

Did You Know?

- 18% of children living in Massachusetts have one or more emotional, behavioral, or developmental condition.
- Nearly 40% of families who use PPAL's services have children 12 years old or under.

Parent/Professional Advocacy League:

- Helps 19,000 families each year and this grassroots constituency guides our work.
- Almost 27,000 families, professionals and others received PPAL's materials and attended PPAL's trainings.
- More than 375 parents and youth participated in policy groups, testified about their experiences and evaluated programs.
- Presents more than 130 trainings and workshops each year with 6,400 participants.
- Distributes a monthly newsletter to more than 2500 parents and professionals.
- Regularly publishes family-driven research highlighting the values and experiences of families.

Our Mission

The Parent/Professional Advocacy League (PPAL) is a statewide family organization dedicated to improving the mental health and well being of children, youth and families through education, advocacy and partnership.

Our Vision

Providing hope for children with mental health needs and their families through education, advocacy, outreach and support

Ways to Give

Do you share PPAL's vision? Help support PPAL and ensure that we continue our work for many years to come.

- Make a tax-deductible donation
- Volunteer
- Sponsor A Youth Group
- Corporate Giving

For more information, please visit:

www.ppal.net/ways-to-give

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The Massachusetts Family Voice for
Children's Mental Health



EDUCATE
COLLABORATE
ADVOCATE

www.ppal.net

WE ARE

EDUCATE...

PPAL provides families, professionals and the public with training and resources to better understand children's mental health. We work to raise awareness about the challenges faced by children and youth with mental health needs and their families.

COLLABORATE...

PPAL collaborates with other family-run organizations, professionals, providers, state agencies and many others. We know family voice is more powerful when it is linked to the community.

ADVOCATE...

PPAL advocates for improved mental health care, better access to treatment and services and the reduction of stigma. We are the only organization in Massachusetts solely dedicated to representing the interests of families whose children have mental health needs.

OUR WORK

Family-Driven

PPAL is a grassroots family-run organization.

Families have a primary decision making role in the care of their own children as well as the policies and procedures governing care for all children. Many PPAL staff and board are family members of children and youth with mental health needs. We bring to our work professional expertise and personal understanding.

When I was at the end of my rope, PPAL extended a hand, offered support and gave us hope. The family support specialist goes above and beyond her role in any way she can when someone is alone in the "lion's den."

– Nancy, PPAL support group participant

Youth-Guided

PPAL believes the needs and preferences of youth should drive the policy and financing decisions affecting them.

We provide a platform for youth to develop their skills, make meaningful connections with other youth and become advocates.

After joining PPAL's groups, I've learned I am not alone. Many teens face difficulties. We are able to come together and form a community of support.

–Youth support group participant

WE OFFER

Networking

PPAL families connect with each other through support groups and family partners. Information, resources and inspiring stories are disseminated to our ever-widening network through a monthly newsletter, PPAL's Facebook page, blogs and web site.

Workshops & Trainings

PPAL provides more than 85 presentations, workshops and trainings focused on issues related to children's mental health annually. We offer topic-specific trainings for families and professionals. PPAL offers trainings to families for free or at a low cost.

Support

PPAL believes no parent should have to struggle alone.

We provide help through one-on-one communication, support groups and resource distribution. Families and youth can visit our website to find fact sheets, advocacy tools, support groups listings and more.

Youth Voice

Youth use their experiences to advocate for changes in the systems directly impacting their lives. PPAL is currently the Massachusetts chapter of Youth MOVE, a youth-led national organization dedicated to unifying youth voice and improving the services and systems supporting youth.