

Why We Need Family Peer Specialists



Family Peer Specialists (FPS) use their **lived experience** navigating child- and family-serving systems to support their children experiencing mental health, substance, use, emotional, and/or behavioral challenges to help other families access effective support.

Peer Support

FPS have the unique ability to connect with family members to:

- help them feel heard
- normalize challenges
- share successes
- provide resources

This allows clinicians to focus on direct services.

Well-being Strategies for Family Members

FPS provide families with strategies that can reduce their need for additional services, including:

- self-care
- management of specific diagnoses
- conflict resolution
- crisis prevention

Systems Navigation

FPS help families access support from education, mental health, justice, housing, and more systems.

Increased use of FPS can lead to more effective systems collaboration and families' holistic needs getting met, at less cost to systems and government.

Empowerment

FPS coach families to become confident advocates for family-driven systems.

When families' voices are heard during decision-making and evaluation, systems evolve to become more effective—resulting in satisfied families and employees.

Visit www.ffcmh.org/certification to learn more.