

PRESENTS

FAMILY CONNECTIONS



““NAVIGATING
FAMILY
SUPPORT””

DISCLAIMER

The National Family Support Technical Assistance Center of Excellence (COE) Grant #1H79F6000160-Fam-CoE is supported by SAMHSA of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award with 100% funding by SAMHSA/HHS.

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trauma-responsive



strengths-based



avoids blaming
caregivers



inclusive

We Use Family-Driven Language!



person-first



respectful



nonjudgmental



consistent with
our actions

AGREEMENTS FOR OUR MEETING

MAKE SPACE FOR ALL VOICES.

PRACTICE THE "VEGAS RULE." WHAT IS SAID HERE, STAYS HERE.

SHARE QUESTIONS OR COMMENTS IN THE CHAT BOX AT ANY TIME!

RAISE YOUR "HAND" TO ASK QUESTIONS DURING OPEN CONVERSATION.

FOCUS ON OUR FUTURE OPPORTUNITIES, STRENGTHS, AND SOLUTIONS.

BE OPEN TO LEARNING FROM EACH OTHER.

TAKE BREAKS WHEN NEEDED - MOVE, EAT!

FOR TECHNICAL ASSISTANCE: WRITE IN THE CHAT BOX AND SOMEONE WILL HELP YOU.

HAVE FUN!



TODAY'S DISCUSSION

LEARNING OBJECTIVES

Learn how Family Peer Specialists support families trying to navigate systems for their child of any age experiencing mental health and/or substance use challenges.

Couple your lived experience with education and knowledge as children experiencing mental health challenges enter different stages.

Acceptance Factor: By accessing support, parents and caregivers are better able to help their child at every stage of development.

Presenters:

Meri Viano

Associate Director
Parent/Professional
Advocacy League



Dana Asby

Director
NFF/NFSTAC





The reason I work so hard for all children



PPAL SUPPORT

- Lived Experience
- 1-to-1 Support
 - Information and Referral
 - System Navigation
 - Crisis, Strategy, Learning and Connections
- Support Groups & Trainings
- System Advocacy
- Advocacy in Legislative Priorities/Budget's
- Social Media connections



MA PEER WORKFORCE COALITION



massachusetts-peer-workforce-coalition.org
(mapeerworkforce.org)

The Massachusetts Peer Workforce Coalition is a collective of peer support and lived experience professional leaders, the first of its kind in the United States. We represent Peer Recovery Coaches (RCs), Certified Peer Specialists (CPSs), Community Health Workers (CHWs), Family Partners (FPs), Young Adult Peer Mentors (YAPMs), and Certified Older Adult Peer Specialists (COAPSs).

Our goal is to bring together the collective voices of people with lived/living experiences so that they can shape policies that impact our work.

HOW DID IT ALL START?

Established in 2018, the Massachusetts Peer Workforce Coalition (MAPWC) was started through a Statewide Consumer Networking grant awarded by the Substance Abuse Mental Health Services Administration (SAMHSA). In our early inception, when first awarded the SCN grant, a group of Mental Health and Substance Use Recovery Peer Supporters came together and formed Massachusetts United for Connection and Healing (MUCH), after many listening sessions, and advisory groups, training, and coalition meetings MUCH expanded its reach. It wasn't until the leaders of several prominent peer support training, advocacy, and credentialing organizations came together across peer professions, that what is now known as the Massachusetts Peer Workforce Coalition (MAPWC) was formed.

SNAPSHOT IN MASSACHUSETTS!

Coverage by insurance both medicaid and private:

- Family Partners
- Recovery Coaches
- Community Health Workers
- Certified Peer Specialists and Young Peer Specialists
- Peer Run Respite- 4 in the state.

Where do we want to go:

- Certification of "ALL" Speciality service
- People hired in the field on board of licensing
- Equal Pay
- Value and Collaboration within the roles

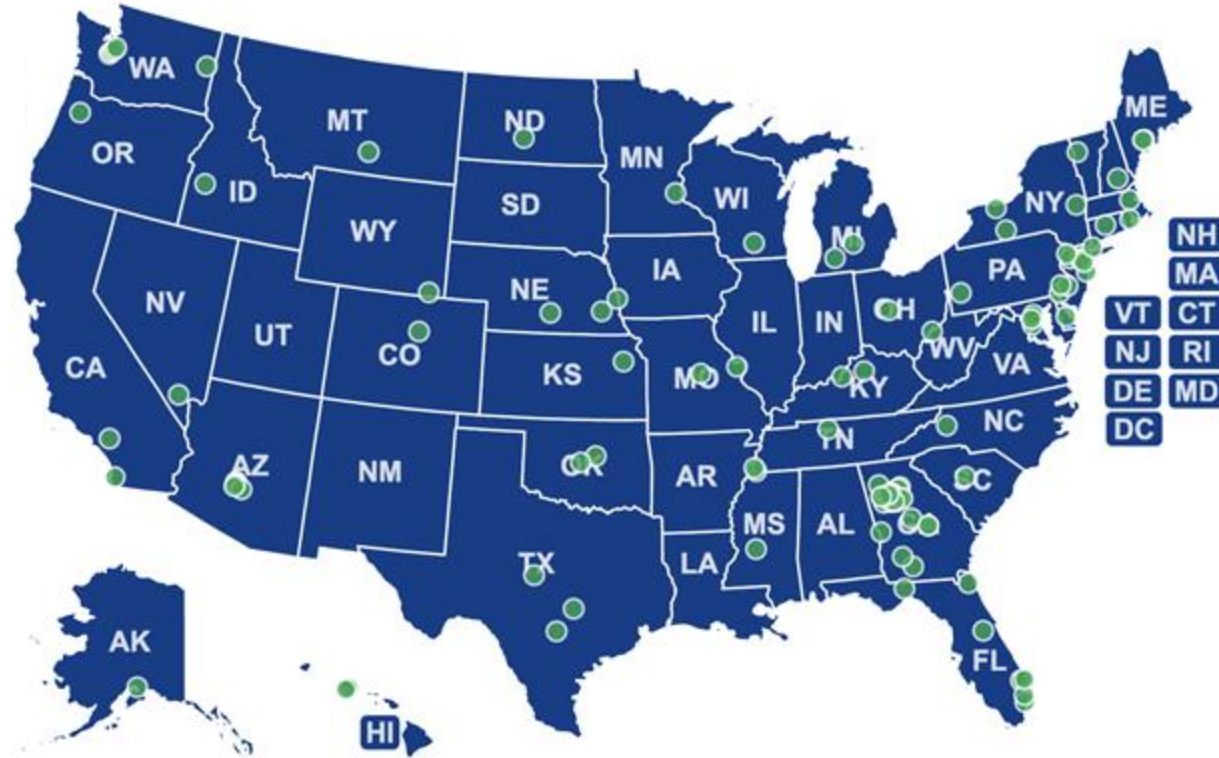
NFF

NATIONAL FEDERATION OF FAMILIES

Bringing Lived Experience to Family Support



118 Family-Run Organizations



Find your local family-run organization [here!](#)

Family Peer Specialists

Peer support from those who have cared for a family member with mental health and/or substance use challenges

- **Listen and relate** to families' concerns, challenges, and needs
- **Normalize** mental health and substance use challenges
- **Share** successes and challenges to co-learn
- **Provide** resources to reduce discrimination and access services



Family Peer Specialists



***Coaching** to become confident advocates for their children's needs and family-driven systems*

- Methods for **speaking their values**
- A road map to **becoming equal partners with professionals** in service delivery
- Strategies for **promoting the best interests** of their children
- Speak out **against discrimination**

Family Peer Specialists

Navigation of multiple child-serving and adult systems

- **Education:** Attend IEP meetings, advocate for services
- **Mental Health and Health Care:** Provide support to find transportation to appointments, demystify insurance
- **Justice:** Prepare families for experience, find representation
- **Housing:** Connect families to temporary housing, support permanent housing applications



Family Peer Specialists



Strategies for self-care and supporting family members' mental well-being

- **Self-care** and **community care** strategies
- **Conflict resolution** skills
- Strategies for **specific** mental health and substance **challenges**
- **Connection** to mental health and substance use **providers**
- **Resources** for **crisis** prevention and care

Development of the National Certification

- NFF collaborated with **family organizations, researchers, and treatment providers**
- Collected and organized information about **family support services in systems of care** and other settings
- The **Parent Partner Assessment Workgroup** met regularly in 2009-2010
- National group of representative volunteer SMEs completed a **Job Task Analysis** that led to **5 core competencies**
- An **exam** was created to assess **knowledge, skills, and attitudes** within each of the core competencies



Family Peer Specialist Certification



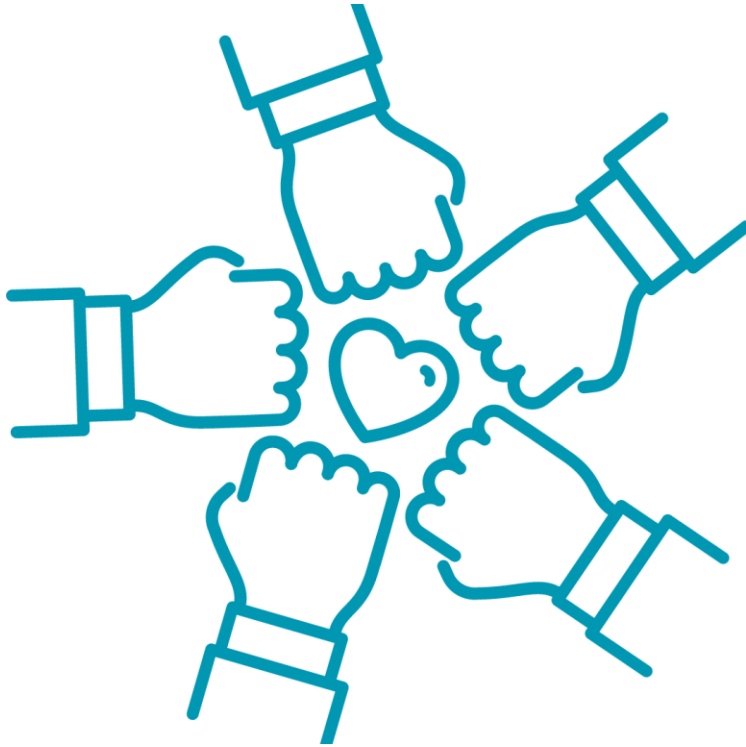
- **Lived experience** as a parent or primary caregiver of a child—across the lifespan—with emotional, developmental, behavioral, mental health, and/or substance use challenges
- **88 hours of training** in 5 CFPS Core Competencies:
 1. Wellness and Resiliency
 2. Effecting Change
 3. Resources and Natural Supports
 4. Systems Knowledge and Navigation
 5. Professional Responsibilities
- **1,000+ hours** of paid or volunteer FPS work
 - **20+ hours supervised**
- Pass the **National Certification Exam**

Benefits of National Certification

- Ensures **uniformity of core knowledge** by practitioners
- Endorses **continuing professional development** and credibility
- Advances **uniform standards** and **scope of practice**
- Promotes **ethical practice**
- Endeavors to **protect the families**
- Nationally recognized and **reliable examinations**
- Increased **professional recognition** and acceptance
- **Job opportunities and reciprocity** for holders of the CFPS credential



Reasons to Integrate Family Peer Specialists into Support Teams: Families Benefit



- Lived experience helps family members feel **more comfortable engaging** with the behavioral health and related systems
- **Reduction in family members' stress** related to system navigation, resulting in deeper and more sustainable engagement with support services
- **Better holistic outcomes** for families as needs outside of the clinical environment are addressed



Stay in Touch!

Dana Asby

Director, National Certification

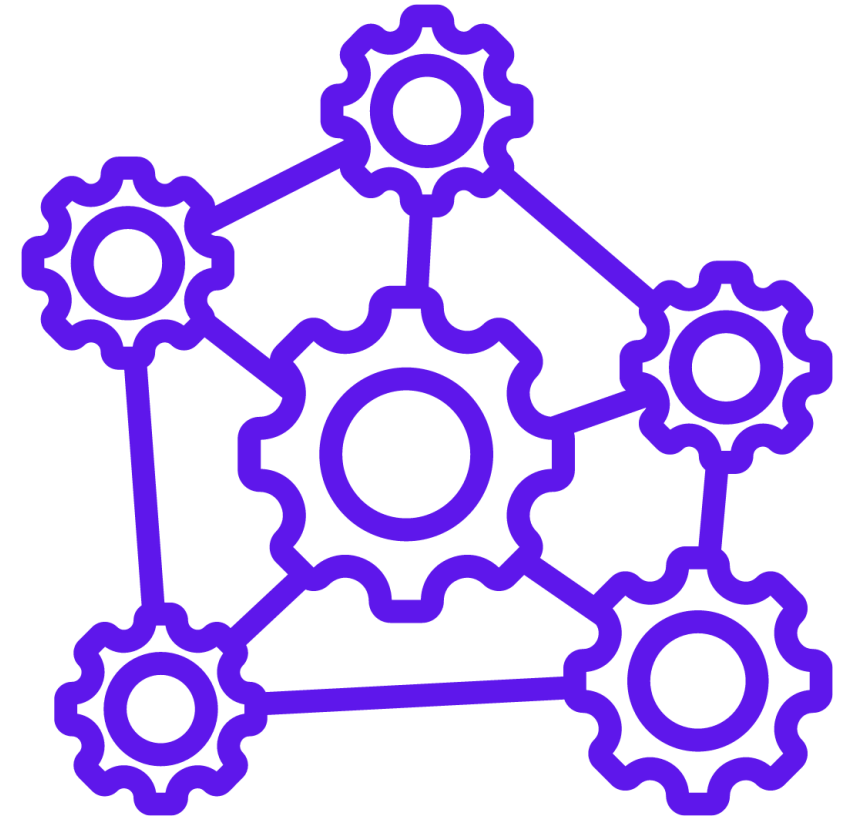
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Reasons to Integrate Family Peer Specialists into Support Teams: Systems Benefit

- **Systems collaboration** enhanced
- **Cost savings**
 - Families move through systems quicker
 - Families need less assistance from systems
- More sustainable relationships that lead to maintained **recovery earlier**
- **Reduction of peer drift** for adult peers
- **Higher productivity** for clinicians
- Happier families give **more referrals**



PRESENTER INFORMATION

Meri Viano

Associate Director

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<https://ppal.net/>

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**NFS
TAC**
THANKS FOR JOINING US!

COMING IN JUNE

June 1st: "Fathering"
1:30pm ET | 12:30pm CT | 10:30AM PT

June 7th: "Father to Father"
8:00pm ET | 7:00pm CT | 5:00pm PT



FAMILY CONNECTIONS

NFS TAC NATIONAL FAMILY SUPPORT
TECHNICAL ASSISTANCE CENTER
Providing Family Support Across the Lifespan

*How was
today's Family
Connections?*



*Please stay
for the survey
and let us know!*

1 TAKE THE SURVEY

2 DOWNLOAD
CERTIFICATE TO
ENTER YOUR NAME

