



Extending Care. Empowering Families. Improving Outcomes.

Other Parents Like Me (OPLM) is **the largest online peer-support network for parents** of kids and young adults facing mental health and substance use challenges—including suicidal ideation, eating disorders, trauma, and neurodivergence.

Your clinical teams save lives—but families need continued support at home. Too often, parents feel lost after discharge. **OPLM bridges that gap** with daily peer support and resources, **keeping families engaged, stable, and ready to follow through on treatment.**

WHAT FAMILIES RECEIVE:

- ✓ 18+ live parent-led support groups every week
- ✓ Weekly expert talks and Q&A with clinicians and advocates
- ✓ A 150+ resource library with practical tools and referrals
- ✓ Always-on, private, and trauma-informed community
- ✓ Mentorship from parents who've lived through similar challenges





Why *Health Systems Partner* with OPLM:



Reinforce **treatment plans** with **engaged families**



Reduce **readmissions** and **ER visits** through ongoing support



Improve **discharge planning** and **care continuity**



Provide **anonymized engagement data** for quality improvement

PROOF IT WORKS:

92% report

stronger parent-child relationships.

97% of members

describe meaningful personal growth through peer-led support.

Families report

that OPLM is easier to engage with than traditional support groups.

Parents tell us

OPLM gave them the tools to show up calmer, steadier, and more confident at home.



“OPLM helps families feel steady and connected, which transforms how they engage in treatment.”



LET'S CONNECT

We'd love to show you what's possible.

Liz Reitman, CEO - liz@oplm.com

BOOK DEMO: <https://calendly.com/liz-oplm/oplm-demo?month=2025-09>

Extend your continuum of care and ensure families feel supported every step of the way.