



“Partnering For Help & Hope”

As national events continue to illuminate the critical need for mental health care reform in this country, we must increase our efforts to educate the nation about the importance of prevention and early identification of mental health challenges. We must also highlight the fact that children are an integral part of a family unit and create an understanding amongst policy leaders and practitioners that healthy families are better equipped to support resilient children. Legislation, policies, and practices must fully endorse the undisputed importance of full family engagement and participation in the care and treatment of their children. Further, we must advocate for a holistic approach to children's mental health that includes the provision of supports that strengthen the family as they nurture resiliency. Please join us as we create a dialogue about the importance of partnering in help and hope!

How is G.E.A.R. Parent Network, Maine’s National Federation of Families for Children’s Mental Health, Celebrating Children’s Mental Health Awareness Week?

- 1 We are distributing Advocacy Toolkits to children's mental health providers and educators statewide. The kits will contain green ribbons and awareness materials to display and distribute to youth and families to raise awareness and advocate for positive children's mental health practices and that support and strengthen family resiliency.
- 2 We are partnering with Youth MOVE Maine, a program of Thrive; the Maine Alliance of Family Organizations, along with support from our Crisis & Counseling Centers' family programs - Generations to distribute resource and awareness materials statewide.
- 3 On Friday, May 5, from 1-3 p.m., Hall of Flags at the Maine State House, Augusta we are co-hosting a “Children's Mental Health Awareness Day Official Celebration Event” with DHHS Children's Behavioral Health Services and Youth MOVE Maine, a program of Thrive! Join us to hear Maine youth and family members share stories of how peer support empowered youth and families to become resilient and view the #EndStigma public service announcement! Family & Youth Organizations, providers of children's behavioral health services and DHHS Children's Behavioral Health Services will be present to offer information about what they do and how they can support families and youth in Maine's system of care and to celebrate children's mental health awareness day!! All parents/caregivers and youth are welcome to attend this celebration event!
- 4 We are hosting educational workshops, special events such as family friendly guided hikes and seed-planting activities for all families across the state.

Please contact your Regional Parent Support Coordinator at 1-800-264-9224 for more information or visit our website at gearparentnetwork.org for dates/locations of Awareness Week/Month activities!



G.E.A.R. Parent Network is a Parent-to-Parent Network of Information & Support for Parents of Children with behavioral health needs, is a program of Crisis & Counseling Centers, Inc. and is funded by the Department of Health & Human Services, the United Way and Private Donations

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