

CRAWFORD COUNTY FAMILY NAVIGATORS



WHAT IS IT?

The Crawford County Family Navigators program is here to support children, youth, young adults (CYAA) ages 5-21, and their families who are looking for help with accessing support for mental health or even resources that can help with education, housing, removing barriers to care, or other needs your family might have. Whether you need help just once or over several months, a Family Navigator can guide you through the often-confusing systems of care.

We're here to:

- Make it easier to get help early
- Support your family in making decisions together
- Connect you with the right services
- Help you feel more confident and less stressed
- Improve your experience with mental health care

HOW IT WORKS

The Family Navigator journey has three main steps:

- **Getting Started**
 - We take time to hear your story and get to know your family's strengths and needs to help you build a plan while connecting you with local resources to support your goals.
- **Making a Plan**
 - Together, we create a Family Action Plan that fits your needs, help you understand local services, and show you how to find and use resources on your own in the future.
- **Moving Forward**
 - We help you put together a Transition Plan so you're ready to move forward, and we make sure you've got the support and next steps you need to keep going strong.

HOW IT HELPS

- **Better Mental Health Support:** CYAA and families feel more satisfied with the care they receive and the resources they can access.
- **Less Stress for Caregivers:** Family caregivers feel more supported and less overwhelmed.
- **More Involvement in Care:** CYAA and families feel more included and confident in making decisions about how to meet their needs.
- **Easier to Find Help:** Navigating the mental health system becomes less confusing, with better coordination between services.
- **Improved Access to Insurance and Services:** CYAA and family caregivers get help understanding and using insurance to access the care they need.

WHAT DO FAMILY NAVIGATORS DO?

- Share Information
- Guide You Through the System
- Offer Emotional Support
- Empower Your Family
- Connect You to Resources
- Promote Teamwork
- Support During Crisis
- Respect Your Culture

FOR MORE INFORMATION

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