

ParentVOICE Program Staff

Barbara Baker

Family Support & Volunteer Specialist
980.406.1258 (cell)
bbaker@mhacentralcarolinas.org

Angela Garlins

Family Partner
980.406.8292 (cell)
agarlins@mhacentralcarolinas.org

Cathy Johnson

Family Partner
980.406.1169 (cell)
cjohnson@mhacentralcarolinas.org

Kevin Markle

Youth Engagement Specialist
980.406.1527 (cell)
kmarkle@mhacentralcarolinas.org

Angelia McIlwaine

Family Partner
980.355.3237 (cell)
amcillwaine@mhacentralcarolinas.org

Sheila Wall-Hill

Peer Support Coordinator
980.406.1498 (cell)
swall-hill@mhacentralcarolinas.org

Candace Wilson

Program Director
704.517.5364 (cell)
cwilson@mhacentralcarolinas.org

Ellis C. Fields

MHA Executive Director
704.365.3454 (office)
efields@mhacentralcarolinas.org



**Spreading Hope, Spurring Action,
Supporting Families,
Saving Lives!**

Mental Health America of Central Carolinas
3701 Latrobe Drive, Suites 140 & 220
Charlotte, NC 28211

Office 704.365.3454

Fax 704.365.9973

Office Hours: Monday - Friday

8:00 am – 5:00 pm

www.mhacentralcarolinas.org



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The Mental Health Association of Central Carolinas, Inc. is a non-profit tax exempt organization under section 501(c)3 of the Internal Revenue Code, under sections 105-125 and 105-130.11(3) of the North Carolina General Statutes. MHA is fully licensed by the State of Carolina, Office of the Secretary of State to solicit funds in North Carolina, certified by the North Carolina Secretary of State pursuant to G.S. 55A-1-28 as a domestic non-profit corporation. Our IRS 990 returns can be obtained through the Office of the Secretary of State, North Carolina



PROGRAM

The MHA's ParentVOICE program provides information, support and opportunities that inspire youth with mental health challenges, and teaches their families to advocate for quality services and successful outcomes.

MHA's Mission

To promote mental wellness through advocacy, prevention and education in Mecklenburg and Cabarrus Counties.

Parentvoice

ParentVOICE is a program of the MHA, staffed by parents and caregivers of youth with emotional, behavioral, or mental health concerns. Trained and caring Family Support Specialists help families navigate the education, mental health and juvenile justice systems. We also provide opportunities for parents to connect with other parents facing similar issues.

FAMILY SUPPORT

Family Support Specialists attend school and service provider meetings with parents. Prior to attending these formal meetings, ParentVOICE staff spend planning time with parents to review the purpose of the meeting, with terms they can expect to encounter, and empowering parent to be their own best advocates for the child's needs. Even experienced parents may become overwhelmed by the numbers of agencies and people involved with their families and the amount of paperwork that they are asked to read or sign.

SUPPORT GROUPS

ParentVOICE offers monthly support groups for parents and youth.

Respect for confidentiality allows parents to talk to other parents about concerns like ADHD, Bipolar Disorder, Conduct Disorder, and more.



Empowerment and ACTIVE Youth

Support Groups are held on the 4th Tuesday of the month from 6:00 – 8:00 pm at Grace United Methodist Church 737 E. Woodlawn Road Charlotte NC 28209

Dinner is provided for all participants.

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Grandparents Support Group is held on the fourth Thursday of each month from 11 a.m.-1 p.m.

Contact Barbara Baker at 980-406-1258 for additional information.

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SERVICES WE OFFER

- Trainings and workshops for parents, youth, and provider agencies, at **NO COST** to families
- Attendance at meetings with schools and service providers as a support for parents and caregivers
- A lending library for parents and professionals as well as resource information to youth and their siblings
- Monthly support groups for adults and youth
- Recruit participants to serve on local and state boards and committees
- We support the principles of the System of Care.

Support provided by

