

Family Peer Support Worker

What is a Family Peer Support Worker? The Family Peer Support Worker (FPSW) supports parents and other primary caregivers to ensure that their voice is heard, that their preferences are incorporated into their children's plans of care, and that their natural support systems are strengthened. The FPSW helps families gain the knowledge, skills and confidence to effectively manage their own needs and ultimately move to more family independence. The FPSW serves as a role model demonstrating effective relationships, interactions, and behaviors, sharing his or her experience as appropriate to establish a bond based on similar experience.

The Family Peer Support Worker uses a strengths-based and culturally sensitive approach that recognizes individual youth and family identity, cultural history, life experiences, beliefs, and preferences.

What are the requirements to become a Family Peer Support Worker? Family Peer Support Workers are primary caregivers who have "lived-experience" of being actively involved in raising a child who experiences emotional, behavioral, mental health and/or substance use challenges. This includes young people with neurobiological differences as well as those diagnosed with a serious emotional disorder or substance abuse disorder.

How do you get certified? Family Peer Support Workers have experience navigating child-serving systems and have received specialized training to empower other families who are raising children with similar experiences. Specific requirements include:

- Successful completion of a 40 hour training program
- 18 years of age or older
- Valid New Mexico mailing address
- Valid New Mexico Driver's License
- High school diploma or GED
- Parent or other family member of a child or youth who has received a diagnosis of Serious Emotional Disturbance and has received mental health and/or substance use treatment and support services, before the age of 18.
- Ability to manage your own well being

What is the curriculum? The FREDLA Parent Peer Support Practice Model Training Curriculum 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 through the NM Credentialing Board of Behavioral Health Professionals.*

Full Practice Model

There are two options for training: Parent Peer Support Provider Training (PPSP) and Supervisor Training

Frequently Asked Questions (FAQ):

- **What trainings do I need to take if I want to become a Certified Family Peer Support Worker in New Mexico?** You will need to complete the 5 Day (40 hour) PPSP Training on Future trainings will be schedule by CYFD BHS.
- **What trainings do I need to take if I will be a Family Peer Support Worker Supervisor trained in the FREDLA Parent Peer Support Practice Model?** You will need to take the 3 Day PPSP Supervisor Training. Future trainings will be schedule by CYFD BHS.
- **What trainings do I need to take if I would like to become a trainer in the FREDLA Parent Peer Support Practice Model, in order to train future potential Certified Family Peer Support Workers in New Mexico?** Individuals approved by CYFD BHS will need to take all three weeks of training to include the PPSP Training, Supervisor Training and the Train the Trainer Training. Once you have completed the training you will receive up to 8 hours of coaching a month by FREDLA via virtual/phone. You will need to train a minimum of 2 trainings per year, coordinated with CYFD BHS, once you have completed the PPSP Train the Trainer curriculum in order to keep your trainer status. Train the Trainer Trainings are only offered once a year, if funding allows.

When is the training? Initial trainings are scheduled to occur quarterly for the Family Peer Support Workers and for the Supervisor Training.

Where is the training?

- Children, Youth and Families Department
300 San Mateo NE, Albuquerque NM 87108
8th floor/ Chile Room

Deadline for applications? Please contact Nicole Montoya-Jones for upcoming trainings and for deadlines for applications.

Who to contact if interested?

Please contact CYFD BHS Family Engagement Specialist for application to attend any of the trainings noted above:

Nicole Montoya-Jones (505) 795-0261 nicole.montoyaiones2@state.nm.us

Behavioral Health Services (505) 827-8008

