



MCF  
maryland coalition of families

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# Family Focus

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## Celebrating 25 Years of Supporting Maryland Families!

This year marks a significant milestone for MCF as we celebrate 25 years of dedicated service to families across Maryland. Our journey began with a focus on supporting caregivers of children with mental health challenges. Over time, we have grown into an organization that assists caregivers of family members of any age, facing any behavioral health challenge, including substance use and problem gambling.



Since our inception, our mission has been to offer family peer support, helping caregivers navigate the complex and often overwhelming landscape of behavioral health. Our programs have evolved to meet the diverse needs of our community, but our commitment to empowering families has remained steadfast. Through the tireless efforts of our staff, partners, and supporters like you, we have been able to make a meaningful impact on the lives of Maryland families.

As we reflect on our journey, we are filled with gratitude for the trust and collaboration of our community. We are excited about the future and the opportunities ahead to expand our reach and enhance our services.

Thank you for being part of our story. Here's to the next 25 years of making a difference in the lives of Maryland families.

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We're also excited to unveil our new tagline this year: **"We're here because we've been there too."**

This phrase encapsulates our commitment to providing empathetic and understanding support to families, rooted in our own experiences. We are dedicated to walking alongside you on your journey, offering the guidance and assistance that comes from truly understanding your challenges.

**We're here because we've been there too.**

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## Join the Founder's Circle



As part of our 25th anniversary, we are excited to offer you a special opportunity to contribute to MCF's mission of providing family peer support to thousands of families across all 24 Maryland jurisdictions.

We invite you to join our Founder's Circle and become an integral part of expanding the reach of family peer support. Help us realize our founding parents' and caregivers' vision that no family should walk this path alone.

Your contribution will not only provide support, guidance, and hope to thousands of families, but it will also aid our efforts to elevate their voices in discussions of policies and legislation that impact them most.

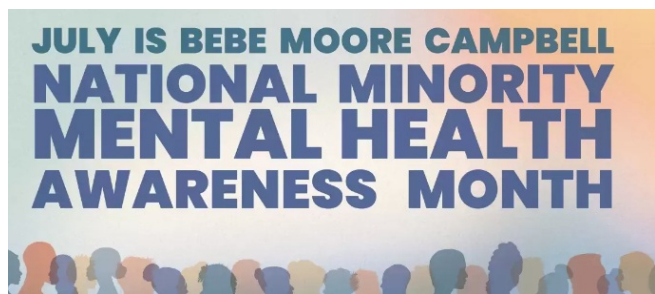
Join the Founder's Circle today with a monthly contribution of \$25 or a one-time gift of \$250. Your generosity will make a lasting difference in the lives of families throughout Maryland.

[Join the Founder's Circle](#)

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## Recognizing Minority Mental Health Awareness Month: Supporting Families Through Peer Support

July is Minority Mental Health Month, a time dedicated to raising awareness about the unique challenges faced by underrepresented communities in accessing mental health care. At MCF, we are committed to



addressing these disparities and ensuring that all families receive the support they need, regardless of their background.

Minority communities often experience higher rates of mental health issues due to various factors, including socioeconomic disparities, cultural stigma, and a lack of access to culturally competent care. These challenges can lead to a sense of isolation and hopelessness among families struggling to find the right resources and support.

MCF's family peer support programs help bridge these gaps by offering compassionate, culturally sensitive support from individuals who have walked similar paths. Our family peer support specialists understand the unique pressures and barriers faced by minority families and are equipped to provide the guidance and encouragement needed to navigate these challenges.

Throughout Minority Mental Health Month, we will be sharing stories, resources, and information to help raise awareness and promote understanding within our community. We encourage you to join us in this effort by participating in our events, sharing our resources, and supporting our mission to ensure that no family has to face mental health challenges alone.

Together, we can make a difference and build a more inclusive, supportive environment for all families. Let's work hand in hand to break down barriers and promote mental wellness for everyone in our community.

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It's hard to believe that we're halfway through summer already! And before you know it, we'll be knee-deep in back-to-school season. This time of year brings a mixture of excitement and anxiety for many families who have children with mental health challenges. Navigating the transition from home to school can be challenging, but you don't have to do it alone. Our family peer support specialists have compiled a list of ten essential tips to help you and your children have a smooth and successful start to the new school year. From managing stress to fostering a positive learning environment, these insights are designed to support you every step of the way.

**10 Things to Know!**

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# Parent CRAFT

## A Tool to Guide Conversations About Substance Use

Parent CRAFT is a self-paced online video course that teaches parents the skills they need to meet the risks of substance abuse. Parent CRAFT is based on the proven CRAFT method and is for parents who know their youth is using substances or who need support to help their child accept treatment.



The course is designed to empower parents to build effective communication skills and teaches participants how to use positive reinforcement and natural consequences to help their child break the cycle of using substances. Parent CRAFT has a 71% success rate at getting adolescents to accept professional help and is shown to decrease episodes of anger, anxiety, depression and negative physical symptoms that impact the entire family.

**Join us on August 6th**

[Register](#)

*Parent CRAFT is made freely available to parents in Maryland by the National Center for School Mental Health at the University of Maryland School of Medicine, with funding from the Maryland Behavioral Health Administration and the Substance Abuse and Mental Health Services Administration.*

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## 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](#)

### 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](#)

## 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.

- **Program Manager (Remote Worker - Must Live in St. Mary's, Charles, or Calvert County)**
- **Program Manager (Remote Worker - Maryland)**
- **Family Peer Support Specialist (Remote Worker - Must Live in Cecil County)**
- **Family Peer Support Specialist - Substance Use (Remote Worker - Must Live in Baltimore City)**
- **Caregiver Advisor Program Administrator**

[Employment Opportunities](#)



[www.mdcoalition.org](http://www.mdcoalition.org)



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Maryland Coalition of Families | 8950 State Route 108 Suite 223 | Columbia, MD 21045 US

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