



**Mental Health Association in Tompkins County**  
Providing education, advocacy, individual and family support services since 1954.



## **Mental Health Community Partners**

*The Mental Health Community Partners Program supports youth (aged 12+) and adults with serious mental health needs in navigating major life transitions (e.g. from treatment to community), while including and supporting the wellbeing of family and chosen supporters.*

*The Mental Health Community Partners Program adopts a relational approach to mental health recovery, emphasizing that we find wellness in partnership with others. All participants engage in the same learning activities about realistic expectations of recovery, mind-body health, and holistic health.*

For more information, please contact Vickie at  
The Mental Health Association  
in Tompkins County.

[vvancamp@mhaedu.org](mailto:vvancamp@mhaedu.org)

607-241-1034



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*MHANYS CarePath™ is designed to assist youth (aged 12+) and adults experiencing a setback managing their behavioral health needs. A MHANYS certified CarePath™ Coach offers support to the person in recovery and their family members or other chosen supporters for 90 days.*

*MHANYS CarePath™ is a relational approach to mental health recovery, emphasizing that our health and wellbeing is never in isolation of others or our community. The person in recovery selects who they want to be in the program with them be it family members or other chosen supporters. All participants engage in the same activities for defining their mind-body health and supporting family mental health.*

For more information, please contact Vickie at  
The Mental Health Association  
in Tompkins County.

[vvancamp@mhaedu.org](mailto:vvancamp@mhaedu.org)

607-241-1034

171 East State Street, Suite 275, Mailbox 144, Ithaca, New York 14850

**The Mental Health Association in Tompkins County**  
**has two weekly Parent Support Groups.**

Each Monday at noon we will offer a Lunch Zoom for Parents. All parents with children/young adults aged 21 years and younger are invited and encouraged to join us at lunchtime on Zoom.

We will discuss concerns and challenges, as well as encourage each other and provide support along the often amazing and sometimes chaotic journey of parenting.

Each Thursday from 5:00pm to 6:00pm we will offer an in-person meeting – Pizza for Parents. Parents with children/young adults aged 21 and younger, are invited to meet in-person at MHA (171

East State Street, Suite 275 – in Center Ithaca).

You are welcome to eat pizza, gather with other parents, talk about things related to parenting, encourage, and support each other and hopefully have some laughs!

**Please contact Vickie at MHA**

**(607) 241-1034; [wancamp@mhaedu.org](mailto:wancamp@mhaedu.org)**

**for the zoom link and/or if you have questions**

Dear Friends and Colleagues,

I'm reaching out to let you know about the Family Peer Support Services (FPSS) at the Mental Health Association in Tompkins County (MHATC) because I believe it might be helpful for your organization and those you provide your services to.

My name is Vickie VanCamp, and I'm a Family Peer Advocate and the coordinator for Family Peer Services at MHATC. Our Family Peer Support services provide support for parents/caregivers raising children or young adults up to age 21, who are experiencing social, emotional, addiction, or behavioral health challenges.

As a trained and credentialed Family Peer Advocate (FPA), I'm uniquely qualified to work with families based on the specialized training I've received and my personal experience parenting children with similar challenges in the areas of social, emotional, and behavioral challenges.

I'm a parent of two teenagers who are navigating mental health concerns. These concerns created issues in school, within the family dynamic, and in their social lives. I could have used this kind of peer support service earlier. Knowing how challenging that was for me, I'm hopeful that our services could help people experiencing similar struggles and would be more than glad to help however I can.

If you'd like a more comprehensive overview of peer support, especially for parents, please feel free to take a look at the SAMHSA flyer I've attached, or take a look at our website at [www.MHAedu.org](http://www.MHAedu.org). Please also feel free to call us at [\(607\) 273-9250](tel:6072739250).

I appreciate your time reading this letter, and I encourage you to please share this with anyone you think might benefit from what we offer. We at the Mental Health Association are here to help, and I would love to be a resource for whoever needs it.

Sincerely,



Vickie VanCamp  
Family Peer Service Coordinator