

RESOURCES FOR PARENTS IN RECOVERY

Support Line

Parental Stress Line: 1-800-632-8188

Parents and caregivers who are experiencing any kinds of problems related to their children can call the Parental Stress Line for support. The Parental Stress Line is staffed by volunteer counselors who are sympathetic and nonjudgmental. The hotline is available 24 hours a day, 7 days a week.

GROUPS

Groups for Parents & Babies JF&CS (On Line)

<https://www.ifcsboston.org/Our-Services/Center-for-Early-Relationship-Support/Support-Groups>

Our FREE support groups provide safe and nurturing spaces for mothers and/or fathers with their babies (birth to one year) to give and receive support, ask questions, and begin building a parent community.

Asperger's Autism Network. (On Line)

<https://www.aane.org/resources/family-and-friends/support-groups-parents-children-teens/>

Parents of Children, Teens, and Young Adults (through age 22) – Support Groups, Community Connection Sessions, & Online Forums.

PPAL. Parent Professional Advocacy League Support Groups (On Line)

<https://ppal.net/support-groups/>

PPAL support groups offer parents and other family members an opportunity to join others parenting children with emotional, behavioral and mental health needs. People at support groups share stories, listen and help each other heal and grow. They also share tips, resources and information you can only find from someone who has been there. PPAL support groups are facilitated by someone who has raised or is still raising a child with emotional, behavioral or mental health needs.

Parenting Group for All Stages of Parenting. Wednesday 1:00 – 1:50 pm On Line

Peer Led supporting parents with mental health conditions

Contact Idony Lisle at. Idony.lisle@bmc.org

Group Zoom: <https://bostonmedicalcenter.zoom.us/j/5468153050>

Parents Helping Parents www.parentshelpingparents.org

Provide a parent support line and parent support groups that helps to empower parents to nurture children and build stronger families.

- Currently offering online support groups.
<https://www.parentshelpingparents.org/virtual-support-groups>

Parents in Recovery Action Group – Worcester. Parents' support, information sharing and work to promote improved understanding and response to parents in substance use recovery in the Central Mass area. For information contact A. Bureau at:

Abureau@sevenhills.org

The Parenting Journey www.parentingjourney.org

A hands-on program to help parents build their confidence, capability, and resilience.

Laticia St. Remi, Program director-lstremy@parentingjourney.org 617-628-8815

extension 241

- Signing up people for January classes

Wayside Youth and Family Services Support groups for parents and caregiver

<https://www.waysideyouth.org/forfamilies/parentsupportservices/>

Groups and Leader's Contact Information

>Framingham Parent/Caregiver Groups: Tuesdays & Wednesdays, Zoom

Email: Christi_Fagerberg@waysideyouth.org or call 508-469-3297 or 470-601-7602

>Waltham Parent/Caregiver Open Discussion Groups: Wednesdays & Thursdays,

Zoom

Email: Catherine_Picciozzo@waysideyouth.org or call 781-966-5690

Email: Carol_Silva@waysideyouth.org or call 781-423-5218

>Lowell Parent/Caregiver Open Discussion Groups: Tuesdays & Thursdays, Zoom

Email: Roberta_Agostinho@waysideyouth.org or call 978-349-4177

Email: Malik_Marrero@waysideyouth.org or call 978-349-4171

Programs and Supports

The Asperger's / Autism Network (AANE) – Works with individuals, families, and professionals to help people with Asperger Syndrome and similar autism spectrum profiles to build meaningful, connected lives. We do this by providing information, education, community, support, and advocacy, all in an atmosphere of validation and respect. AANE also has extensive direct services for adults, including our Life MAP coaching program.

51 Water Street, Suite 206, Watertown, MA 02472 Phone: 617 393-3824

<https://www.aane.org/>

Autism Insurance Resource Center (AIRC) – Resources for consumers, providers, clinicians, employers, and educators on issues related to medical insurance for autism

treatment.

Phone: 774-455-4056

Email: info@disabilityinfo.org

Child Care Resource and Referral Agencies (CCR&Rs)— As a partner of the Department of Early Education and Care (EEC), your local Child Care Resource and Referral agency (CCR&R) can provide you with resources for accessing child care services

<https://www.mass.gov/service-details/child-care-resource-and-referral-agencies-ccrrs>

Depression and Bipolar Support Alliance- <https://dbsalliance.org>

DBSA provides hope, help, support and education to improve the lives of people who have mood disorders.

Elizabeth Stone House DV services Stone House combines the security of a safe environment with a range of program and services-residential and community based- to support trauma recovery, personal growth, and develop essential skills 617 – 427- 9821. 8 Notre Dame St, Roxbury, Mass 02119 <https://www.stonehouseinc.org/>

Family Resource Centers www.frcma.org

Provides parenting programs, support groups, resources, and education for families of children birth to 18 years old. Their goal is to support families to strengthen their bonds, connect to others, and engage in their community.

- Currently accepting referrals

Gandara Center Western Mass area Culturally sensitive care; Parenting resources and support

<https://www.gandaracenter.org/parenting-program>

Hand Hold- <https://www.handholdma.org>

Hand hold is an interactive, family-friendly website designed for parents and caretakers of kids ages 6-12 with highly accessible answers to the following questions: Should I worry? What can I do? Who can help? Provides guidance and referral information (On line)

Massachusetts Network of Care

<https://massachusetts.networkofcare.org/mh/index.aspx>

Comprehensive listing of behavioral health services by type and zip code

National Research Center for Parents with Disabilities, Parents Empowering Parents, provides resource, information for human service providers on a variety of topic related to parents with disabilities.

<https://heller.brandeis.edu/parents-with-disabilities/>

Parent Well Practice Profile: National Research Center for Parents with Disabilities, Parenting Well, Joanne Nicholson, PhD, is an approach to routine practice that makes talking about parenting, children, and family experiences a natural part of the conversation and of an adult's recovery process.

<https://heller.brandeis.edu/parents-with-disabilities/parenting-well/index.html>

Pathways for Parents at the Federation for Children with Special Needs

www.fcsn.org/pathways

Provides information, guidance, support and referrals to parents and families who receive services from the Massachusetts Department of Children and Families.

- Currently accepting referral

Parent/Professional Advocacy League PPAL is a statewide, grassroots family organization that advocates for improved access to mental health services for children, youth and their families. PPAL's goals are to support families, nurture parent leaders and work for systems change. Information, guidance and support available to parents.

<https://ppal.net/>

[Legal and
Advocacy](#)

Family Law Project www.mhlac.org/family-legal-support-project/

Provides legal representation and assistance to limited income parents diagnosed with a mental illness who are seeking to access or regain custody of their children.

Mental health legal advisors are currently providing services

Massachusetts Advocates for Children (MAC) – Premier child advocacy leader in Massachusetts. Provides help for children who are facing barriers to receiving educational supports and services to which they are legally entitled.

25 Kingston St, 2nd Floor Boston, MA 02111 Disability Hotline: 617 357-8431

Email: lockhart@massadvocates.org

[Books, videos, and Literature for Children and
Families](#)

Video:

Parenting in Recovery: the *Parenting in Recovery* video from the MGH Center of Excellence (COE) for Psychosocial and Systemic Research is a peer-led project aims to:

- 1) Reduce stigma around mental health and parenting
- 2) End feelings of isolation for parents with lived experience
- 3) Break negative cycles around parenting (e.g. emotional avoidance, internalized stigma)
- 4) Share resources to strengthen parenting and mental health

Video available at: https://www.youtube.com/watch?v=xPfxz_MN5SY&t=2s

For further information or to arrange for a facilitated discussion contact Anne Whitman at

anne Whitman@gmail.com

Suggestions from the Parenting Video

- Family counseling

- Family, parents
- Professional supports, psychiatrist, psychologist
- Relationships, peers
- WRAP- Wellness Recovery Action Plan
- Gym community, exercise
- Recovery Support Centers- [Bureau of Substance Addiction Services \(BSAS\) - Mass.gov](https://www.mass.gov/orgs/bureau-of-substance-addiction-services)
<https://www.mass.gov/orgs/bureau-of-substance-addiction-services>
- Recovery Learning Communities-Mass.gov
<https://www.mass.gov/service-details/recovery-learning-communities>
- Child's school
- Horizons for the Homeless Children Centers-<https://www.horizonschildren.org>
- DMH-Parent Program
- DMH-Wrap-Around Service
- Social media
- Reading
- This is My Brave, <https://thisismybrave.org>
- Recovery happy hour podcast

Books and Literature:

Family Talk- Dr. Bill Beardslee at Boston Children's Hospital, <https://fampod.org>
Designed to help families dealing with parental depression.

Family WRAP (Wellness Recovery Action Plan), Mary Ellen Copeland,
www.mentalhealthrecovery.com/family-wrap/

This book helps each member of the family contribute to plans that the family will use to improve day-to-day interactions, meet daily challenges, and promote mutual wellness and cooperation.

Finding My Way: A Teen's Guide to Living with a Parent Who Has Experienced Trauma by Michelle Sherman. This book addresses issues in dealing with a parent who has experienced trauma. It includes stories, poems, quotes, lessons, and coping tools

I'm Not Alone: A Teen's Guide to Living with a Parent Who Has a Mental Illness by Michelle Sherman. This book addresses issues in dealing with a parent who has experienced mental illness. It includes stories, poems, quotes, lessons, and coping tools.

Parenting Well When You're Depressed: A Complete Resource for Maintaining a Healthy Family Paperback by Joanne Nicholson (Author), Alexis D. Henry (Author), Jonathan C. Clayfield (Author) Parents with depression may feel depleted by the burden of coping with their disorder and unprepared for the challenge of providing a healthy environment for their children. This guide, based on more than ten years of study of depressed parents and their families, offers strategies, action plans, and resources to help depressed parents provide for their children's healthy development

Resources for Families Involved with the Department of Children and Families

A Family's Guide to Protective Services for Children www.mass.gov/eohhs/docs/dcf/can-family-guide.pdf

A guide about protective services from the Department of Children and Families.

Why is Mommy Sad? A Child's Guide to Parental Depression Paperback by MD Paul D. Chan (Author), Laurie A. Faust (Illustrator) A read-together book for children of parents with depression.

Wishing Wellness: A Workbook for Children of Parents With Mental Illness Paperback – Illustrated by Lisa A. Clarke (Author), Bonnie Matthews (Illustrator) a workbook for the child whose mother or father is suffering from a serious mental illness. Packed with information, interactive questions, and fun activities, it's an ideal tool for children and their therapists or other professional mental health workers, covering:

- How the brain works
- Causes, symptoms, and treatment of mental illness
- Feelings and what to do with them
- Good relationships with parents
- Talking to friends and others
- Roles, rights, and responsibilities in the family
- Coping with prejudice
- Building a circle of support

You Are Not Alone: An Empowering Guide for Parents Whose Children are in DCF Foster Care www.media.wix.com/uqd//ff0e80_ea1ed1723e107d586366848540093d79.pdf

A guide written by parents for parents that gives an overview of what happens when children are taken into protective custody by the Department of Children and Families.

- Currently accepting referrals