

# 2019 Survey of Family-Run Organizations

FREDLA is a national network of family-run organizations dedicated to supporting families caring for a child or young adult with mental health or behavioral health needs. FREDLA offers training, technical assistance and consultation to family-run organizations, states and other stakeholders.

In spring 2019, FREDLA conducted a survey of local, regional and state family-run organizations (FROs) across the country.

Findings from the 50 organizations that responded to the survey are summarized here.

## Supporting Families



FROs serve families with children of all ages from early childhood to youth and young adults. Children and their families may be involved with multiple systems including mental health, substance use, child welfare, juvenile justice, special education, or developmental disabilities.

## Parent Peer Support



100% of FROs offer Parent Peer Support (PPS) provided by a parent or caregiver with lived experience who is trained to assist other families. PPS may be information & referral, system navigation, support groups or intensive family support, such as Wraparound or Family Preservation.

## Programs



FROs provide a rich array of programs that include support groups, parenting groups, grandparenting groups and father's groups. FROs may provide support in settings such as detention centers, residential treatment programs, emergency departments, schools and Wraparound teams.

## Outreach



FROs meet families where they are at, including community events and schools; they host annual conferences and conduct events for Children's Mental Health Awareness in May.

## Family-Run Organizations

FROs are family-led, non-profit organizations dedicated to supporting families caring for a child, youth or young adult with mental health needs.

## Funding



Budgets for statewide FROs average \$1.5 million. Local and regional FROs budgets average \$752,275. Major sources of funding are federal and state grants and contracts. The state or local Department of Mental Health is the major funder for most organizations.

## Training



FROs provide a range of training for families, youth and professionals including leadership training, parenting programs, Mental Health First Aid, Wellness Recovery Action Plans and more.

## Public Policy



FROs are active in public policy in numerous ways through policy days for families at state capitals, participating on advisory councils and committees, testifying before legislative bodies and developing position papers.

## Youth Programs



45% of the FROs host Youth MOVE Chapters or provide youth leadership development and self-advocacy skills. 70% of the FROs provide youth peer support in addition to social and recreational activities.