

HOUSEKEEPING

- Introductions – please type in the chat your name, your organization, and if you are a family member.
- Please make sure you are muted throughout the day to reduce background noise!
- Please type your questions, reflections, and connections into the chat.



HOUSEKEEPING

- We are recording the morning remarks-speakers only! We will share on social media.
- To ensure **privacy** for our attendees, please **do not record or screenshot** the conference!
- Slides will be available on our website after the conference.
- Tell us how we did in the survey coming to your inbox in a few days.



PPAL improves Mental Health for ...

ALL children and their families through

**SUPPORT
EDUCATION
ADVOCACY**

including **justice-involved** and **transition age youth**.



PPAL IS...



- A statewide, family-driven, nonprofit organization that services several thousand families each year.
- PPAL is part of national networks - National Federation of Families and Justice 4 Families. We are also the state chapter of the national youth movement, YouthMOVE, for transition age youth.
- PPAL provides PEER support. ALL of PPAL's staff have lived experience. We have traveled the road, and understand. Our staff is also diverse in languages, culture, religion, and experiences.
- Serves families with children, youth, and young adults ages 0-26+
- **ABOUT FAMILIES.** ALL families - bio, adoptive, chosen, or otherwise! All colors, all cultures, all languages, all religions

PPAL IS, cont.



- PPAL's services to families are **FREE!**
- Families do not need insurance!
- PPAL doesn't care (or ask) about immigration status
- We speak Spanish and Portuguese (and will do our best with other languages)
- There is **NO WAITLIST!** Families' calls or web requests are answered in Mon-Fri same day or within 24-48 hours.

How does PPAL provide **SUPPORT**?



1-to-1 Family Peer Support: listen, share knowledge, refer services, build self-confidence and advocacy skills, help navigate systems and providers, provide HOPE

Support Groups provide connection:

- Family Support Groups
- Parents and Caregivers of Transition-Aged Youth
- Spanish-Language Support Group
- Parents and Caregivers of LGBTQ+ Youth
- Grandparent Connections Group

Juvenile Justice: dedicated staff knowledgeable about courts, arrests, detention, and accessing services for youth with mental health needs in the juvenile justice system

Multicultural Outreach: community focused, dedicated staff that embrace diverse cultures and languages

Acute Crisis and ED Boarding: knowledgeable, dedicated staff to support families through and help them navigate during crisis times and ED visits

Transition Age Youth (TAY): YouthMOVE helps transition age youth get support, learn to safely tell their story, and shine their light!

About PPAL's Family Peer Support



At PPAL, all of our staff have **lived experience**. ***What exactly does that mean?***

We are parents, caregivers, grandparents, family members, and young adults who have direct, personal experience with in-family or our own mental health challenges. We have

- a unique ability to connect with and provide support
- an understanding of the need for information and help navigating systems
- most importantly, an understanding of the desperation for HOPE.

How does PPAL EDUCATE?

- Multiple monthly Trainings
- Monthly Statewide Meetings
- Bi-Monthly Inside Track Meetings
- Regular Active Parenting Sessions
- Ask the Advocate and School Problem Solving Clinics
- Bi-Monthly Newsletter, Tip Sheets, and other publications
- FB videos on mental health topics
- 4 active FB groups - PPAL, PPAL TAY, PPAL Spanish, PPAL Youth
- Annual Conference
- Collect and share data on the needs of families
- We show up and we talk



How does PPAL ADVOCATE?



- Involved at individual, community, state, and federal level
- Bi-Monthly Inside Track Meetings
- Teach families Advocacy skills
- Founding member of the Children's Mental Health Campaign which vigorously advocates for improvement in services for children's mental health
- Member of the National Federation for Families
- Member of Justice 4 Families
- Member of SAMHSA's Statewide Family Network
- Active with numerous state initiatives, coalitions, and groups advocating for changes in juvenile justice and children's mental health services



Have your voice heard!



As part of our advocacy efforts, PPAL regularly meets with the Dept of Mental Health, MassHealth, the Dept of Youth Services, and the Dept of Children and Families, among others. We bring your family concerns to them.

Share your experiences with us by phone, email, in person, or by answering our **Question of the Month** on PPAL's website (www.ppal.net) each calendar month.

Your voice and experiences are critical!

Youth and Young Adults



Youth MOVE Massachusetts

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. Youth MOVE MA supports youth and young adults in their journey, teaches them to tell their stories in a safe and effective way, and provides opportunities for them to develop public-facing and leadership skills.

For information about groups/trainings/presentations
email: youthmovema@ppal.net

Website: <https://youthmovemassachusetts.net/>

Contact PPAL if...



YOU ARE...

- a parent, caregiver, grandparent, or family member of a child, youth, or young adult whose mental health worries you
- a provider, clinician, first responder or other person who is worried about a child, youth, or young adult's mental health
- a teen or young adult looking for support

WE CAN HELP!

Connect with PPAL...



Call Us:

Toll Free (866) 815 8122

Use our website:

www.ppal.net

Press the “Request Family Support” button

Email Us:

info@ppal.net

Receive PPAL’s Newsletter and Notices of Events:

email us at info@ppal.net

Find us on Social Media...



PPAL Statewide Facebook Page

<https://www.facebook.com/PPAL.net>

PPAL Parents of Transition Age Youth Private Facebook Group

<https://www.facebook.com/groups/260425921978672>

PPAL Hispanic Private Facebook Group

<https://www.facebook.com/groups>

PPAL YouTube

[@PPALforFamilies](#)



YouthMOVE FaceBook Page

<https://www.facebook.com/youthmovemassachusetts/>

YouthMove Instagram

<https://www.instagram.com/YouthMOVEMassachusetts/>