



**PACER's Children's Mental Health
and Emotional or
Behavioral Disorders Project**

*Inspiring
Opportunities*

Inspiring Opportunities

PACER Center's Children's Mental Health and Emotional or Behavioral Disorders Project brings together parents, youth and professionals to help families receive the resources and support their children need.

This project promotes increased understanding of children's mental health, and emotional and behavioral needs in the broader community.

PACER WEBSITES

PACER.org

Information and links for families

PACER.org/CMH

Information about children's mental health

PACER.org/Transition

Information for young adults and their parents

PACER.org/Health

Information about the health care system

PACER.org/Bullying

Information about bullying prevention

About PACER Center

PACER Center is a nonprofit parent center for families of children and youth with all disabilities and for children who are bullied. PACER has provided assistance to families for more than 35 years. PACER serves families in Minnesota and across the nation. PACER is the National Bullying Prevention Center.

PACER Center enhances the quality of life and expands opportunities for children, youth, and young adults with all disabilities and for children who are bullied. PACER operates on the principles of parents helping parents, supporting families, promoting a safe environment for all children, and working in collaboration with others.



8161 Normandale Blvd. • Minneapolis, MN 55437
(952) 838-9000 (voice) • (952) 838-0190 (TTY)
(800) 53-PACER (toll free in Greater Minnesota)
(952) 838-0199 (fax)

PACER@PACER.org
PACER.org

Paula F. Goldberg,
Executive Director, PACER Center



**Your Source for Information on
Children's Mental Health, and Emotional
or Behavioral Disorders**



PACER.org/CMH

(952) 838-9000 | PACER@PACER.org

How PACER helps families and their children with mental health, emotional and behavioral needs

Individual assistance

- Learn to become an effective advocate for your child
- Gain valuable knowledge about children's mental health and education laws
- Develop positive strategies for mental health and emotional or behavioral needs at school, home, and in the community



Workshops

- Special education and other laws
- Positive behavior interventions
- Transition planning for youth
- Mental health systems of care
- Information on behavioral health for diverse and underserved families

(Some workshops are available via Livestream)

Increase understanding

- Offers trainings for parents, educators, children's mental health workers, first responders, juvenile justice professionals, and other community providers
- Provides parent leadership training and information on the children's mental health systems
- Supports a Youth Advisory Board whose members act as community ambassadors



HOW CAN PACER HELP ME?

PACER advocates will provide individualized support and help you find the resources that you need.

HOW DO I START?

Give PACER a call at (952) 838-9000

Go online to [PACER.org/CMH](https://www.pacer.org/cmh)

Send an e-mail to PACER@PACER.org

Follow us on Facebook, Twitter & Instagram

WHAT CAN I EXPECT?

You are taking the first step toward finding more support and better outcomes for your child with mental health, or emotional or behavioral needs.