



Christina and Joseph “Support and Hope made the difference”

Christina and Joseph, parents to three teenagers Joey, Jonathan and Kimberly, were referred to FamilyCorps when their children were removed from their home due to unsafe living conditions in April of 2014. In the Parent Support Group, the couple admitted they were completely overwhelmed with the job of parenting three teenagers, all having mental health issues, ranging from relatively minor to very severe, and admitted they needed help.

Building on their strengths, FamilyCorps staff assured the couple that their children were very fortunate to have parents who not only loved them unconditionally but were willing to ask for help.

Both parents attended the Parents Anonymous® Parent Support Group for several months. In the group, they received the emotional support they craved and the concrete parenting information they needed. They also heard success stories from other parents whose children had received mental health treatment and who were thriving. The facilitator navigated the couple to in-home wrap around services and they embraced these services voluntarily. The couple also voluntarily enrolled in anger management classes, taught by FamilyCorps, to manage their frustrations more appropriately.

“When attending Parents Anonymous® I was never judged by the group facilitator or any of the other parents attending. I received help and support and gave it to others when I felt confident enough. I have always felt comfortable to speak and express my thoughts freely within the group.”

Christina and Joseph recently learned that two of their teens are being returned home by social services before the end of August 2014. The couple’s third teen is currently in inpatient care receiving much needed treatment for a more chronic mental illness. However, Christina and Joseph are confident that he too will be able to return home soon, but intend to continue to participate in the parent and children and youth support groups on a voluntary basis.

