Help! The Benefits of Accessing Community Resources and Support

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Caregiver Tips

- Be Informed
- Get Support
- Be an Advocate
- Be Empowering
- Take Care of Yourself
- Keep Balance in the Family

https://www.cdc.gov/ncbddd/disabilityandhealth/family.html
Resilience

What are some of the things that you do to build resilience?

What is your favorite self-care activity?
Maryland Coalition of Families

CONNECTION, SUPPORT, EMPOWERMENT

...for families experiencing mental health, substance use and/or gambling issues.

MCF's staff in every Maryland county and Baltimore City:

- work with caregivers and other loved ones to help them access needed supports and services for their families
- support and amplify the youth voice
- empower family members to advocate for improving services in all systems of care for children, youth, adults and families
• **Bowie Youth and Family Services**

Bowie Youth & Family Services offers a welcoming environment for families in crisis, with counselors who provide expertise in *family therapy, a variety of groups*, both *educational* and *therapeutic*, *community outreach services*, and *other school-based services*.

**They Believe...**
- All families should have equal access to educational and mental health services
- All individuals have strengths and dignity, and deserve to be treated with respect
- Effective parenting is crucial to the success of children
- Opportunities must be provided within the community for youth and families to grow and be successful

**Their Mission**
- We are committed to providing a continuum of community based mental health services and relevant drug and alcohol prevention activities for the youth and families of the Bowie community. We are dedicated to excellence in service, innovation in programming, and responsiveness to our community.
NAMI's support and public education efforts are focused on educating America about mental illness, offering resources to those in need, and insisting that mental illness become a high national priority. Mental illness is a serious medical illness that affects one in four families. No one is to blame. Treatment works, but only half of people living with mental illness receive treatment. NAMI has engaged in a variety of activities to create awareness about mental illness and promote the promise of recovery. Free support groups are one of those avenues.

For PARENTS/CAREGIVERS Supporting Adolescents and Children with Behavioral, Emotional and Mental Health Conditions

3RD TUESDAY | 7:00 PM to 8:30 PM
Kaiser Permanente Largo Medical Center
Conference Room 104, Room A
1221 Mercantile Lane
Upper Marlboro, Maryland 20774

3RD SATURDAY | 9:30 AM to 11:00 AM
Bowie Senior Center
149000 Health Center Drive,
Bowie, Maryland 20716
Prince George's County Child Resource Center

Project WIN (Wise Intervention Now)

Do you know a child experiencing difficulties in a child care setting? WE CAN HELP!

Their early childhood mental health programs are designed to address the social and emotional needs of children from birth to five years old who are in family child care, child care centers or informal child care settings throughout Prince George’s County. Their programs promote positive social and emotional development, which is a key to school readiness. They work with parents and child care providers to address issues of expulsion from child care.
LOCATE: Child Care
Through LOCATE: Child Care, parents can access free, one-on-one telephone counseling support for parents and guardians seeking licensed child care in Prince George’s County. Our experienced counselors are eager to speak with you Monday through Friday, 8:30 a.m. to 4:00 p.m. and can be reached at 1.877.261.0060.

ONLINE SEARCHES
LOCATE Assist enables parents and guardians to conduct self-guided online searches for regulated child care programs in Maryland that include family child care, child care centers, before and after school programs, summer camps, Head Start programs, nursery schools, part-day programs, and private kindergarten programs.

- Out-of-School Activities provides online access for parents and children who are searching for information about after-school activities and programs of all kinds.

- Currently, this database contains information on over 2,200 after-school programs, including all regulated after-school programs in the state of Maryland.
Local Care Team (LCT)
Department of Family Services
(Local Management Board)
Office Phone: 301-265-8419

If your child has experienced a traumatic event, has severe behavioral issues, has a mental health diagnosis that needs to be managed or you need to find resources for your child and family to be able to have a sustainable family life or you may need to look for services and resources for your child, the Prince Georges County Local Care Team is here to assist you.

The Local Care Team meets with families to discuss these challenges, offer suggestions, and develop a plan of care with you or a family action plan.

They meet bi-weekly, every 2nd and 4th Fridays of each month at the Largo Government Center at the Largo Government Center, 9201 Basil Court, Largo, MD. 20774.
Resources and Supports to Families

- **College Park Youth and Family Services**

The mission of the Youth and Family Services program is to serve families through quality culturally-responsive clinical services and community-based programs that strengthen children’s well-being and family relationships.
The Family Support Center

The Prince George's County Public Schools Family Support Center

Located at:
1400 Nalley Terrace, Room 3
Hyattsville, MD 20785
Office: 301-431-5675
website: https://www1.pgcps.org/specialeducation/Family-Support-Center/Family-Support-Center/

The Family Support Center provides resources and supports for families of students with disabilities. The mission of the Family Support Center is to provide information about disabilities, increase awareness of community services, assist families in resolving concerns, connect parents with resources needed to make informed educational decisions and strengthen collaborative relationships with community partners.
The Family Support Center

Support Group

For Families of Children with Challenging Behaviors

- Is your child currently experiencing behavioral challenges at home or school?
- Are you looking for ways that you can help support your child at home and school?
- Are you interested in learning some basic principles of applied behavior analysis that you can use at home with your child?
- Are you interested in sharing your experiences with other parents who may be going through similar challenges?

If you have answered YES to any of these questions, this is the group for you! The Family Support Center and One World Center for Autism will be hosting a monthly support group to help families with developing strategies that they can put in place to help support their child’s social and behavioral development.

<table>
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<tr>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Moderators</th>
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<tr>
<td>1/23/2020</td>
<td>5:00 - 8:00</td>
<td>John Carroll</td>
<td>Scott Showalter, NCSP, Mental Health Coordinator</td>
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<td>1/30/2020</td>
<td>6:00 - 8:00</td>
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<td>Yvonne Alleyn BCBAB, LBA, One World Center for Autism</td>
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<td>2/20/2020</td>
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<td>Beth Diante, ED D, BCBAB, LBA, Instructional Specialist</td>
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<td>Abiba Tuzane MD, One World Center for Autism</td>
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<td>3/21/2020</td>
<td>8:00 - 3:00</td>
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<tr>
<td>5/14/2020</td>
<td>6:00 - 8:00</td>
<td>John Carroll</td>
<td></td>
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Register Today!
To register for the support group use the link below:
https://tynurl.com/2xx2npf
To register by phone, contact us at (301) 431-5675.
The Parent’s Place of Maryland

Located at:
801 Cromwell Park Drive
Suite 103
Glen Burnie, MD 21061
phone | 800.394.5694 or 410.768.9100

Provides resources, support, and information to parents of children with disabilities and special health care needs. They offer a variety of programs and services to support families of children with disabilities and special health care needs.

Their website states that "chances are we can help or we can refer you to more appropriate resources. We help a wide variety of families and professionals in communities across the state every day."
Additional Resources (local and national)

Guiding Exceptional Parents
https://www.guidingexceptionalparents.com/parent-coaching-programs/

- One World Center for Autism
http://www.worldforautism.org/

- Pathfinders for Autism
https://pathfindersforautism.org/

- The ARC of PG
https://www.thearcofpgc.org/

- CHADD
https://chadd.org/

- LDA
https://ldaamerica.org/
- Understood
https://www.understood.org/