

About our Family Peer Support Services

A NYS Credentialed Family Peer Advocate delivers supportive services for families whose children have additional support needs, including mental health, substance use, special education, juvenile, justice, and child welfare.

Family Peer Advocates have lived experience as a parent or primary caregiver who has experience with navigating these systems on behalf of their own child(ren).

These services are community based, available at home or out in the community, and are designed to strengthen families, and help them make informed decisions about their care.



MHACG

MHA of Columbia-Greene

Your bridge to wellbeing

Get in Touch



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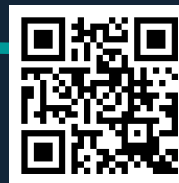
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Children & Family Treatment & Support Services

Services for children and their families in need of support with behavioral, social, emotional, or educational needs.



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Resilience Services

Pro-social Support

Pro-social Resilience support, also called Psychosocial Rehabilitation, works with the family to develop social, living, and community skills. An advocate can help support the family with:

- » **Social & Interpersonal Skills** - such as building personal relationships, learning to manage stress and daily events, and maintaining friendships & supportive social networks.
- » **Daily Living Skills** - such as improving self-management of psychiatric, emotional, physical, or substance use systems; development of routines & life skills; and medication management.
- » **Community Integration** - such as developing knowledge and capabilities with community resources, training on social etiquette, and partnerships & support in the areas of home, work, and school.

Children & Family

Peer Support

Family Peer Support helps support a parent or caregiver in their parenting journey, navigating challenging life support needs with mental health, substance use, emotional support, or behavioral issues. An advocate can support the family with:

- » **Self-Advocacy & Empowerment** - such as supporting the family in discovering their strengths and concerns, empowering to express fears and promote positive effective communication, and serving as a bridge between service providers.
- » **Parent Skill Development** - such as providing emotional support for the family to reduce isolation, feelings of stigma, and hopelessness; supporting the efforts in caring for children with additional needs, and coaching in how to explore and advocate educational options.
- » **Community Connections** - such as helping the family rediscover and connect with natural supports in their lives and being involved in leisure activities in community.

Eligibility Criteria

To Receive Services

Children and Family Treatment and Support Services (CFTSS) are a New York State Children's Medicaid based service.

CFTSS provides children and youth (under age 21) who are covered by Medicaid with support services. These services are covered by regular Medicaid, or, if enrolled in a Medicaid Managed Care Plan, these services are available through the health plan.

Service eligibility is based on the child with needs related to mental health, substance use, educational, social, or behavioral struggles. The service provided is geared toward the family and parent/caregiver development to ultimately better care for the child in need.



Interested in receiving Children & Family Support Services?

Send us an email to learn more: childrenandfamilies@mhacg.org