

Program Staff

Project Directors:

Larry J. Seidman, PhD
Psychologist

Matcheri Keshavan, MD
Psychiatrist

Program Leader:

Cindy Liu, PhD
Psychologist

Family Support Group Co-Leader:

Cynthia Barrows, MS, OTR/L,
CPRP
Occupational Therapist

Program Advisors:

Carola Mallol, MS, LMHC
Mental Health Clinician

Heidi W. Thermenos, PhD
Psychologist

Project Assistant:

Elena Molokotos, MA

Initial Contact:

Corin Pilo, LMHC
Mental Health Clinician



Bringing Hope and Support to Parents & Families with Mental Illness

The Family Support Program
at MMHC

- ❖ Meet with program leaders
- ❖ Identify your current needs
- ❖ Learn about the program
- ❖ Determine whether the program is a good fit for you

Massachusetts Mental Health Center
Beth Israel Deaconess Medical Center

75 Fenwood Road
Boston, MA 02115

Bringing Hope and
Support to Parents
& Families with
Mental Illness



*A Family Program at
MMHC*



Families

*Parenting can be rewarding.
But it can also be very hard.*

When a parent or caregiver has a mental illness, parenting can be even more difficult and stressful for your family. Support from others can benefit you, your children, and your entire family.

At the MMHC Family Program, we recognize the importance of your role as a caregiver - as a mother, father, or grandparent, as someone that has a mental illness, or as someone who shares caregiving responsibilities with someone who has a mental illness.

Our Mission

The goal of this program is to:

- ❖ Keep families safe and together
- ❖ Provide education and practical skills training for caregivers
- ❖ Offer resources and peer support

Program Objectives

- ❖ Understand basic child development
- ❖ Learn how your relationships impact children's development
- ❖ Determine the best way to maintain your own and your children's safety
- ❖ Prioritize children's school and emotional concerns
- ❖ Support and be supported by other parents and caregivers who are in similar situations through weekly meetings

Details

Time:

- ❖ Wednesday's 10:30-11:30

Location:

- ❖ Massachusetts Mental Health Center (Longwood medical area)

Eligibility:

- ❖ Caregiver with bipolar disorder and/ or psychosis must be under the care of an individual provider.
- ❖ Expectant women and their partners.
- ❖ Caregiver living with their children from ages 0-21 years.
- ❖ We accept individuals with or without insurance.
- ❖ We accept individuals regardless of DMH eligibility.

To inquire, please contact:

Corin Pilo, LMHC
cpilo@bidmc.harvard.edu
617-754-1224

