

## 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](mailto:familyalliancecherise@gmail.com)

### Mason County

Coordinator: Sarah McQuilkin

360-463-6234

[familyalliancewasarah@gmail.com](mailto:familyalliancewasarah@gmail.com)

### Dad's Support

Paul McQuilkin

360-229-0813

[P\\_McQuilkin@yahoo.com](mailto:P_McQuilkin@yahoo.com)

### General Info & Questions

Donna Obermeyer

360-790-7505

[familyalliancewashington@gmail.com](mailto:familyalliancewashington@gmail.com)

### Website:

[familyallianceformentalhealth.com](http://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:

Phone support group meetings are available for parents who want a more convenient way to stay connected. 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](mailto:familyalliancecherise@gmail.com)

We are here for you!

## Visit our Website

to find

## Resources

[familyallianceformentalhealth.com](http://familyallianceformentalhealth.com)

Crisis Info on the Home Page

Individual Support & Networking  
Online ~ In Person ~ Phone

Behavioral Health Services  
[systemofcarehub.com](http://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