



For more information about G.E.A.R. Parent Network services in your area, please visit our website at www.gearparentnetwork.org or call 1.800.264.9224

10 Caldwell Road
Augusta, ME 04330
Fax: 207.621.6226

"I wouldn't have made it to where we are without your support, sharing your experience and your outside of the box thinking of ways to care for myself and my daughter. You really were one of the only supports I had that was consistently there for me."

G.E.A.R. Parent Network is a program of:



1.888.322.2136

www.kbhmaine.org

MAINE CRISIS NUMBER: 1.888.568.1112

Maine's Family Peer Support Statewide Network (FPSSN) Program is 100% funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services through federal awards totaling \$4,230,685. It may not reflect the policies of SAMHSA, HHS, or the U.S. Government.

The place where
**Gaining
Empowerment
Allows
Results**

www.gearparentnetwork.org

**G.E.A.R. Parent
Network**



**Are you worried about
your child's emotional
wellbeing?**

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All G.E.A.R. Parent Network staff have the first-hand experience of parenting, loving and caring for a child/youth with emotional or behavioral healthcare needs. They know the importance of having someone to talk to who has been there and understands and is empathetic about what life can be like surrounding issues at home, in facilities, in the community and at school.

G.E.A.R. FPS staff help to empower and support families by:

- Providing emotional support;
- Helping with understanding their child's diagnosis and needs;
- Understanding their child's treatment/ service plans of care and Individualized Education Programs (IEPs);
- Encouraging parent skill development, self-care, resiliency and protective factors;
- Helping families/caregivers understand the importance of family driven care, ACE's, trauma; participation in their child/youth's treatment plan, and the importance of early identification and treatment;
- Helping to understand the importance of financial literacy and how financial stress can affect their relationships;
- Encouraging participation at educational workshops, community and social events
- Connecting parents to resources; providers and statewide peer support systems; and
- Connecting parents to natural supports and their community.

www.gearparentnetwork.org

***Unconditional support-
no blame, no shame, no judgement
by parents who have walked in your
shoes!***

G.E.A.R. knows that children with behavioral and emotional disabilities are often misunderstood and may:

- Have difficulties building relationships in their communities;
- Act out at home;
- Have difficulty meeting educational requirements at school;
- Start abusing substances;
- Sometimes end up in the criminal justice system.

G.E.A.R. provides critical support to parents and families who may otherwise be isolated and overwhelmed in dealing with these issues.

G.E.A.R. empowers parents and families by offering parent-to-parent support, advocacy, education and meaningful participation in all aspects of the services children and families receive.

G.E.A.R. has also been a leader in developing the parent/family voice within the State of Maine by helping to ensure that parents and families are involved in the planning and delivery of behavioral health services for children.

G.E.A.R.'s Family Empowerment Institute prepares family members to play leadership roles in the quality assurance of family driven care principles, in all child-serving systems. Alumni of the Institute are available throughout Maine to assist with system workgroups and committees.

What Can G.E.A.R. Do For You?

With each Regional Parent Support Coordinator available by phone, throughout the state, help is easily available no matter where you live in Maine.

As a parent of a child or youth with behavioral health needs, the following are available to you through G.E.A.R.:

- Emotional support, problem-solving and referral to services
- Workshops about public services available to your child, and on topics related to parenting and emotional and behavioral health
- Opportunities to network with other families
- One-on-one, in-home family peer support.

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