



Family Focus

BIPOC Mental Health Awareness Month: Championing Culturally Competent Care

July is BIPOC Mental Health Awareness Month, a time to highlight the mental health challenges faced by Black, Indigenous, and People of Color (BIPOC) communities. Access to culturally competent care is essential for individuals to feel understood and supported. At MCF, we are committed to providing care that respects and reflects the unique experiences of the communities we serve.

Check out these online resources:

- [BIPOC Resource List](#)
- [BIPOC Mental Health Reading List](#)
- ["How to Cope When Your Community is Under Attack" Worksheet](#)



Upcoming local events:

**"Resilience in Color"
Resource Fair and Panel**

**BIPOC Mental Health
Awareness Fair**

We believe in building trust by offering services that are culturally responsive and led by individuals who truly understand the challenges our families face.

Explore MCF's Free Upcoming Webinars!

We are offering free webinars for parents and caregivers of adolescents, as well as peers and paraprofessionals, in partnership with the University of Maryland School of Medicine and the National Center for School Mental Health.

Parent CRAFT

This workshop is intended for all Marylanders concerned about an adolescent or transition-age youth who is, or may be, engaging in substance use behaviors.

Parent CRAFT is a self-paced online video course that teaches parents, caregivers, and concerned others the skills and techniques needed to address the risks of substance use and encourage a young person to enter treatment.



Parents and caregivers learn strategies for supporting adolescents and transitional-age youth (TAY) through engaging video segments that include structured suggestions for practicing the skills.

Please note that pre-registration is required

Wednesday, August 6, 2025
6:00 PM - 7:00 PM

[Register Here](#)

The ASK Model

Elevating Youth and Family Well-being: Transforming Care Through Engagement and Individualized Support



Jordan Peer Recovery's **The ASK Model** focuses on delivering responsive behavioral health services to youth and families. The model is introduced through a series of interactive activities that encourage participants to reflect on their personal experiences and perspectives in order to enhance meaningful and effective service delivery.

This training equips youth-serving staff and professionals with practical strategies to build strong partnerships, engage youth and families authentically, and tailor services to each family's unique strengths, needs, and life circumstances.

Participants will explore how to move beyond one-size-fits-all methods to foster trust, resilience, and improved outcomes for the individuals and communities they serve. The course also introduces foundational skills such as motivational interviewing, active listening, and strength-based goal setting to support impactful one-on-one and group interactions.

Please note that pre-registration is required

Tuesday, Sept. 11, 2025

[Register Here](#)

Resource Spotlight: Back-to-School Prep

Believe it or not, by July, it's already time to start preparing for the new school year. We reached out to our team for some helpful back-to-school tips for families, and here's what they had to share:



- Start early! For preschool and kindergarten, talk to your child about what to expect ahead of time.
- Attend open houses if possible! Meeting teachers and seeing the classroom can help ease first-day jitters.
- Re-establish routines: Practicing bedtimes and morning routines ahead of time can help ease the transition when the school year begins.
- Encourage a positive mindset: Help your child see the school year as an opportunity to make new friends, build connections, and get excited about learning new things.
- Don't wait to seek help! Remind your child (and yourself) that it's okay to ask for help before things feel too overwhelming. Communicate early with school staff if needed.
- Create a "Get to Know My Child" fact sheet for teachers: Include details like strengths, special interests, struggles, effective strategies, parent contact info, and anything else that might be helpful.

Check out our list of key things to know about IEP meetings!

**IEP Meeting
Tips**

We're here to support caregivers of children with behavioral health challenges every step of the way. If you need school-related help, please visit our website.

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

Workshops, Trainings & Other Events

MCF offers a wide range of events, trainings and workshops for families who have a loved one with mental

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**

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**



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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