



What families can do when a child may have a mental illness.

If you are worried about your child's mental health, follow your instincts. Unexplained changes in a child's behavior and/or mood may be the early warning signs of a mental health condition and should never be ignored.

There are many different types of mental illness, and it isn't easy to simplify the range of challenges children face. One way to begin is to get an evaluation of your child or teen by a licensed mental health professional. Talk with your pediatrician, get a referral to a mental health specialist, work with the school and connect with other families.

Our Mission

Independent Living, Inc. is a consumer-directed, cross-disability advocacy and service organization, dedicated to enhancing the quality of life for persons with disabilities.

Our Vision

Our vision is a barrier-free society with opportunities for all people to achieve their maximum potential.



SUPPORT FOR PARENTS & FAMILIES WITH CHILDREN AGES 8-21

CHILDREN'S MENTAL HEALTH MATTERS!



LOCATION

Monticello

14 Pelton Street, Monticello, NY 12701
Phone: 845-794-3322
Fax: 845-794-3323
peerparent@myindependentliving.org

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What is a Peer Parent Specialist?

- ★ A Peer Parent Specialist provides peer-to-peer services for parents of children who experience mental health related issues.
- ★ Works one-on-one with referred children and their families on personal planning for the future and establish connections with available community supports.
- ★ Assists family in applying for eligible benefits that can foster independence.
- ★ Provides counseling and support for the individual and his/her family during crisis to avert actions and decisions that might otherwise result in being displaced or dropping out of school.
- ★ Assists students and parents in setting outcome oriented goals and identifying the activities necessary to achieve those goals.

What's Behind The Issue?

Let's Talk About It

Mental Health Is As Important As Physical Health

Contact Our Peer Parent Specialist
845-794-3322
ext. 410



Some things that should concern a parent

- ★ A sudden or persistent drop in school performance.
- ★ Threats to self and others.
- ★ Substantial mood swings. Trauma.
- ★ Acting very withdrawn, sad or overly anxious.
- ★ Extreme difficulty interacting with friends and/or siblings.
- ★ Extreme changes in sleeping and eating patterns.
- ★ Hallucinations, paranoia or delusions.
- ★ Persistently aggressive behavior/ increased or persistent use of alcohol or drugs.

