

What do you need help with? What would help look like to you?

Finding Your Community of Support

Mental and Other Health	School	Organizations	Individuals
There is a difference between a psychologist, therapist, clinician, among other professionals. Define each one and decide who to call.	Start with Administration and let them know who you are. Then, start asking questions.	It is important to define organizations and then research to learn what they are built to do for your situation. Each community is different, but how you go about educating yourself is universal-research and ask questions.	Ask yourself, who can help with the family directly (active participants) and who cannot (sounding boards)... and then be okay with it either way.
Which mental health organization has psychologists treating children? They are the ones prescribing meds. What is their treatment philosophy?	Schedule an appointment with the principal and guidance counselor. Explain and ask for help. Do they have behavior based support? What is a 504?	Are you a part of a church? Truly become a part of that community. Let them know you and your family because many there are looking to support others.	<u>Active participants</u> : There are several friends family members who are involved with interacting with the kids in their regular lives. School pick-up, babysitting, etc. Who can help you with that? Or, who can you hire for that?
Who are the therapists in the community? What do they specialize in? What is their treatment philosophy?	What is the process for requesting an IEP if one is needed?	What can social services do for you? What referrals can they give?	
	What aids can be present in the classroom?	Is there a parenting support group? CHIP? Within the school?	<u>Sounding Boards</u> : I didn't realize how much we needed this until, well, we did. I need to be able to go out with my girlfriends and talk about something other than the children, for example. List those people here and be thankful for their role.
Who will you call in case of an emergency? Define your respite care?	Talk with the teacher and have them be a witness. What are they seeing? What do they recommend?	What is available at the local college?	
	Can someone recommend a tutor?		

When will you (and your spouse) schedule a break? Respite care? Schedule a break and allow yourself to look forward to it.

Who/What should you surround yourself with?

