity



We are here to help you.

parent and youth support groups

CHILDREN



Facing the reality of having a child with significant emotional and/or behavioral challenges is often an overwhelming experience for families.

Our current list of private counselors and psychiatrists, as well as our lists of clinics throughout Western New York, provides parents and community partners with accurate information so that they may make the most immediate and appropriate linkage to treatment.

The Child and Family Support Program (CFSP) offers a variety of services including support, advocacy, and education to those who have a family member living with a mental illness. Advocates working in the program have a child or family member diagnosed with a mental illness. Youth Peer Advocates provide support to teens and transition-age young adults. Family Peer Advocates and Youth Peer Advocates also work at BryLin Hospital and the Erie County Medical Center providing support.

FAMILY ACTIVITIES

Families raising children with emotional or behavioral challenges often find participation in community activities difficult. The Child and Family Support Program offers family activities each year.

The entire family is invited to the activities such as bowling and the Annual CFSP summer picnic.

Family Support Groups/Childcare Available

Parenting Workshops and Conferences

Social Skills Groups

Expression Through Art

ADVOCACY

Family Peer Advocates work with families on reaching their self-identified goals.

PHONE SUPPORT

Family advocates are available Monday through Friday to provide an understanding ear and a wealth of information about services and supports in Western New York, your family's rights and the mechanics of the system.

RESPIRE

Short-term respite provided by a trained, experienced, background-cleared respite worker can help parents get a much needed break. If interested in applying, call a family peer advocate at 716.886.1242 x321 to start the intake process.

FAMILY SUPPORT GROUPS

Support groups are open to parents, foster parents, grandparents or any caregiver/guardian to provide support and alleviate isolation.

TEEN AND YOUNG ADULT SUPPORT GROUPS

To find a group in your area, visit MHAWNY.ORG, or call our office for more information at (716) 886-1242 ext. 345

ADOLESCENTS

CFSP assists youth and families with information on accessing supports to prepare for college and the workforce. CFSP connects the adolescents with other youth and families that are facing the same challenges.



CFSP also provides support and education regarding the transition to adulthood. The program hosts a monthly peer support program for young adults 18 years of age and up.

A separate support group for caregivers of teens and transition-age adults takes place as well.

BECOME A VOLUNTEER!

Ask about our Volunteer Program

THE CHILD & FAMILY SUPPORT PROGRAM OFFERS:

- Educational Advocacy
- Phone support
- Judgement-free understanding
- Information & Referrals
- Navigation of mental health system
- Short-term respite
- Child & family-friendly special events
- Community respite
- Teen support group
- 20 Something young adult support group
- Youth support for youth struggling with mental health and addiction
- Workshops and conferences
- Lending library
- Local, state and national advocacy involvement
- Parent training
- Strength-focused solution finding

CFSP collaborates with Families CAN, Parent Network, Learning Disability Association, NAMI, Children's Mental Health Coalition as well as other agencies to provide trainings and guest speakers throughout the year.

CHILD & FAMILY SUPPORT PROGRAM FROM MENTAL HEALTH ADVOCATES OF WNY

Advocacy. Guidance. Education. Answers. For more than 50 years, Mental Health Advocates of WNY has provided all of that and more to individuals and families living with mental illness in our community.

If you are a family coping with mental illness and you require support services, contact us today. We are here to listen. We are here to help.

OTHER MHA WNY SERVICES

- Information & Referral Service
- Child and Family Support Program (CFSP)
- Basic Emotional Skills Training (BEST)
- Court Appointed Special Advocates (CASA)
- Mindset: Workplace Well-being
- Youth Peer Advocates
- Community Outreach and Education Support Groups



999 Delaware Ave., Buffalo, NY 14209
(716) 886-1242 | MHA WNY.ORG



formerly Mental Health Association of Erie County, Inc.

Child & Family Support Program

(716) 886-1242
MHA WNY.ORG



BE HEARD. BE HELPED.

MEET THE YOUTH PEER ADVOCATES

Youth Peer Advocates facilitate support groups for youth ages 13 - 26 years in Western New York and are available to meet with youth one-on-one by appointment.

They also provide peer support services to youth receiving inpatient treatment at Erie County Medical Center, Western New York Children's Psychiatric Center, OLV Human Services, and BryLin Hospital; and outpatient treatment at select BestSelf clinics, and WNY schools.

To learn more about the Youth Peer Advocates, or to obtain a complete schedule of upcoming community events and support groups,

please visit:

www.mhawny.org.

If you would like to receive more information about the Youth Peer Program, please send an email to:

peersupport@mhawny.org



Katie Bernard



Alyssa Erazo



Douglas Hahn



Julianna Hill



Nafiza Niloy



Caleek Roman



Ben Snyder

WHAT IS A YOUTH PEER ADVOCATE?

A Youth Peer Advocate (YPA) is a trained individual between the ages of 18-30 who self-identifies as a person with first-hand experience receiving services in any of the child serving systems: mental health, addiction recovery, juvenile justice, child welfare, and special education. YPAs can use their lived experiences to assist in supporting youth in their resiliency, recovery, and wellness.



Child & Family Support Program
is a program of Mental Health Advocates of WNY



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advocates of WNY
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999 Delaware Avenue, Buffalo, NY 14209
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MHA.WNY.ORG



Visit our Facebook page!
www.facebook.com/MHA.WNY/



Email:
peersupport@mhawny.org



Call:
(716)886-1242 ext. 345

**Phone calls and emails will be returned within 3 business days.

YOUTH PEER
PROGRAM

YOUTH PEER
ADVOCATES



Children and Family Treatment and Support Services

These new mental health and substance use services, available with NYS Children's Medicaid, give children/youth (under age 21) and their families the power to improve their health, well-being and quality of life. These services strengthen families, and help them make informed decisions about their care. Services are provided at home or in the community.

Therapy Services (Other Licensed Practitioner)

- Assessments for mental health and/or substance use needs
- Identify strengths and abilities through individual and group therapies
- Get individual, group, or family therapy where you are most comfortable

Rehabilitation Services (Psychosocial Rehabilitation and Community Psychiatric Supports & Treatment)

- Learn to incorporate therapy goals into everyday life and receive extra support managing medication
- Build relationships and communicate better with family, friends and others
- Learn self-care, and use coping skills to manage emotions

Family Peer Support Services (Anticipated to Begin July 2019)

- Get support if you are raising youth with mental health and/or substance use challenges
- Provided by a Credentialed Family Peer Advocate/Certified Recovery Peer Advocate who has similar experiences

- Get support and assistance with:
 - Locating information and resources available to meet the youth/family's needs
 - Making informed decisions
 - Building and strengthening natural supports and resources



Who can get these services?

Children and Youth (under age 21) who are covered by Medicaid and have mental health and/or substance use needs can get Children and Family Treatment and Support Services at no additional cost. These services are covered by regular Medicaid or, if enrolled in a Medicaid Managed Care plan*, these services are available through the health plan.

How will these services help?

These children's services meet the individual needs of children and their families/caregivers by:

- Identifying mental health and/or substance use needs early
- Providing support in the home and community
- Preventing the need for emergency room visits, hospital stays, or out of home placements



*What is a Medicaid Managed Care Plan?

Medicaid Managed Care Plans are health insurance companies that oversee and coordinate care. Children and youth who are enrolled in a Medicaid Managed Care Plan will get most of their Medicaid benefits through that health plan.

To find out more about Children and Family Treatment and Support Services, contact your health-care provider, Health Home care manager, care coordinator, or Medicaid Managed Care Plan.



Your local provider:

NYS Children's Medicaid

Children and Family Treatment and Support Services

Information for Children/Youth and Families



Office of Mental Health | Office of Alcoholism and Substance Abuse Services | Office for People With Developmental Disabilities | Office of Children and Family Services

Helpful Resources

C.A.R.E.S. TEAM
Spectrum Human Services
716-882-4357

www.shswny.org

The **Crisis And Re-stabilization Emergency Services Team** was created to help families with children and teenagers in crisis. C.A.R.E.S. will answer questions and concerns about a youth by phone and/or meeting with a youth and care giver in the community or at the home.

CRISIS SERVICES
716-834-3131

www.crisisservices.org

This service is a 24 hour crisis hotline and counseling program. They respond to adults in crisis. They are contracted to provide trauma response services as well as other services for adults.

COMPASS HOUSE/SAFE PLACE
716-886-093

www.compasshouse.org

Safe shelter and services for runaways, homeless and street youth under age 18. All 30 **Tops Markets** in Erie County, as well as every **NFTA** bus, Boys and Girls Clubs, and the GLYS Drop-in Center are Safe Place sites in Erie County. To get help, a youth must go to one of these sites and state they need a "Safe Place" to receive immediate help from people trained to keep them safe.

Erie County Department of Mental Health
716-858-8530

www.erie.gov/mentalhealth

Provides administrative leadership and ensures the coordination of a community-based behavioral health system that is accessible, comprehensive, person centered and recovery focused.

All Mental Health agencies contract through this department.

Families' Child Advocacy Network (CAN)
716-884-2599

www.fcanwny.org

Families CAN provides a team approach that improves the lives of children and families who have complex emotional, behavioral, and/or social needs. Advocates work in conjunction with families to support youth in the community who have become involved with the Juvenile Justice System of Erie County.

Family Justice Center
716-558-7233

www.safe@fjcsafe.org

Provides free services for domestic violence victims and their children through an extensive collaboration with several partner agencies, all located at one secured, comfortable location, where victims can get all the services they need to safely escape abuse.

Family Help Center

716-892-2172

www.familyhelpcenter.net

The Family Help Center gives support to families raising children through parenting programs, 24 hour parent help line, in home support, a child care center and Youth Empowerment and Leadership (YEL)

Kids' Help Line

716-834-1144 or 877-KIDS-400

Provide school-age children, adolescents and parents with immediate and confidential support and problem solving assistance for problems of everyday living. Specially trained counselors assist young callers and also assist parents in dealing more effectively with the increasing stress and demands of raising children.

MENTAL HEALTH ADVOCATES OF WNY

716-886-1242

www.mhawny.org

The Child and Family Support Program (CFSP) is a peer program that offers a variety of services including support, advocacy and education to those who have family member living with mental illness. Family and Youth Peer Advocates have a family member or they themselves have been diagnosed with a mental illness. Services also include parenting workshops, family, teen and youth support groups, family activities, and short-term respite.

New York State Office of Mental Health

716-533-4075

www.omh.ny.gov

The Mission of the New York State Office of Mental Health is to promote the mental health of all New Yorkers, with a particular focus on providing hope and recovery for adults with serious mental illness and children with serious emotional disturbances

PARENT NETWORK OF WNY

716-332-4170

www.parentnetworkwny.org

Support for families of children with a diagnosed or suspected disability through 1-on-1 support, eligibility for OPWDD (Erie and Niagara Counties) and family support and education.

AUTISM SPECTRUM DISORDER CENTER

716-878-7600

www.kaleidahealth.org/autism

A center for medically-based, multidisciplinary evaluation and diagnosis of children with autism spectrum disorders in Western New York each child receives a developmental, neurological and psychological evaluations.

211 WNY

(716) 211

www.211wny.org

211 is a free and confidential link to health and human service 24 hours a day 7 days a week.



Online and Phone Support Now Available for Parents and Caregivers

This is a stressful time for everyone with young and old struggling to cope with the changes we are all facing. In times like these, maintaining mental well-being and self-care for yourself and family is paramount. MHA certified family peer advocates are now available to offer support through online video chats and phone appointments.

2021 Online Family Support Groups

**Video Chat Support Group for
Caregivers of Children, Teens and Young Adults ages 18-26
Thursdays
7:00pm-8:00 pm**

January 14th & 28th

March 11th & 25th

May 13th & 27th

July 8th & 22nd

September 9th & 23rd

November 11th

February 11th & 25th

April 8th & 22nd

June 10th & 24th

August 12th & 26th

October 14th & 28th

December 9th & 23rd

To sign-up:

RSVP to laney@mhawny.org or call 716-886-1242 x313

You will receive a confirmation email with log-in information

Individual Family Peer Support

One-on-one phone or email support with a family peer advocate.

Contact: Stacie Dziwulski 716-886-1242 x337, sdziwulski@mhawny.org

or Dawn Tisdale 716-886-1242 x321, dtisdale@mhawny.org

Child & Family Support Program

is a program of Mental Health Advocates of WNY, 999 Delaware Avenue, Buffalo,
NY 14209 MHAWNY.ORG

