



MCF
maryland coalition of families

Family Focus

Raising Awareness and Reducing Stigma: October Awareness Campaigns

National Depression and Mental Health Screening Month

Depression and Mental Health Screening Month is an essential awareness initiative that takes place annually, shining a spotlight on the critical need for early detection and support for individuals struggling with mental health issues, particularly depression. During this month, healthcare providers and organizations emphasize the importance of regular screenings to identify and address mental health concerns promptly.



One invaluable aspect of this awareness effort is the role of family peer support. Families often play a crucial role in a person's mental health journey, offering understanding, encouragement, and a sense of belonging. Family peer support not only bridges the gap between individuals and professional help but also fosters a nurturing environment where loved ones can contribute positively to their family member's recovery. This collaborative approach significantly enhances the chances of individuals finding hope, healing, and a path towards improved mental well-being.

[Online Screening Tools](#)

ADHD Awareness Month



October is national ADHD Awareness month. Advocates nationwide are taking this month to spread awareness of this common neurodevelopmental condition. Considered a childhood disorder, affecting 1 in 12 children nationwide, the symptoms of ADHD can last through adulthood affecting 1 in 40 adults. Many adults living with ADHD have never been diagnosed. Living with undiagnosed ADHD could cause difficulty in your work, at home or in personal relationships.

ADHD often coexists with other anxiety disorders and people with ADHD are twice as likely to have sleeping disorders. With the proper support, a person can navigate the reality of living with ADHD and move from diagnosis to treatment and symptom management.

If you or a health professional has concerns about ADHD in you or a family member, you can seek out a psychologist or psychiatrist. Many school systems have free early intervention programs to support children with ADHD. The CDC Funds the National Resource Center on ADHD. You can reach the resource center at 1-866-200-8098 where staff are waiting to answer any questions about ADHD.

Learn More about
ADHD

Recovery Month Wrap-Up



September was Recovery Month and MCF Family Peer Support Specialists hosted or attended more than 50 events across Maryland to celebrate those in recovery and honor those we have lost to overdose.

Our Rolling for Recovery skating events are particularly popular with our families and are a fun and family-oriented way to celebrate Recovery Month. Each year we add more of these types of events in various regions across the State. Be sure to keep an eye on our [Events Page](#) to learn about upcoming activities!



Meet Our Board: Stephanie Hutter-Thomas

The Appalachian Regional Commission (ARC) has announced the 40 fellows for the 2023-2024 Appalachian Leadership Institute, including one of MCF's Board of Directors, Stephanie Hutter-Thomas!

This is a training program for residents and workers in the 13 Appalachian states. This diverse group represents various sectors such as tourism, healthcare, education, and civil service. The nine-month curriculum includes six seminars across the region, focusing on ARC's investment priorities to boost economic and community growth. From October 2023



to July 2024, fellows will build skills to develop economic projects, integrate community assets into development strategies, access resources and capital, apply for grants, and foster regional partnerships. ARC Federal Co-Chair Gayle Manchin emphasized the importance of nurturing future Appalachian leaders. The selection process aimed to address the region's diverse economic challenges and opportunities.

“The Appalachian Leadership Institute supports leaders already doing amazing work across Eastern Kentucky and the entire Appalachian region,” said ARC 2023 States’ Co-Chair, Kentucky Governor Andy Beshear. “This program capitalizes on the incredibly talented people who are already invested in these special communities. When we invest in our people, we’re building a brighter future for generations to come.”

MCF is proud to have such talented and dedicated members of our community supporting our mission and serving on our Board of Directors.

Save the Date: Family Day in Annapolis

We are thrilled to invite all families, partners and other interested community members to mark their calendars 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!



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

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](#)

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](#)

Your Support Strengthens Our Impact!

Generous support from people like you help MCF continue our work connecting, supporting and empowering families and advocacy 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. Please consider making a gift to MCF today.



[Donate Today!](#)

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](#)

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



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