



MCF  
maryland coalition of families

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# Family Focus

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## National Family Caregivers Month

### #CaregiversConnect

During National Family Caregivers Month, we honor the dedication of over 50 million Americans providing vital care to family members, recognizing the challenges faced by those supporting aging parents, raising children, assisting loved ones with disabilities or caring for veterans. We acknowledge that, at some point, each of us may become family caregivers, with this responsibility disproportionately affecting women, people of color, and immigrants. Their crucial work often goes unnoticed and undervalued and can be a critical factor in their decision to leave the workforce.



At the Maryland Coalition of Families, we are dedicated to relieving the burdens family caregivers face. Our mission is centered on enhancing the well-being of family caregivers who truly deserve the recognition and support they need. It is time to shine a light on their invaluable service and provide them with the resources and assistance necessary to lead happy, healthy, and fulfilling lives of their own.

[10 Tips for Caregivers](#)

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## MCF Releases Its 2023 Impact Report

### Growth Highlights Tremendous Need

On November 1st, MCF published our 2023 Impact Report highlighting the organization's incredible work during the past year.

Maryland Coalition of Families is

## Leading the Way



# 4,603

Families supported in FY23

An increase of 33% from FY22 and twice the number of families supported in FY21

More than 22,600 hours of one-to-one emotional support



# 708

Support Groups

# 21

Educational Workshops

# 30

Family Fun Events

# 5,980

Links to Critical Resources Provided



Top 5 Types of Resources Provided

1. Self-care & Stress Management
2. Specialized Treatment
3. Education
4. Safety
5. Substance Use & Recovery



Read more about MCF's impact in communities across Maryland at <https://mcf.family/Leading-the-Way>



Remarkably, we provided services to more families than ever before in MCF's history.

In FY23, we served **33% more** families compared to FY22 and **twice as many** families compared to FY21. This growth was not confined to a specific region or demographic. We witnessed an increase in the number of families served in every region, across all demographics, and spanning all areas of behavioral health.

This tremendous growth demonstrates what we already know - families need our help because **family peer support makes a difference**. With the increase in the number of people experiencing mental health and substance use challenges, the number of people who love and care for them has increased too.

**MCF's services are offered at no cost to the families we support.**

We're able to offer our services free of charge because of generous support from our community. Please consider making a donation to support our work today!

Together, we can take care of the caregivers.

Read the Full Report

Donate Today

## MCF is Strengthening Its Advocacy Efforts Welcome to Our New Policy & Advocacy Associate!

MCF is pleased to share that Ashley Tauler, Family Peer Support Specialist on our Western, Maryland team, has been promoted to Policy and Advocacy Associate. Ashley has been with the organization for almost 2 years, supporting



families who have a loved one with substance use and mental health challenges.

Ashley brings a wealth of personal and professional experience to her work at MCF. Her twin brother has developmental delays and autism. As a youth in foster care, a mother of two young girls and a survivor of domestic violence, Ashley is passionate about helping families and individuals experiencing similar challenges.

Ashley was featured in the book *Breathing Hope* by Bruce T. Anderson as “Allie”, a foster youth whose life changes when she is supported by a team of caring adults. Ashley now serves on the Board of the foster home she stayed in as a youth. She is also asked to speak frequently on the topic of trauma in children.

Ashley obtained her Associate of Arts degree from Hagerstown Community College and is a Credentialed Advocate through the National Advocate Credentialing Program (NACP). She is currently pursuing her Bachelors in Social Work from Salisbury University and intends to seek her Master’s when done.

We are thrilled to have Ashley’s voice at the table representing children, youth, adolescents, families and adults with behavioral health challenges.

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## Save the Date: Family Day in Annapolis



**Calling all families, partners and other interested community members!** Mark your calendar for our annual advocacy event, Family Day in Annapolis. This a day dedicated to unity, empowerment, and positive change. Join us on **January 25, 2024** as we come together to make our voices heard, advocate for the issues that matter most to our families, and strengthen our community bonds. This is an opportunity to

connect, share experiences, and be part of something bigger than ourselves. Stay tuned for more details, and let's make a lasting impact together. We can't wait to see you there!

**Registration for Family Day in Annapolis will open on December 4th!**

[Learn More about Family Day in Annapolis](#)

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## During This Season of Gratitude, We Give Thanks for You!

Generous support from people like you help MCF continue our work connecting, supporting and empowering families and advocating for changes to systems that impact people with behavioral health challenges. Your contribution helps MCF reach more families, provide one-to-one emotional support, and bring families together to build a community that fosters hope and healing.

[Donate  
Today!](#)

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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!

### 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!

[Find a Support Group](#)

[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 - Mental Health \(Queen Anne or Kent County\)](#)
- [Family Peer Support Specialist - Mental Health \(Baltimore City\)](#)
- [Family Peer Support Specialist - Mental Health \(Cecil County\)](#)
- [Family Peer Support Specialist - Substance Use \(Frederick County\)](#)

[Employment Opportunities](#)

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**For more information about MCF's programs and services, please follow us on social media!**



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