



Ummm... what's the deal with sailboats?

Good question! This started many years ago when we asked our families what they needed. Many new families said they felt lost, confused, or "stuck." One parent (who was always so good at coming up with analogies!!) said...

"It's like sailing. From a distance, it looks like it's going to be easy. But if you don't know what you're doing, it can be really hard."

From a distance, it may seem as if there are a lot of options for youth struggling with mental health. But in reality, the youth mental health system has many hurdles. Families often enter the system at a time of crisis, so it's likely that they are already feeling vulnerable and alone.

Parents/caregivers said they wished someone could "hop in the boat with them" and guide them around bad weather, hidden rocks, and low tides so they could get to their destination as quickly and easily as possible.

So... that's how our first Family Support staff came to be. And that's also why we still use a "sailboat" Navigation Tool . In fact, those first families helped us create the questions that we use today. Over the years, we've brought it back to our families for updates... but the overall concept remains the same. The parent/caregiver sails the boat, and we do our best to act as a trusted guide.