



EMPOWERING FAMILIES

MISSOURI FAMILIES 4 FAMILIES NEWSLETTER
JULY 2020



FROM THE DIRECTOR'S DESK

The 14th Annual Shining Light Award Ceremony was held by FB live in June. If you missed it live you can still watch by going to our FB page @MOF4F and watch the two parts. We will be spotlighting the awardees in our monthly newsletters and on social media starting this month.

Coming Soon - MO F4F staff are working on the creation of a new website.

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

Barb Scheidegger, Director

MOF4F
NEWSLETTER

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NEWS AND UPDATES

August 31 - September 4, 2020

Real Voices Real Choices

Virtual Conference-Network of Connection

Registration is free. Our Director Barb Scheidegger will be doing a presentation on "Rerouting School to Prison Pipeline"

Zoom Families 2 Gether

support/networking groups, we are

continuing to add new ones. Topic "Known and Unknowns of school's reopening and what it will look like."

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



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

 **A NETWORK OF CONNECTION** 

EVENT DETAILS
The in-person event has indeed been cancelled due to COVID-19, but we are not letting that stop us from bringing the conference to you!

For the first time ever, the RVRC event will be live streamed to the conference [Facebook page](#), [Department of Mental Health RVRC](#) and [Missouri Mental Health Foundation RVRC](#) websites.

Registration is **FREE!** All you need is internet access and a desire to hear from incredible presenters and enjoy a variety of fun activities!

Entertainment:
*Online games *Virtual Activities/Contests *Prize Drawings

INFORMATIVE PRESENTATIONS ON A VAREITY OF TOPICS ALL WEEK!
WE LOOK FORWARD TO SEEING ALL OF YOU ONLINE!!!

To contact the Conference Coordinator: consumerconference@dmh.mo.gov
Like us on Facebook at: [Missouri Real Voices - Real Choices Consumer Conference](#)
Visit our webpages: [Department of Mental Health Conference AND Missouri Mental Health Foundation](#)

Families 2 Gether Support/Network Groups

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

Regional Spotlights

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
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

Springfield Area-7:00pm 4th Monday
Kansas Area-7:00 pm 4th Tuesday

Check out our FB pages for login information or contact us

mofam4fam@gmail.com or 573-619-1322



SPOTLIGHTING OUR SHINING LIGHT AWARD RECIPIENT



Eva Valdez
from Springfield

Youth Advocate Award

Nominated by Sherri Wallace,
Burrell Behavioral Health

This peer has helped client's get meds needed, attended and spoken to numerous individuals at schools to advocate for needs, Worked with families to help meet both mental health and developmental disability needs and helped them get reconnected with community resources and engage back in their community. With one youth this peer was able to help bridge generational communication gaps and improve communication between youth and guardian. For another youth this peer was able to help increase their self-confidence and teach them how to advocate for their needs in school and local community activities. This peer support truly is a shining star to the youth she serves, our team at Burrell and the community in which she lives. She has made such a difference in the agency that we consistently are asked how youth outside the grant can go about having Eva as their youth peer support.

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.CO

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