

MCF
maryland coalition of families

Family Focus

Supporting Families on the Path to Recovery: This Recovery Month, We're Here for You

Caring for a loved one with a substance use disorder can be overwhelming, but you don't have to face it alone. Family peer support offers a lifeline, connecting you with someone who has walked a similar path. Through one-on-one support, guidance, and shared experiences, family peer support helps caregivers navigate the complexities of recovery, offering both emotional strength and practical tools. By fostering understanding and resilience, family peer support empowers you to better support your loved one while also caring for yourself.



[Request Services Now](#)

Your donation helps provide essential family peer support services, guiding families through their recovery with **compassion** and **expertise**. Every contribution makes a difference. Donate today and be a beacon of hope for those in need. Thank you for your support!

[Donate Now](#)

Understanding Maryland's Good Samaritan Law: Protecting Lives in an Emergency

The Maryland Good Samaritan Law is designed to encourage people to seek



emergency medical assistance in the event of an overdose without fear of legal repercussions resulting from certain crimes. This important law can save lives by removing barriers to calling 911, ensuring that those who need help get it without delay.

Watch our video to learn more about how the law works and how it protects

both the person experiencing an overdose and the individuals seeking help on their behalf.

[Watch the Video](#)

Staff Spotlight: Jaimie Bell

Meet Jaimie, a dedicated member of the MCF team since 2022. As a key contributor to our Substance Use Disorder (SUD) team, Jaimie brings invaluable expertise and commitment to her role. True to the spirit of our organization, she lives in the Western Maryland community she serves, embodying our mission both professionally and personally.



"Recovery Month, to me as a Family Peer Support Specialist, is a reminder of the critical role families play in the recovery process. It's an opportunity to empower families with knowledge, resources, and support so they can continue to be a strong foundation for their loved ones. Seeing families gain confidence in their ability to help a loved one through recovery is deeply rewarding. This month fosters a sense of community, solidarity, and connection as well. I cherish the opportunity to bring people together, creating networks of support that extend beyond the month itself.

As a Family Peer Support Specialist, Recovery Month is a time to honor the courage of those in recovery, to support the families standing by them, and to advocate for a more supportive and understanding world for everyone affected by substance use challenges.

Perhaps most importantly, Recovery Month symbolizes hope. It's a beacon of light for families and individuals who might be struggling, showing them that recovery is possible and that they are not alone. It's a reminder that with the right support, healing can happen, and life can be transformed."

MCF is honored to have Jaimie on our team working alongside many other FPSSs throughout the State, providing support to people who care about someone living with a substance use disorder.

September is Suicide Prevention Month: Every Conversation Matters

This September, we observe Suicide Prevention Month, a time dedicated to raising awareness, breaking the stigma, and providing support to those in need. By fostering open discussions and sharing vital resources, we can make a difference in the lives of individuals struggling with thoughts of suicide. Every conversation can be a step toward hope and healing. Let's work together to ensure no one feels alone in their journey.



The 988 Suicide & Crisis Lifeline offers immediate, confidential support for individuals in crisis or struggling with suicidal thoughts. By dialing 988, people can connect with trained counselors who provide compassionate guidance and resources. This vital service aims to prevent suicide by offering a safe space for individuals to talk through their feelings and access the help they need. Remember, reaching out for support is a sign of strength, and 988 is available 24/7 to provide critical assistance and hope during difficult times.

MCF staff wore yellow on September 10th to raise awareness for World Suicide Prevention Day and to show support for this important cause. Take a look!



Navigating the Transition Years

In today's complex society, achieving milestones such as completing education, finding stable employment, and moving out of the family home often happens later, sometimes not until age 30 or beyond. For young adults with mental health challenges, this transition can be even more difficult due to social and emotional delays that impact their development of key skills for a successful adult life.



To support families and their youth through this critical period, we updated our "Navigating the Transition Years" handbook in 2023. It includes essential chapters on high school transition planning, health care, supplemental security income, and legal matters. This resource is designed to provide families with information and tools to navigate the transition process effectively and empower their youth to

become strong self-advocates.

Navigating the Transition Years

Get Connected! Stay Informed!

Online and In Person Support Groups

MCF offers many support groups to provide a safe space for you to learn, share and receive compassionate help. All are facilitated by trained Family Peer Support Specialists who have dealt with similar challenges in their own families. Groups are free for all participants and are held on different days of the week and different times of day. Find one or more that can work for you and join us soon!

[Find a Support
Group](#)

Workshops, Trainings & Other Events

MCF offers a wide range of events, trainings and workshops for families who have a loved one with mental health, substance use or problem gambling challenges. Events are held in communities across the state or virtually and are offered at no cost to participants. Visit our website to learn more!

[Past and Upcoming
Events](#)

MCF Employment Opportunities

MCF is growing, and we have employment opportunities that might be perfect for you or someone you know! We currently have openings in many areas of the State. Please check our website for a complete list of openings.

- **Family Peer Support Specialist (Remote Worker - Must Live in Calvert County)**
- **Family Peer Support Specialist (Remote Worker - Must Live in Charles County)**
- **Program Manager (Remote Worker - Must Live in Maryland)**
- **Youth Engagement Specialist (Remote Worker - Must Live in PG County)**

[Employment Opportunities](#)



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