



Mental Health GPS

Guiding Parents through Services

Mental Health GPS is a new initiative by the UJA- Federation of New York that is designed to help families who have concerns about their child's emotional well-being. We will work with families who have children from birth through age 21. Parents may have questions relating to a variety of topics: from a child who does not have any friends, to an adolescent who may seem anxious or withdrawn, to a young person who is acting out in school. **Mental Health GPS** will assist parents in connecting to appropriate services and supports in the community.

The focus of **Mental Health GPS** is on promoting emotional well-being. Current research indicates that many mental, emotional and behavioral disorders can be prevented or mitigated if they are identified and treated in childhood and adolescence. Often parents of adolescents struggle to differentiate between typical adolescent behaviors and behaviors that may indicate the need for intervention. We can provide parents with the opportunity to ask questions in a safe and supportive environment and assist in connecting families to professionals who can help answer their questions.

Mental Health GPS will help families connect to services and supports in their community; including mental health services, recreational resources, therapeutic services, social skills groups, mentoring, and respite, among others. We can also help parents advocate for their children with school districts by educating them about the Committee on Special Education (CSE) process. Our goal is to assist families in obtaining appropriate resources in a timely manner – and in doing so, helping to create a network of people and services that can support the child and family.

This consultation service is free, thanks to the sponsorship of UJA-Federation of New York. Please contact me if you'd like to learn more about **Mental Health GPS** or to schedule a consultation.

Brooke Dunne Johnson LMSW
Mental Health GPS
Guiding Parents through Services
914-761-0600 x 318
bjohnson@wjcs.com