



MHA: Meeting the need...

Support. Advocacy. Information. Referral.

Meeting the need.

Since 1962, The Mental Health Association of Erie County, Inc. (MHA) has provided essential programs and services to adults, families and children in Erie County who are dealing with mental illness. When individuals and families have nowhere else to turn, they can look to the MHA for the answers and support they need.

We're there for people when they're struggling and we're also there to help prevent people from getting to that point. The MHA promotes a variety of proactive endeavors such as education, prevention programs, and trainings, while supporting individuals and families living with mental illness through advocacy, treatment linkage and outreach services.

All the answers you're looking for.

Information & Referral Service

The Information and Referral (I&R) program provides valuable information and community resources to individuals and families seeking help.

Our I&R specialists help

individuals and families identify and understand the mental health delivery system along with providing up to date information and referrals to mental health clinics, mental health professionals, area support groups and more. Our trained staff will provide the most appropriate community resource based on the assessment of each caller. Individuals can reach us by calling **(716) 886-1242**.

Rights and representation.

Legal Services and Advocacy

The mission of Legal Services and Advocacy is to improve and help sustain the economic and social well-being of mental health consumers of Western New York through pro bono civil legal services and advocacy.

LSA provides:

- Legal advocacy and consultation to mental health consumers, their families, and professionals.
- Representation in Social Security Disability, Supplemental Security Income, housing, family, consumer, and matrimonial matters.

In order to be eligible for legal services, a person must live in Erie, Niagara, Chautauqua, Genesee, Wyoming, Cattaraugus, or Orleans County and have a psychiatric diagnosis.

Advocating for their best interests.

Court Appointed Special Advocates (CASA)

The mission of the Erie County CASA is to speak for the best interests of abused and neglected children involved in child welfare proceedings.

CASA believes every child deserves to have the opportunity to thrive and reach their potential. CASA volunteers work with Family Court to make sure that each child's voice is heard.

CASA promotes and supports quality volunteer representation for children, advocating to provide each child a safe, permanent, nurturing home, as quickly as possible. CASA volunteers come from all walks of life - ordinary citizens with an extraordinary commitment to helping children secure a safe and permanent home.



Lending a hand to those that care.

Child and Family Support Program (CFSP)

CFSP is a peer-run program that offers a variety of services including support, advocacy, and education to those who have a family member suffering from a mental illness.

Facing the reality of having a child with significant emotional and/or behavioral challenges is often an overwhelming experience for families. CFSP helps the child's caretaker learn necessary skills and information to effectively advocate for their families.

Family advocates work with families on reaching their self-identified goals. They are available to provide an understanding ear and a wealth of information about services and supports in Erie County, your family's rights, and the mechanics of the system.

Advocacy is multifaceted and may involve:

- Learning to navigate the mental health system.
- Understanding and learning to pursue appropriate educational accommodations.
- Discussions with the child's treatment team.

CFSP Youth Peer Mentors also provide one-on-one support for ages 13-26.

Short-term respite provided by a trained, experienced, background-cleared respite worker is another

service of CFSP to help relieve caregivers. This service is available for children 4-18 years of age, after completing an assessment to determine eligibility for the program.

Giving children the tools they need to succeed.

Basic Emotional Skills Training (B.E.S.T.)

B.E.S.T. helps young children enter school ready to learn.

Children who develop healthy social and emotional skills have the tools they need to interact with peers, teachers, and family members in a respectful, age-appropriate manner.

B.E.S.T. is a classroom-based program provided by our staff in two curriculum formats:

- Teaching Kids to Care: *Interactive lessons which improve primary grade students' classroom behavior by increasing their pro-social skills.*
- Too Good For Violence: *An evidence based violence prevention program for children in grades K through 2.*

Creating a mentally healthy workplace.

Mindset, A Path to Workplace Mental Well-Being

Mindset is a collection of innovative programs to help businesses and organizations in Western New York create mentally healthy workplace cultures and employees. The program offerings range from 1-hour workshops to 12-week intensive courses.

Mindset helps organizations:

- Open up the conversation and reduce stigma around mental health issues
- Help employees achieve work-life balance
- Develop strategies for creating a mentally healthy workplace culture
- Train managers and leadership to lower barriers for employees to get help
- Reduce paid time off and increase employee engagement productivity

To learn more about Mindset, visit www.right-mindset.com or e-mail info@right-mindset.com.

If you or someone you love is in need of assistance related to a mental health concern, contact the MHA.

We've been helping Western New York residents through difficult times since 1962, providing the support people need to repair their lives and get back on their feet.

To learn more about our programs and services, please visit our website

www.eriemha.org or call **716-886-1242.**

**Mental Health Association
of Erie County, Inc.**
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