

# Our Mission

**Families Together in New York State** is a non-profit, family-run organization that strives to establish a unified voice for children and youth with social, emotional, and behavioral challenges. Our mission is to ensure that every family has access to needed information, support and services.



## “Compassion from Experience”

Families Together accomplishes its mission by providing support, education, technical assistance, advocacy, information and referrals to families, youth, professionals, communities, schools and child-serving systems.

# We Believe

## Youth:

- Are children first and deserve love, care and attention.
- Must be treated with dignity and respect.
- Have strengths and make valuable contributions to their families, schools and communities.
- Have a right to safely participate in their communities, live with their families and attend their local school.
- Must have access to all the services and supports necessary so they and their families can achieve their goals and fulfill their dreams.



## Families and Caregivers:

- Are experts regarding their child.
- Are a source of strength for young people.
- Are resilient and resourceful.



## Services for Youth and Families Must:

- Be strength-based and sensitive to each family’s culture.
- Involve families and youth in all decision-making processes.
- Be individualized and community-based whenever possible.
- Be based on need, regardless of the family’s ability to pay.

# Our Goals

## “Nothing About Us Without Us”

- Eliminate stigma and discrimination.
- Increase prevention strategies and services.
- Promote effective collaborations.
- Increase the number of youth peer support groups.
- Empower youth and families to be leaders and self-advocates.
- Increase positive supports.
- Ensure all youth are provided adequate supports and services to transition into adulthood.
- Build unity throughout New York State through Regional Chapters.
- Increase opportunities for youth and families to be hired as professional advocates and advisers.



# Support Families Together

Membership/donations

- Individual \$15
- Family \$20
- Family Run Org. \$50
- Organization \$75
- Patron \$100
- Sponsor \$500
- Other/Donation \$ \_\_\_\_\_
- Youth (free to join)

NAME \_\_\_\_\_

AGENCY \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

COUNTY \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

- Please add my email address to the Families Together listserv to receive emails about upcoming events and information relative to child and adolescent mental health.

Send completed form with payment to:  
**Families Together in NYS**  
737 Madison Avenue, Albany, NY 12208  
or fax to: 518-434-6478

Credit Cards: MC, VISA, or AMEX (circle one)

Card# \_\_\_\_\_

Exp. Date \_\_\_\_\_

# Did You Know?

- Millions of children in the U.S. are affected by a mental health condition each year.
- Stigma prevents many families from seeking help. Too often, families are blamed for their child's illness.
- Drop-out and incarceration rates for children labeled emotionally disturbed are higher than that of any other disability.
- Gaps in services for youth and families are often due to a lack of community-based and inpatient mental health services.
- New York State ranks fourth in the nation on the number of suicide deaths among 10 to 24 year olds.

Sources: Substance Abuse and Mental Health Services Administration and New York State Office of Mental Health.

## Common Warning Signs a Child May Need Help:

- Severe decline in school performance
- Poor grades despite strong efforts
- Excessive worry or anxiety
- Repeated refusal to go to school or take part in normal children's activities
- Rapidly changing or extreme mood swings
- Sleeping too much or too little
- Feelings of worthlessness
- Recurring thoughts of suicide or death
- Persistent nightmares
- Persistent disobedience or aggression
- Frequent temper tantrums
- Depression, sadness or irritability
- Hyperactivity or fidgeting
- Irregular eating patterns
- Substance use



# There Is Hope...

## Wellness, Recovery and Resiliency are Possible!

### We Offer ...

- Toll-free information & referral line: 888.326.8644
- Website: [www.ftnys.org](http://www.ftnys.org)
- Newsletter
- Informational email listserve
- Annual conference
- Legislative awareness day
- Educational and systems advocacy
- Outreach and public awareness
- Education and training
- Expertise and a unified Voice on behalf of families and youth through collaborations with national, state and local partners

"Connecting One Family at a Time"

Also ... Families Together has regional chapters and facilitates the statewide youth network, **YOUTH POWER!**

To locate your regional chapter, or for more information about **YOUTH POWER!**, call us or visit our website today!



Toll-free 1.888.326.8644  
Info & Referral Line

737 Madison Avenue • Albany, NY 12208  
518.432.0333 Office • 518.434.6478 Fax  
[www.ftnys.org](http://www.ftnys.org)  
[info@ftnys.org](mailto:info@ftnys.org)

Families Helping Families  
Families Together is the New York State Chapter  
of the Federation of Families for  
Children's Mental Health

