



Administrative Offices

**Mental Health Association
in Orange County, Inc.**

73 James P. Kelly Way
Middletown, NY 10940
Phone: 845-342-2400

Mental Health Association (MHA) is a not-for-profit organization established in 1959 to promote the mental health and emotional well-being of Orange County residents, working towards reducing the stigma of mental illness, developmental disabilities and providing support to victims of sexual assault and other crimes. The MHA family shares a system of values and behaviors that recognizes and respects the presence and contributions of all diverse groups. We believe that every person is to be treated with dignity, respect, compassion and acceptance.

**Orange County
Crisis Call Center
24 Hours
1-800-832-1200**

**Text 4 Teens
845-391-1000
Mon-Thurs- 4pm-10pm
Fri-4pm-12am
Sat and Sun 5pm-12am**

Email:

mha@mhaorangeny.com

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Middletown, NY 10940**



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Family Support Program



*A proud member of WELCOME Orange...
Helping individuals achieve recovery,
resiliency and self-determination.*



Family Support Program

Staff have lived experience navigating one or more of the systems that serve children, adults and families. The program provides support for families and caregivers of adults with severe and persistent mental illness and families of children with emotional, behavioral and/or social difficulties, provides training and support to the family in the treatment planning process. Staff providers are credentialed as New York State Family Peer Advocates. The focus of the service is to empower family members to find their voice, acquire new skills and learn how to plan and partner effectively on behalf of their families.

What We Provide:

- Monthly support groups are held at MHA where families can meet others in the same situation
- The family support line provides support, linkage and referrals to individuals and family members of children and adults with a mental illness. Please contact 845-342-2400 for more details.
- Advocacy visits on behalf of families to social agencies and schools
- Quarterly newsletters
- Information and resources in the community

Our Services Include:

- Family and Friends Together Support Group
- Family and Friends Plus Social Group
- Family Ties
- Home and Community Based Services (HCBS)
- Crisis Intervention Team (CIT)
- Training

Family and Friends Together

This support group is for families/ caregivers of adults with severe and persistent mental illness such as schizophrenia, bipolar, depression, etc. This is a safe way to share your feelings, receive information, education, resources and support from people who understand. This group meets the 3rd Thursday of each month at 7:00 pm..

Family and Friends Plus Social Group

This is a time for families and loved ones to meet for a casual, interactive meeting. The group is intended for people to relax, meet and make new friends in an informal and fun setting. Each gathering will have an agreed upon topic of interest such as music. This group meets the last Wednesday of each month at 6:30 pm.

Family Ties

This is a family run support group for families with children/adolescents who have behavioral or social difficulties. The group provides information, resources and coping skills as well as shared ideas, experiences, concerns and questions. This group meets the 2nd Wednesday of each month at 7:00 pm.

Home and Community Based Services (HCBS)

HCBS services provide opportunities for people with behavioral health issues to receive services in their own home or community. HCBS services are provided to people who are Health and Recovery Plan eligible (HARP), enrolled in Medicaid, and 21 years of age or older. HCBS services help to improve an individual's quality of life by providing assistance with getting and managing a job, getting into school and graduating, helping individuals manage stress and live independently. Family peer advocates empower family members to find their voice, acquire new skills and learn how to partner effectively on behalf of their family.

Crisis Intervention Team (CIT)

The purpose of this program is to teach the police how to more effectively deal with people with mental illness. The CIT program creates connections between law enforcement, mental health providers, hospital emergency services and individuals with mental illness and their families. Through collaborative community partnerships and intensive training, CIT improves communication, identifies mental health resources for those in crisis and ensures officer and community safety. CIT training reduces arrests of people with mental illness and increases the likelihood that individuals will receive mental health services.

Family Support Please Contact:

Family Support and Training Specialist-Adult Services 342-2400 Ext. 1238

Family Support and Training Specialist-Children's Service 342-2400 Ext. 1246

