

WELLNESS & RESILIENCY

Supporting Holistic Well-Being

The first [Core Competency](#) for Certified Family Peer Specialists (CFPS) involves implementing self-care and resiliency-building practices to reduce burnout for themselves and teaching these skills and strategies to families.

Holistic Wellness Approach

Family peers understand that holistic wellness includes physical, social, mental, and spiritual well-being and work with families to reach their goals in each health domain. [Person-centered planning](#) is an essential skill for CFPS to master that supports this work.

Promoting Resiliency & Recovery

Family peers use a person-centered, strength-based approach to assist families in building self-confidence and self-esteem by identifying their strengths in order to make a plan to reach families' goals. CFPS model resiliency by sharing their stories and promote hope through use of the [recovery principles](#).

Trauma, Burnout, Wellness, & Parenting Skills Education

Family peers have a deep understanding of trauma, burnout, and compassion fatigue—and how they affect wellness and parenting. They offer families training on these topics, using strategies like the [Community Resiliency Model](#), to improve self-efficacy.

Self-Care & Community Care Strategies

Family peers are well-versed in self-care and community care practices, including mindfulness and holistic wellness strategies. The [Wellness Recovery Action Plan](#) is a tool CFPS often use to assist families in weaving these strategies into their daily lives.