

## What is Family Peer Support?

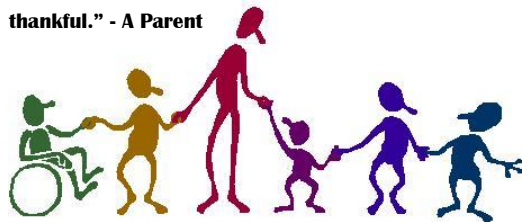
Family Peer Support Services are an array of services and supports provided to families raising a child or young adult up to age 19 who is experiencing social, emotional, addiction, or behavioral health challenges in their home, school, community and/or placement.

Family Peer Support Services are provided by a trained and credentialed Family Peer Support Specialist (FPSS) who is uniquely qualified to work with families based on his/her personal experience parenting a child with similar needs and the specialized training they receive. This service can be provided through individual, group or other settings that fits a family's needs. Primarily funded through Medicaid.

This service provides a structured, strength-based relationship between a credentialed Family Peer Support Specialist and the parent/caregiver for the benefit of the child/youth.

The purpose of this service is to support the parent/caregiver and enhance their skills so they can promote positive youth functioning and their child's ability to live successfully in their community.

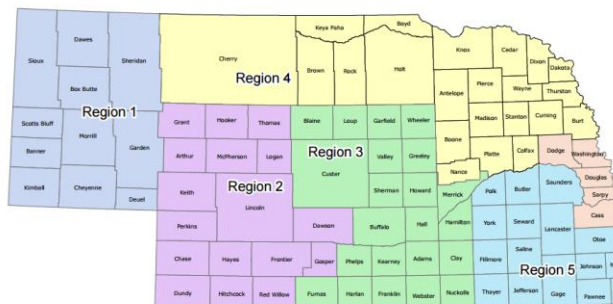
"Family support means that I am not alone. Others have walked in my shoes, have learned a few things and are able to share that with me and for that I am thankful." - A Parent



For Information on Family Peer Support or to make a referral, contact:

### Region 1 & Region 2

Family Peer Support specialist/Program Manager  
dturner@irnebraska.org 308-746-4728  
FAX 308-708-2397  
FAME@irnebraska.org



Deputy Program Director Independence Rising  
mstockwell@irnebraska.org 308-641-8449  
Director Independence Rising  
ibritt@irnebraska.org 308-258-1914

\*GOTHENBURG  
910 AVE F  
GOTHENBURG NE 69138  
308-537-4332

\*SCOTTSBLUFF  
1930 E 20<sup>TH</sup> PLACE  
SUITE 200 D  
SCOTTSBLUFF NE 69361  
308-633-7025

\*NORTH PLATTE  
2321 Rodeo Rd  
NORTH PLATTE NE 69101  
308-537-4332

#### OFFICES AVAILABLE BY APPOINTMENT

\* CHADRON 308-258-1914  
\* MCCOOK 308-258-1914



# F.A.M.E.

(Family, Advocacy, Mentoring & Empowerment)

## Family Peer Support

*For families, With Families*



A program of Independence Rising.

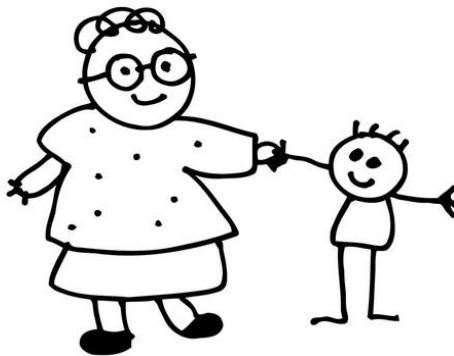
## Principles of Family Peer Support Services

- ❖ **Is Individualized.** Tailored to the specific needs of parents and families; demonstrates willingness to continuously assess and learn about families' needs, incorporating what is learned into working flexibly with them.
- ❖ **Makes Connections.** Facilitates connections to services, agencies, activities, training, and other families.
- ❖ **Is Respectful and Culturally Competent.** Listens without judgment to families' ideas, preferences, and decisions and acknowledges families' struggles, efforts, and successes; accepts and honors differences.
- ❖ **Builds Skills.** Creates a safe environment that fosters growth and empowerment; develops competent mental health consumers through training, mentorship, and activities. Builds Knowledge.
- ❖ **Provides current information, resources, and appropriate interventions to help parents in their own decision-making.**
- ❖ **Is Engaging.** Invests in parent involvement and actively partners with families.
- ❖ **Solution Focused.** Focuses on identifying needs and solutions, bridges successes of the past and options for continued success.
- ❖ **Focuses on Outcomes and Success.** Goal oriented, hopeful, and encouraging; monitors outcomes in line with what families want.
- ❖ **Broadens Horizons.** Expands possibilities for parental involvement at multiple levels and cultivates a community of peer support.
- ❖ **Promotes Advocacy.** Informs policymakers and providers as part of a larger advocacy community.

## What are Family Peer Support Services?

There are six categories of Family Peer Support Services. A Family Peer Support Specialist has the capacity to offer all six categories of services based on the individual needs and preferences of the family.

1. Outreach and Information
2. Engagement, Bridging and Transition Support
3. Self-Advocacy, Self-Belief, and Empowerment
4. Community Connections and Natural Supports
5. Parent Skill Development
6. Promoting Effective Family-Driven Practice



“My Family Peer Advocate helped me help my children. She is a parent of a child who has challenges, and she understood me in a way only someone who has been there could” - A Parent.

“As a Family Peer Advocate, I have learned that sharing my experiences as a parent who has been through similar circumstances creates an instant trust with the families I work with. “- A Family Peer Advocate

## Who Provides Family Peer Support Services?

A Nebraska Credentialed Family Peer Support Specialist (FPSS) delivers Family Peer Support Services for families whose children have been involved in many systems including mental health, addiction, special education, juvenile justice, and child welfare. Family Peer Support specialists have lived experience as a parent or primary caregiver who has navigated these multiple child serving systems on behalf of their child(ren).



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Establishing a unified voice for families of children and youth with social, emotional, and behavioral health challenges with cross systems needs

