FREDLA
FAMILY-RUN ORGANIZATIONS

Over 120 family-run organizations nationally supporting more than 109,000 families each year

Supporting Families
caring for a child/youth with mental, emotional or behavioral health needs

ROLES OF FAMILY-RUN ORGANIZATIONS

Parent Peer Support
- Information and referral
- Family navigation
- One-to-one support for families
- One-to-one support for youth
- Support groups

Education and Training
- Train families and youth
- Train child-serving systems
- Train professionals
- Conduct conferences

Community Outreach
- Community resource fairs
- Social media
- Children's Mental Health Awareness

Public Policy
- Identify needs
- Participate in program design
- Participate in evaluation
- Recruit and train family leaders

Strengthening Communities

Lived Experience
Board and staff are primary caregivers of a child/youth with mental, emotional or behavioral health needs

Family Driven
Families participate in decisions about their child as well as policies for all children

Cross-System Partnership
Organizations serve and collaborate with all child-serving systems

Culturally Responsive
Organizations reflect the diversity and culture of their states and communities

Empowering Families
Organizations build on unique strengths and resiliency of children and families

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