

# SYSTEMS KNOWLEDGE AND NAVIGATION

## *Family Peer Support Across Systems*

The fourth [Core Competency](#) for Certified Family Peer Specialists (CFPS) addresses the ability of family peers to guide families through the navigation of various systems, including mental health, substance use, education, justice, healthcare, child welfare, housing, and other family-serving systems; promote caregiver rights and responsibilities within these systems; and share knowledge about treatment options.

### Promote Caregiver Rights and Responsibilities

Family peers understand the concept of [parity](#) and communicate to families that it is their responsibility to [advocate](#) for their loved one's [rights](#). They have a strong understanding of [HIPAA](#), including how HIPAA works for caregivers of [adults](#).

### Share Knowledge about Treatment Options

Family peers are not expected to be experts in all behavioral health diagnoses, but they do understand where to find resources for families about a variety of diagnoses—including [co-occurring diagnoses](#)—and treatment options, such as AACAP's [Diagnostic Resource Centers](#), [Facts for Families](#), and [Parents' Medication Guides](#) and SAMHSA's [FindTreatment.gov](#).

### Navigate Behavioral Health Systems

Family peers use their lived experience of navigating mental health and substance use systems to share [best practices](#) and [advocacy tips](#), and to [support families](#) as they navigate these systems together.

### Navigate Other Family-Serving Systems

Family peers know how to support families as they navigate a variety of family-serving systems, including:

- [Education](#)
- [Justice](#)
- [Healthcare](#)
- [Child welfare](#)
- [Housing](#)
- [Temporary Assistance for Needy Families](#) (TANF)