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
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