

# PERSON-CENTERED RESOURCES AND NATURAL SUPPORTS

## Strengths-Based Relationship Building

The third [Core Competency](#) for Certified Family Peer Specialists (CFPS) addresses the ability of family peers to connect families with person-centered resources; facilitate identification of natural supports, strengths, and goals; co-create crisis and safety plans; and build strengths-based relationships with each other and systems staff.

### Connect Families to Person-Centered Resources

Family peers have a collection of person-centered [resources](#) ready to share with families. These resources include local community-based, [state, and national programs](#) and [funding opportunities](#); [educational materials](#) and [training opportunities](#); and connection to families of loved ones of any age—from youth to transition-aged children and adult children.

### Facilitate Identification of Natural Supports, Strengths, and Goals

Family peers are able to assist families in identifying the family members, friends, and community members that are [natural supports](#); building formal and informal connections to community supports; and articulating families' [strengths and goals](#) across all life domains and a [person-centered plan](#) to achieve their dreams.

### Co-Create Crisis and Safety Plans

Family peers use their lived experience of overcoming crises to support families as they develop [crisis](#) and [safety plans](#). CFPS connect families to resources that prevent future crises, facilitate crisis intervention, and provide families with tools to create a roadmap towards recovery for their loved one and resiliency as a family. CFPS understand the value of directing families to [988](#) when their or a their loved one's safety is a concern.

### Build Strengths-Based Relationships

Family peers make families' [strengths and goals](#) the foundation of relationship-building with systems staff by promoting person-centered, [family-driven approaches](#) and modeling how to [advocate](#) for a loved one's rights. CFPS model [strengths-based, positive relationship building](#) strategies families can use with their loved ones.



This product was made possible because of the Substance Abuse and Mental Health Services Administration (SAMHSA). 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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