

MCF  
maryland coalition of families

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# Family Focus

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## Celebrating Black History Month

As we honor Black History Month, it's essential to reflect on the remarkable resilience, achievements, and contributions of Black individuals and communities throughout history. From civil rights activists to cultural icons, Black people have shaped the world in countless ways, enriching our lives with their talents, wisdom, and unwavering spirit.



This month, it's crucial to spotlight the unique challenges facing Black mental health. As advocates for equity, justice, and equality, we're here to offer support, hope, and guidance. Our family peer support network stands firmly with our Black communities, amplifying their voices and honoring their narratives. We recognize the significance of nurturing an inclusive future where every individual is esteemed, respected, and empowered to flourish.

Together, let's pay tribute to our past, embrace the present, and forge a path toward a brighter tomorrow for future generations.

[Mental Health Resources for the Black Community](#)

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## Elevating Voices of Families Across Maryland 2024 Family Day in Annapolis

We extend our heartfelt gratitude to all who participated in the Family Day in Annapolis! Together, **187** parents, caregivers, family members, advocates and supporters united with a common



purpose—to advocate for positive changes in behavioral health systems. Their dedication was evident as they engaged in meaningful discussions with **67** legislators and their staff, amplifying their voices to drive change.

Your active involvement embodies the spirit of community and reinforces our collective commitment to improving

behavioral health support for all. Thank you for your unwavering support and advocacy.

We hope to see you again next year, and please stay tuned for **Advocacy Action Alerts** throughout this year. Your continued engagement is vital in championing family-centered policies. And you can review past Advocacy Action Alerts on our website!

**Advocacy Action Alerts**

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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.

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MCF is proud to host **two free webinars** in partnership with the Maryland Treatment Centers. These learning opportunities - one for families and concerned significant others and the other for providers - will explore BOND, a family coaching intervention that adapts the CRAFT model to promote the engagement and maintenance of treatment for young adults struggling with opioid use.

The BOND project is sponsored by the National Institute on Drug Abuse (NIDA)

## For Families

**Tools and Strategies for Caregivers  
Who Love Someone Under 30  
Struggling with Opioid Use**

**Thursday, February 22, 2024  
6:00 - 7:00 PM**

[Register Here!](#)

## For Providers

**Building Opioid Recovery Support  
Networks to Engage and Retain  
Young Adults in Medications for  
Opioid Use Disorder**

**Tuesday, March 5, 2024  
12:00 - 1:00 PM**

[Register Here!](#)

*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  
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!

[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.

- **Team Supervisor (Baltimore or Harford County)**
- **Family Peer Support Specialist - Substance Use (Cecil, Kent, Queen**

Anne's, Talbot, Dorchester, or Caroline County)

Employment Opportunities



Donate

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