

## Resiliency:

Resiliency is an innate capacity that, when nurtured, facilitated and supported by others **empowers** children, youth, and families to successfully meet life's challenges with a sense of self-determination, mastery, hope and well-being.\*

\* The Resiliency Leadership Initiative

### The Ohio Federation for Children's Mental Health is committed to resiliency.

The Federation works with other agencies, systems, and individuals to find models to support families and maximize the potential of children and youth.

Inevitably, all people will at one time or another, encounter challenges and various levels of adversity. How well we "bounce back" in order to play a positive and productive role in life is what has come to be known as **resiliency**.



Ohio Federation for Children's Mental Health  
3030 West Fork Road  
Cincinnati, Ohio 45211

# Ohio Federation for Children's Mental Health

**Advocates**  
*for Youth and their Families*



*Embracing Families  
&  
Building Resiliency*

3030 West Fork Road  
Cincinnati, Ohio 45211

Phone: 513-761-6030  
Fax: 513-761-6031

E-mail: [offcmh1@fuse.net](mailto:offcmh1@fuse.net)  
[www.ohiofederation.org](http://www.ohiofederation.org)



*We promote a family directed youth guided system of care that helps families to live in safe, stable, and respectful environments.*

**We advocate for families, children and youth** to help them move forward and to build upon their natural strengths and resiliency.

**We connect families and give** support and direction through the maze of services and providers.

**We advocate with officials at the local, state and federal levels** for adequate funding and family friendly policies that support children experiencing emotional and behavioral difficulties.

**We provide technical assistance** to facilitate partnerships with child serving systems, governmental agencies and service providers.

**We educate the community** about children's mental health and the rights of children and youth with mental health challenges.

## *We offer:*

- **A listening ear from those who have been there** – Our family members have experienced similar challenges. We offer encouragement and support.
- **Hope** – We focus on strengths and successes that build resiliency and hope for a more positive future.
- **Information** – We have resources on children's mental health.
- **Technical Assistance** – We share knowledge about accessing services, navigating systems, and applying laws that safeguard our kids.
- **Referrals** – We assist families in connecting to agencies and supports.
- **Education and Training** – We offer trainings, workshops and forums on children's mental health and wellness.
- **Personal Advocacy** – We empower families and youth to better understand rights and how to best advocate for them.
- **Opportunities for you to make a difference.**



**Resiliency Ring**

## *Membership Application:*

### **PLEASE JOIN US IN OUR EFFORTS**

to serve the families of Ohio who care for and nurture children with emotional disorders.

- Family/Youth Membership . . . . . FREE
- Professional Membership . . . . . \$25.00
- Federation Chapter . . . . . \$100.00
- Agency Membership . . . . . \$300.00
- Lifetime Membership . . . . . \$500.00

Make check payable to:  
**Ohio Federation for Children's Mental Health**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_

Zip \_\_\_\_\_ County \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

Cell \_\_\_\_\_

**Mail to:** Ohio Federation for Children's Mental Health  
3030 West Fork Road  
Cincinnati, Ohio 45211

### **For more information contact us at:**

Phone: 513-761-6030  
Fax: 513-761-6031  
e-mail: [offcmh1@fuse.net](mailto:offcmh1@fuse.net)  
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