



## Family Support for Transition-Aged Youth

### Webinar References and Resources

September 29, 2015

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## **Resources**

**Allies with Families** a non-profit organization in Utah working on empowering families with voice, access and ownership through training, education and advocacy:

<http://allieswithfamilies.org>

Training by parents for parents/caregivers who have a youth/young adult transitioning into adulthood: [http://www.pathwaysrtc.pdx.edu/HTItoolkit/files/08-Family\\_Support\\_and\\_Roles/2-System\\_Navigation/B.Growing\\_Up\\_Without\\_Growing\\_Apart-Parent\\_Curriculum.pdf](http://www.pathwaysrtc.pdx.edu/HTItoolkit/files/08-Family_Support_and_Roles/2-System_Navigation/B.Growing_Up_Without_Growing_Apart-Parent_Curriculum.pdf)

**Balancing work & family responsibilities: A guidebook for parent support providers.** (2015). Portland, OR: Research and Training Center for Pathways to Positive Futures, Portland State University. <http://pathwaysrtc.pdx.edu/pdf/work-life/BalancingWorkandFamilyGuide.pdf>

**Beyond Blue:** *beyondblue*'s youth program, Youthbeyondblue, aims to empower young people aged 12–25, their friends and those who care for them to respond to anxiety and depression by providing online information and support: <https://www.youthbeyondblue.com/>

**Center for Parent Information and Resources (CPIR)** serves as a central resource of information and products to the community of Parent Training Information (PTI) Centers and the Community Parent Resource Centers (CPRCs), so that they can focus their efforts on serving families of children with disabilities. <http://www.parentcenterhub.org/>

**The Family-Run Executive Director Leadership Association (FREDLA)** is dedicated to building leadership and organizational capacity of state and local family-run organizations focused on the well-being of children and youth with mental health, emotional or behavioral challenges and their families. <http://fredla.org/>

**NAMI** is the largest U.S. grassroots mental health organization dedicated to improving the lives of people who suffer from mental illness through education, advocacy and support through local chapters and online resources: [www.nami.org](http://www.nami.org)

**NAMI Strength of Us** is an online community developed by NAMI and young adults to inspire young adults to achieve their goals through peer support and resource sharing: <http://strengthofus.org/>

**National Federation of Families for Children's Mental Health** a family-run organization with more than 120 chapters and state organizations focused on the issues of children and youth with emotional, behavioral, or mental health needs and their families: <http://www.ffcmh.org/>

**Parents, Families and Friends of Lesbians and Gays (PFLAG)** is a national organization with local chapters that provides support education, and advocacy on behalf of LGBTQ people: <https://community.pflag.org/>

**Parent/Professional Advocacy League (PPAL)** the family voice for children's mental health in Massachusetts: <http://ppal.net>  
A legal guide for parents of youth with mental health needs: <http://ppal.net/publications/guides>

**Pathways Transition Training Partnership (PTTP)** develops trainings to enhance the skills of service providers working with young adults with mental health conditions and provides information and tools for young people, family members, service providers, policy makers, and researchers: <http://www.pathwaysrtc.pdx.edu/proj-pttp>

**Promoting Positive Pathways to Adulthood**, a collaborative project of PTTP, is a free online training series of 10 modules for service providers to increase their skills in engaging and supporting youth and young adults in the transition years who have mental health conditions. <http://www.pathwaysrtc.pdx.edu/proj-pttp#modules>

**Statewide Parent Advocacy Network of New Jersey** has published *Children's mental health services: A family guide*: <http://www.spanadvocacy.org/sites/g/files/g524681/f/documents/Children%27s%20Mental%20Health-Family%20Guide-FINAL.pdf>

**TeenMentalHealth.org** is a Canadian organization developed to help improve the mental health of youth by the effective transfer of scientific knowledge into training programs, publications, tools and resources to enhance the understanding of adolescent mental health and mental disorders: <http://teenmentalhealth.org/>

**Youth M.O.V.E National** is a youth-led national organization with local chapters devoted to improving services and systems that support positive growth and development by uniting the voices of youth and young adults who have lived experience in the mental health, juvenile justice, education, and/or child welfare systems: <http://www.youthmovenational.org/>