

Family Alliance for Mental Health



Our History

Family Alliance was established in 2008 and offers support for families in Thurston and Mason Counties in Washington state. There are no fees or eligibility requirements to access parent network meetings, events, or requests for individual assistance.

Contacts

Thurston County

Coordinator: Cherise Cain

360-918-4942

familyalliancecherise@gmail.com

Mason County

Coordinator: Sarah McQuilkin

360-463-6234

familyalliancewasarah@gmail.com

Dad's Support

Paul McQuilkin

360-229-0813

P_McQuilkin@yahoo.com

General Info & Questions

Donna Obermeyer

360-790-7505

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Website:

familyallianceformentalhealth.com

Family Alliance for Mental Health



Parent Network

for

All kinds of parents and caregivers raising children & youth of all ages that struggle with social, emotional, behavioral challenges & mental health needs.

Make Connections

On Line, On the Phone & In Person

to find

Hope

Come As You Are

Meet other parents who face similar challenges.

Take advantage of our solutions based method...

Successes
Challenges

Brainstorming & Suggestions

Resources
Goal Setting
Self Care

Sharing strategies that have worked for others, resources and learning opportunities.

Mostly to find...



In Person Support &

Phone/Online Groups



Phone:

Weekdays & Saturdays Phone Support Group Meetings. Just visit our website calendar page for specific days/times. Call a Family Alliance Coordinator if you have questions.



Facebook:

Join our Family Alliance for Mental Health Tulips (closed) group and follow our general Family Alliance group on Facebook.



Monthly Updates:

Join our e-list to stay up to date by sending a request to Cherise at familyalliancecherise@gmail.com

We are here for you!

Visit our Website to find Resources

familyallianceformentalhealth.com

Crisis Info on the Home Page

Individual Support & Networking
Online ~ In Person ~ Phone

Behavioral Health Services
systemofcarehub.com
Children & Youth
Mental Health & Substance Use Treatment Options

Mason & Thurston WISE
Wraparound with Intensive Services
Includes Info on Non-Medicaid Services

Family Facilitated-Do It Yourself
Wraparound Starter Kit

Public and Private Mental
Health Providers

Intellectual Disabilities Resources

Education Resources
Family Liaison & Ombuds

Principles of Recovery