

I used to feel so lost in my child's disorder and I didn't have options. Now I feel empowered to speak up and advocate for my child as well as others because of the support and involvement with OFSN. ”

—AS

My son's behavior got us kicked out of the last seven places we have lived which made us homeless three times. I don't know where I, or my son, would be without Oregon Family Support Network. ”

—KV



Oregon
Family Support
Network



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Contact us today to see how OFSN can support your family:

Statewide Office:
Oregon Family Support Network
1300 Broadway St NE, Suite 403
Salem, OR 97301

Phone: 503-363-8068
Fax: 503-390-3161

Toll Free FOR PARENTS ONLY:
1-800-323-8521

www.ofsn.org



Families and youth working together to promote mental, behavioral and emotional wellness for other families and youth through education, support, and advocacy

Who We Are

Oregon Family Support Network (OFSN), founded in 1991, a 501(c)3 non-profit organization, began as a grass roots, family-run family organization providing support groups and education to families with a strong advocacy component.

OFSN staff members are primarily “family members” - parents (biological, adoptive and foster) or caregivers who have raised a child or several children who have mental health, behavioral and other significant health challenges. Having lived through these challenges, our staff is well-positioned to help navigate systems, empathize and understand what families go through raising children with these special needs.

The OFSN support groups serve the role of family, of friends, for countless struggling people in our community. For some of us, this is the only family, these are the only friends, we can turn to when the day/week/month has been insufferable, and in other arenas, unspeakable. Here we can cry, vent, worry, fear, unload, unwind, REGROUP. ”

—KK



OFSN has been very important in helping our family heal by providing us a safe place to gather once a month, or as needed, so that we can socialize and talk with other families. Being with other families who have children with mental health challenges has helped us feel “normal” and given us strength when we were at low points in our uphill battle. ”

—SG



Mission

Families and youth working together to promote mental, behavioral and emotional wellness for other families and youth through education, support, and advocacy.

Who We Serve

Children, youth and families we work with have complex challenges resulting from mental or behavioral health issues and other special health needs. Our families and youth frequently struggle with many obstacles and barriers, including: poverty, domestic violence, homelessness, disconnection from family, untreated mental health and addictions, as well as profound traumatic experiences.



What We Do

Oregon Family Support Network is a statewide organization that provides education and advocacy at family levels through state governmental levels. Our work is community-driven to best meet the needs of each county and therefore looks a little different in each county.

- Provides referrals, technical information, training and emotional support to families
- Facilitates family-to-family links
- Provides assistance in navigating systems (government and education to name a couple) thus helping families to gain the support and services they need
- Organizes family events and support groups
- Provides one-one peer support services in conjunction with Wraparound or Intensive Community Treatment Services
- Provides families and community members current information about children’s mental health and community resources
- Advocates for awareness and funding for children’s mental health support
- Addresses some of the needs parents have identified: isolation reduction, stress reduction, exploration of parenting issues with other parents, better information regarding medical, special education, respite, social and recreational resources, advocacy for their children