

# Certified Family Peer Support Worker Training

## Course Syllabus

This training is the foundation for teaching the Certified Family Peer Support Specialist philosophy and skills. This training will introduce and teach the elements of the family peer support necessary to understand and implement the practice. Participants will be given the opportunity to practice the skills needed to be a family peer support specialist in the training. ***This training is a certification requirement and is provided by the CYFD Behavioral Health Services Family Engagement Team. The training is a 40-hour training commitment. Participants will be awarded a certificate of completion and 40 CEU's which will then allow them to become eligible to take the certification test.***

**The curriculum will address the following:**

**Parent Peer Support Practice Model Framework: Why is PPS Different?** Caregivers report that receiving emotional and instrumental support from a person who has similar experience is healing. Parent to parent peer support builds effective engagement and can facilitate more positive outcomes for a family. This one-to-one, face-to-face intensive work is usually provided in the family's home and community based upon the family's schedule and preference. Sessions and length of service varies based upon the needs of the family, programmatic guidelines and funding requirements.

- 1) Connect** - Presenting self as peer and establishing role with family
  - a. Establishing role as a peer (unique nature) – based on partnership, transparency, mutual accountability and appreciation of parent perspective
  - b. Understanding the family's story
  - c. Cultivating a stance of acceptance
  - d. Learning the family's culture
  - e. Developing the relationship
- 2) Discover** - Focus on understanding family level of need, strengths; identify family goals
  - a. Discovering strengths
  - b. Identifying intensity level of support needed, priorities
  - c. Addressing immediate need/situation
- 3) Support** – (child, parent, system) Main focus of PPS; focus on support of family across systems; developing and implementing a support plan and tasks; building collaborative relationships
  - a. Following the parent's /family's lead
  - b. Developing a support plan across areas of identified need with short/long term goals
  - c. Implementing tasks to reach goals
  - d. Increasing options

**4) Empower** -- Focus on empowering families and informing systems around family perspective, family voice and choice, and family-driven services

- a. Empowering families
- b. Informing systems

**5) Prepare** – Focus on transition from formal support and develop ongoing plan for support; acknowledge skills learned

- a. Transitioning from formal parent peer support
- b. Acknowledging goals achieved, celebrating success

**6) Take Care** -- Focus on PPS Provider self-care and maintaining role

- a. Establishing strategies for PPSP self-care