Peer Navigator- Chautauqua Community Caregiver Survey

- **Purpose?** In partnership with Chautauqua County, we are providing Family and Youth Peer Support Services under the Children's Mental Health Initiative through our new program, Peer Navigator- Chautauqua. Our goal is to partner with youth, families and providers to enhance families' experiences navigating and utilizing community supports and services
- **How long will it take?** The survey can be completed in a few minutes
- **Who should take the survey?**
  - Caregiver Survey- Caregivers of youth ages 0-21 who live in Chautauqua County and have experienced concerns with their child(ren) mental, emotional, and/or behavioral health
- **When?** The Survey will be open throughout the month of January
- **Privacy?** All responses are completely anonymous. If you would like to share your name there is an option, but it is not required.
- **What's next?**
  - Peer Navigator will conduct a community group to review the results of the survey and partner together to plan next steps!
  - Email us at FEN@hillside.com to join our monthly email list of caregiver workshops and classes.
  - If you have any questions or would like to learn more about family and youth peer support services at Hillside call 585-256-7500 or email FEN@hillside.com

- **Access the survey here:**

https://www.surveymonkey.com/r/W3339KN.

Thank you! Your feedback is valuable and helps drive the children's system of care.

Hillside
Family of Agencies

FAMILY ROADMAP

Do you have concerns about your child's behavior or development?

YOU ARE HERE

Observe and talk to your child. Do you notice any changes in these areas?

- Sleeping
- Eating
- Talking
- Socializing
- Playing
- Family
- Mood
- Worries
- Learning/School
- Attention
- Friendships
- Energy Level
- Stress
- Isolation
- Drugs/Alcohol
- Sexual Activity

Remember, some behaviors are normal depending on your child's age and circumstances.

It's OK to Ask for HELP

Ask for assistance!

If you or your child are concerned or struggling with any changes in behavior, emotions or development.

What should I say?



I have noticed _____ going on with my child. I would like to have my child evaluated.



Who else can help?

Family Peer Advocates and other parents/caregivers have "lived-experience" navigating the systems and can help you make informed decisions.

Who should I contact?

- Family doctor or pediatrician
- School Staff
- County Children's Single Point of Access (SPOA) Coordinators



Want more information?

Scan or click the QR code to access a digital version of this roadmap that provides more information to guide you.

Reminder!

You know your child best. It can be overwhelming to decide to seek professional help. Be persistent and know that support is out there for you.



NEW YORK STATE | Office of Mental Health