

EFFECTING CHANGE

Social justice and advocacy for families

The second [Core Competency](#) for Certified Family Peer Specialists (CFPS) addresses the communication, conflict resolution, and interpersonal skills necessary to build collaborative partnerships; problem solve; combat prejudice and discrimination while navigating systems; and advocate for a family-driven approach—and support families in building these skills for themselves.

Use Communication, Conflict Resolution, and Interpersonal Skills

Family peers use [person-centered communication](#) to support families and systems staff in using a [strengths-based](#), family goal-oriented process to [resolve conflict](#), sustain open dialogue, and create authentic partnerships.

Form Collaborative Partnerships

Family peers share their lived expertise of navigating systems and walk alongside families as they build [collaborative partnerships](#), problem solve, and advocate for family voice and choice at all levels. They use dialogue to identify families' goals and coach families to articulate their goals in various settings.

Combat Prejudice and Discrimination

As family peers support families in navigating systems, they call out prejudice and discrimination of individuals with mental health and substance use challenges, coach families on how to [assert their and their loved one's rights](#), and [advocate for acceptance](#) in all settings. They offer families resources and education on these topics, too.

Advocate for a Family-Driven World

Family peers can [tell their story](#) of lived expertise to different audiences—families, systems staff, decision-makers, and more—to affect policy change. They coach families in doing the same, with the goal of [family-driven](#) communities, services, policies, and systems.



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