

## WHO ARE WE?

Virginia Family Network is a statewide grassroots movement of families committed to providing opportunities that support, educate, and empower other families with children and youth with mental health needs towards balance and improved family functioning. Similarly, Youth MOVE Virginia (Motivating Others through Voices of Experience) is a statewide grassroots movement to provide youth and young adults with opportunities to support, educate, and empower other young people with mental health needs towards becoming more empowered and active guides in their own care. Both movements hope to move individual resilience into system advocacy to help inform and transform the service system. Currently both movements are housed within NAMI Virginia, thanks to a contract with DBHDS.

## HOW CAN WE SUPPORT YOU?

## CONTACT

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Virginia  
Family  
Network



Listed below are the resources, services and tools we offer that you, your families, peer professionals or agency can utilize. Listed by primary group, many can overlap.

## PARENT & YOUTH



- **Helpline** – 1-888-486-8264 – Toll free warmline for a compassionate listener and guidance on where to turn locally for more resources.
- **Facebook** – Targeted, free, regularly generated information, tools and reminders to help parents balance the needs and challenges of supporting a child with mental health needs (Virginia Family Network), as well as hope and support for youth (Youth MOVE Virginia).
- **Newsletter** – free monthly email blast with targeted information, resources and events.
- **Local NAMI Chapters** – Local community groups of those impacted by mental health who work with Virginia Family Network and Youth MOVE Virginia to provide free local support groups, referrals and educational courses.
- **Leadership Summit** – Free annual one day conference geared at providing parents, primary caregivers, youth and young adults the opportunity to learn, connect and grow with their peers. Targeted content for each.
- **Scholarships** – Scholarship funding is available for educational and leadership development opportunities that assist youth, young adults and their parents in using their lived experience with mental illness to inform and transform the service system.
- **NAMIWalks** – Free annual kid friendly event that all parents, primary caregivers, youth and young adults are welcome to take part in and connect with others impacted by mental health, and working towards mental wellness.

## PEER LEADERS



- **Advanced Parent or Youth Leadership Training** – Free two-day training offered 1-2 times per year geared at offering parents, primary caregivers, youth, and young adults the additional personal leadership development to help them serve as leaders in the youth or parent movement in their own communities in a volunteer or paid position. Includes ongoing alumni connections.
- **Parent or Young Adult Retreat** – Annual free one day event focused on offering parents and young adults, in paid or volunteer roles, ongoing education around peer service and leadership while also offering a forum for connection, collaboration, and self-care.

## ORGANIZATIONS



- **Family Engagement Guide** – Utilize this parent-developed engagement tool to gain insight on practices and approaches which agencies can incorporate to foster collaboration between parents/primary caregivers and service providers.
- **Youth Engagement Guide** – Utilize this youth-developed engagement tool to gain insight on practices and approaches to enhance engagement and partnership throughout the planning and implementation of treatments directly affecting them.
- **'Done in a Day' Workshop or Presentation** – Host a peer-led parent or youth focused workshop (3-6 hrs) or presentation (1-2 hrs). Topics can vary based on need but in general are focused on offering personal testimony and a safe discussion around mental health or support and information towards enhanced self-efficacy.
- **Parent or Youth Support Group** – Sponsor a parent or youth support group at your facility or in your community to expand the available natural supports for your families. Reach out to learn more.