



MCF  
maryland coalition of families

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# Family Focus

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## April is Alcohol Awareness Month & National Autism Acceptance Month

This April, we're spotlighting two important causes: Alcohol Awareness and Autism Acceptance. At the Maryland Coalition of Families, we understand that both substance use and autism can present unique challenges for families and caregivers. These challenges are often compounded by the need to navigate complex systems and find the right support for your loved ones.

That's where our Family Peer Support services come in. We offer compassionate guidance and personalized assistance to families who are supporting a loved one through substance use and recovery. We also provide tailored support for families of individuals with autism, helping caregivers access resources and navigate systems that can empower them on their journey.

Whether you're seeking advice on managing recovery, finding the right educational resources, or connecting with local services, we are here to help. Our goal is to ensure that no family feels alone in their journey, and that every caregiver has the tools and support they need to advocate for their loved ones.

If you or someone you know is looking for support, reach out to us and explore the resources below. We're here to help you every step of the way.



### Resources from NCADD

Check out these resources from the National Council on Alcoholism and Drug Dependence of Maryland

### AUSOM Calendar of Events

Looking for autism-inclusive events in your area? Check out this list from the Autism Society of Maryland

# Thank You for Your Support During the Legislative Session



The Maryland General Assembly legislative session wrapped up on April 7th, and we want to extend our heartfelt thanks to everyone who joined us in providing testimony and advocating for change.

This year, we worked tirelessly to improve the behavioral health system and ensure that the voices of families and caregivers were included in conversations and decisions about the people we love. Your involvement was crucial in helping us push for policies that will better serve those navigating mental health, substance use, and other behavioral health challenges.

Together, we:

- Submitted **24 written testimonies** on various bills
- Supported **16 families** in providing powerful personal testimony
- **Testified in person 5 times** before legislative committees
- Participated in **2 panels** advocating for legislation that impacts our communities

We are deeply grateful for your support in uplifting the voices of families and caregivers, and for standing with us to create meaningful change. Together, we continue to make progress in building a system that truly supports those who need it most.

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## Celebrating 25 Years of Support, Growth, and Impact

This year, we proudly celebrate our 25th anniversary as a nonprofit dedicated to supporting families facing some of life's toughest challenges. Over the past quarter-century, we've expanded our services from supporting caregivers of children with mental health challenges to offering assistance to families of loved ones of all ages dealing with behavioral health issues - including mental health challenges, substance use disorders, and problem gambling.



Our reach has extended support to families of children involved in the juvenile justice system, those in the child welfare system, and kinship families who are stepping up

to care for their loved ones. We've also been honored to place Family Peer Support into mobile crisis teams, ensuring families receive timely, in-the-moment support when they need it most.

Through it all, we've remained committed to providing these essential services free of charge to families in need, ensuring no one is turned away due to financial barriers.

As we look to the future, we ask for your help to continue expanding our services and reach even more families who need support. Your donation can help us extend our programs, reach new families, and make a difference in the lives of those who rely on our services.

Join us in celebrating 25 years of impact - and help us build the next 25 years of support, compassion, and growth.

[Donate Today!](#)

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## Looking Ahead: May is Mental Health Awareness Month & Children's Mental Health Awareness Week



May is just around the corner, and we're gearing up to recognize Mental Health Awareness Month and Children's Mental Health Awareness Week (May 4-10). It's a time to raise awareness, reduce stigma, and increase access to critical resources for mental health support.

We invite you to join the **Children's Mental Health Matters** campaign, which brings together communities across the state to promote mental health awareness and create positive change. There are many ways to get involved, from spreading the word to participating in events designed to educate and support families.

Be sure to check out the campaign's event calendar for upcoming activities and ways you can join the fun while making an impact. Together, we can help ensure that every child and family has access to the mental health resources they need.

[CMHM Calendar of Events](#)

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## Attention Young Adults: Share Your Experience with Mental Health Services

Are you a young adult between the ages of 18 and

25 who has received mental health or substance use treatment services in Maryland? If so, the Maryland Behavioral Health Administration (BHA) wants to hear directly from you.

Your experiences matter - and your feedback can help shape better, more effective services for young people across the state. Whether your experience was recent or in the past, positive or challenging, your insights are valuable and could make a real difference for others navigating similar paths.



Take a few minutes to share your story through this survey. By participating, you're helping the BHA understand what's working, what's not, and how to better support young adults like you. Visit the link below to take the survey now. You may win a \$20 gift card for your participation!

Thank you for lending your voice to help build a stronger, more responsive behavioral health system in Maryland!

[BHS Service Recipient Survey](#)

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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 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](#)

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## 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.

- **Supervisor - Behavioral Health (Homebased - Must Live in Baltimore or Harford County)**
- **Training Manager (Homebased - Must Live in Maryland)**
- **Family Peer Support Specialist - Mental Health (Must Live in Caroline or Talbot County)**

[Employment Opportunities](#)



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



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