



EMPOWERING FAMILIES

MISSOURI FAMILIES 4 FAMILIES NEWSLETTER
AUGUST 2020

BACK TO



FROM THE DIRECTOR'S DESK

MO Families 4 Families has a new website.

Check it out www.mofamilies4families.com.

We have expanded our regions from three to five across the state. Check out the map of the regions on our website.

The Real Voices Real Choice Virtual Conference is August 31 through September 4. Register and you will be included in a prize drawing. This year the conference is free just log in and be part of. I will be presenting Friday Sept 4th at 9:00 am.

Check out our Regions Spotlights for information in your region.

We will be spotlighting each month one of the Shining Light awardees in our newsletters and on social media.

Supporting families with the stress and fear that come when thinking about what will school look like for children/youth with the new school year approaching. Parents, Caregivers and Grandparents, If you need support, have questions, or just need to talk contact us any time at mofam4fam@gmail.com or 573-619-1322 or a region contact. (see regions information)

Barb Scheidegger, Director

MOF4F
NEWSLETTER

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Virtual Conference
Aug 31-Sept 4**

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NEWS AND EVENTS



www.mofamilies4families.com

2020 Real Voices, Real Choices VIRTUAL Conference AUGUST 31, 2020 - SEPTEMBER 4, 2020

Register

Everyone who plans to attend the 2020 Virtual Real Voices, Real Choices event please complete an RSVP form prior to the conference. You can access the form using the following link:

2020 Real Voices, Real Choices RSVP Form

The deadline to complete this form is:

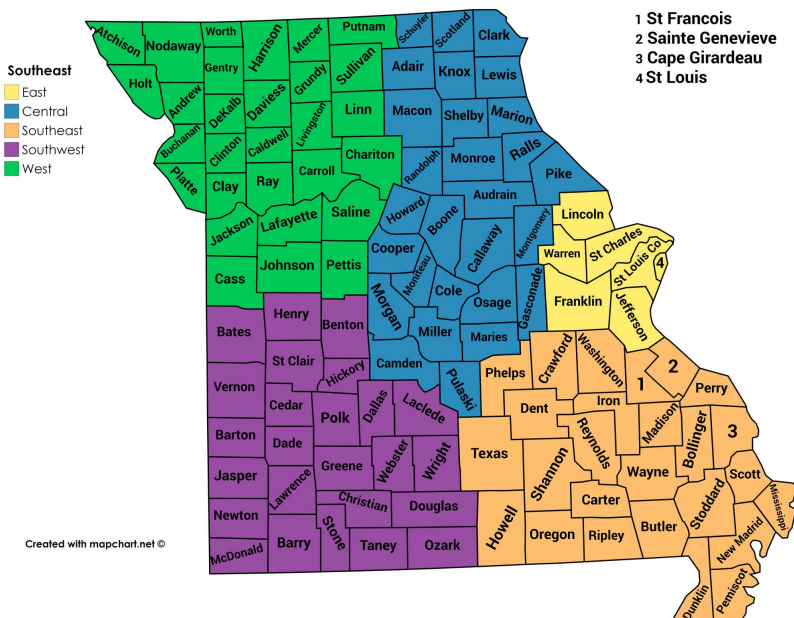
WEDNESDAY, AUGUST 26TH

For a schedule and any questions about the event, please refer to the Frequently Asked Questions (FAQs) document on the event website or visit one of the locations listed below:

- Missouri Department of Mental Health RVRC**
- Missouri Mental Health Foundation RVRC**
- Missouri Real Voices, Real Choices Event Facebook Page**

Regional Spotlight

**NEW
EXPANSION
FROM 3 TO 5 REGIONS**



Regions

EAST

Rene Murph
renemurph@gmail.com

SOUTHEAST

Tina Owster
mofam4famrolla@gmail.com

CENTRAL

Barb Scheidegger
mofam4fam@gmail.com
Shauna Frank
mofam4famcentral@gamil.com

WEST

Bonnie Neal
mofam4famwest@gmail.com

SOUTHWEST

Lynn Prince
mofam4famsw@gmail.com

**Families 2 Gether Support/Network
Groups with zoom
FREE**

The group can provide you as a parent, caregiver, grandparent a place to talk together and share together.

Topic for July -"**What are the Known and Unknowns of school's reopening and what will it look like.**"

Looking at what we know and what are the questions we have for our children/youth.

Check out the date and time of a group near you or contact us about a group or for support. mofam4fam@gmail.com

Eastern Region

Families 2 Gether Groups by Zoom

East Region

St Charles Area-7:00 pm Third Thursday

Southeast

Phelps-Crawford Counties-7:00 pm Third Tuesday

Central Region

Jefferson City Area-7:00 pm First Tuesday

Jefferson City Area Grandparents-10:00 am Second Tuesday

Lake Area meet by google meet

7:00 pm Second Monday

Owensville Area-7:00 pm Second Thursday

Western Region

Kansas Area-7:00 pm 4th Tuesday'

Southwest Region

Springfield Are-7:00 pm Fourth Monday

Check out our FB pages for login information or contact us

mofam4fam@gmail.com or 573-619-1322

Check out our Facebook pages for Families 2 Gether Groups and Trainings dates, time and login information

Trainings on Zoom, Parents/Caregivers will gain knowledge on advocating for their child/youth.

Leadership - Gain strategies to help you participate in a decision-making groups

Eastern Region

Director: Rene Murph,

contact: renemurph2010@gmail.com

Families 2 Gether Groups by Zoom

East Region

St Charles Area-7:00 pm Third Thursday

Phelps-Crawford Counties-7:00 pm Third Tuesday

Central Region

Jefferson City Area-7:00 pm First Tuesday

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Lake Area meet by google meet

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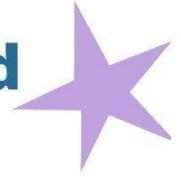
mofam4fam@gmail.com or 573-619-1322



SPOTLIGHTING OUR 2020 SHINING LIGHT AWARD RECIPIENT

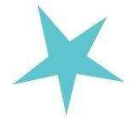


**Imogen Weigand-
Buckley
from Springfield**



**Youth of the Year
Award**

**Nominated by Eva Valdez
Burrell Behavioral Health
Peer Specialist**



When I first met Imogen she was withdrawn and unsure about her personal future, she lacked hope and faith in herself. She was behind in school work and anxious because she couldn't keep up with tasks the way others wanted her to. Throughout the course of about 7 months or so I watched Imogen transition into a driven and outspoken individual who was not only able to understand themselves better but able to advocate for themselves in places to have others understand them better. Imogen grew a sense of hope and therefore she began to cultivate plans for her future because she finally saw that she had one by embracing herself and her diagnosis instead of seeing it as a weakness.



WHO WE ARE

Missouri Families 4 Families was organized in 2006 in Jefferson City with families from the Central and Southwest areas of the state who have personal life experiences as families who have children and youth with social emotional, behavioral, and/or mental health needs. They had a vision to use their experiences to support and help other families across the state of Missouri. MOF4F represents families statewide by being a voice for families on state and local committees and advocating for families who have children/youth with mental health needs.



OUR MISSION

Bring hope to Missouri's families with children and youth who have emotional and behavioral health needs.

At MOF4F we:

- Nurture and support family connections to each other and to quality services
- Provide family assistance through information, support, training and technical assistance in local communities resulting in self-advocacy
- Promote family voice on decision making committees that develop and monitor policy, planning, and service delivery for children/youth with emotional behavioral needs at all levels of services

HOW TO CONNECT WITH MOF4F

If you or someone you know is in need of support or has concerns about their child, we invite you to contact us to get help from parents who understand.

CALL: (573) 619-1322

EMAIL: MOFAM4FAM@GMAIL.COM

VISIT: MOFAMILIES4FAMILIES.COM

FOLLOW: FACEBOOK [@MOF4F](https://www.facebook.com/MOF4F)