

PA CARE PARTNERSHIP County Collaborative Monthly Call

Family Peer Support Specialist

November 27, 2018

Please enter your name and email address in the chat box.

Agenda

The PA Care Partnership, in collaboration with Office of Mental Health and Substance Abuse Services and various other SAMHSA grants is supporting the implementation of Family Peer Support Specialist training around the Commonwealth. This is a new service to the Commonwealth, and is not yet billable to Medicaid. You are invited to learn about the service, hear about the certification process through the PA Certification Board, and hear about updates related to the future funding of this service. Through this interactive learning experience you can be on the forefront of this family driven service.

- **Overview of the Family Peer Support Specialist (FPSS) Training**
- **Overview of the proposed Certification Process**
- **Future for Family Peer Specialist Training**

FAMILY PEER FOUNDATION IN PENNSYLVANIA

Curriculum developed and owned by Family Run Executive Directors Leadership Assoc. (FREDLA); purchased by PA as the approved state family peer support specialist curriculum for families raising children with mental health issues, ages 0-26.

Funded by PA Care Partnership, Philadelphia SOC, and the CCBHC.

Train the Trainer provided for statewide FPSS trainers

TA provided by FREDLA as needed

Coach Credentialing of trainers provided for one year by FREDLA

Why Consider Family Peer Support

Family Strengths:

**Often trust one another more than the system;
Are driven by experiences and a passion;
Feel ownership through involvement;
Are easier to work with as partners;
Can reduce demands on systems partners;
Bring new perspectives to the table.**

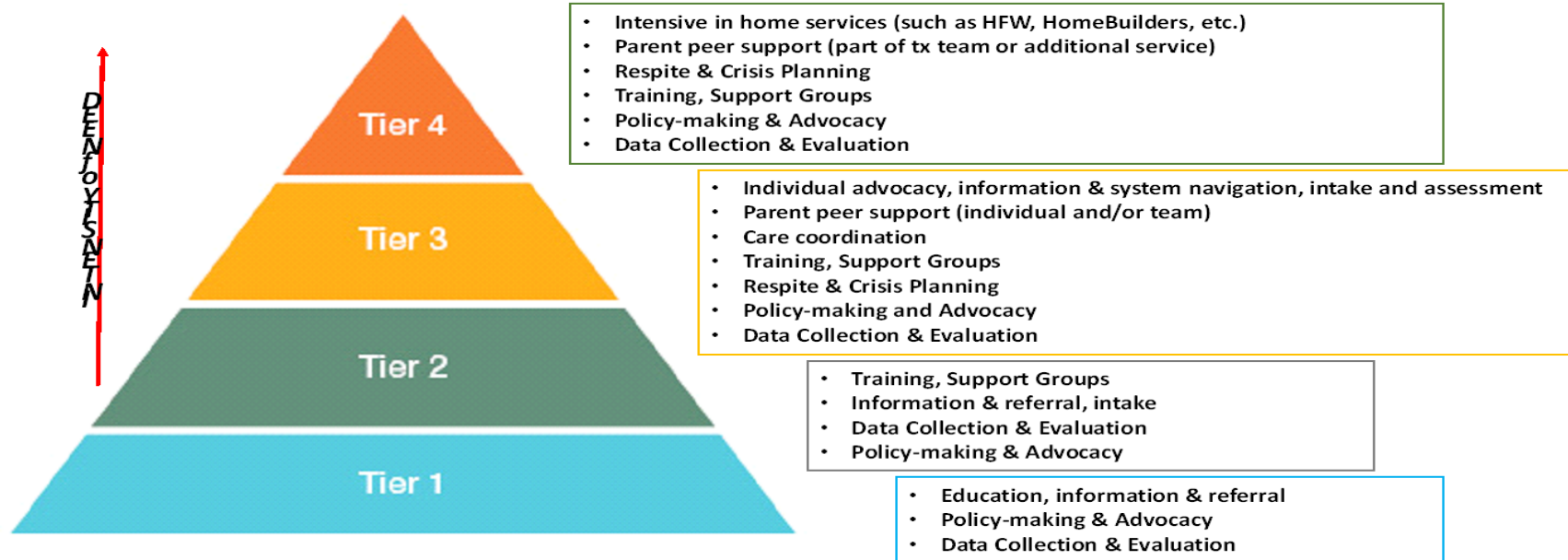


A FPSS is a person who is or has been the primary caregiver of an individual which includes children, youth or young adults experiencing emotional, behavioral or co-occurring challenges and can articulate the understanding of their experience with another parent or family member.

Where Family Peer Support Can Be Used

Family peer support has been used in many locations, but is not limited to, these locations:

Roles for Parent Peer Support Providers Based on Intensity Level of Service Need/Use



fredla

What is the Role of a Family Peer Support Specialist

Family peer support is, but is not limited to, these activities:

- **Providing empathetic listening and emotional support;**
- **Assisting families in navigating systems;**
- **Supplying information about child-serving systems, children's behavioral health, and community resources';**
- **Rendering advocacy support;**
- **Encouraging self-care activities;**

What is the Role of a Family Peer Support Specialist

Family peer support is, but is not limited to, these activities: (Continued)

- **Facilitating caregiver engagement with service providers;**
- **Modeling collaboration between families and systems;**
- **Engaging in safety and care planning; exploring and eliminating barriers to care plan follow-through;**
- **Offering skill-building for caregivers that enhances resiliency, communication, advocacy and other areas affecting the ability to maintain a individual with complex needs in the home, school and community**

FPSS Training

- **The FREDLA Parent Peer Support Practice Model (PPSP) is the training curriculum, but for this discussion we will referring training and model to the Family Peer Support Service.**
- **The initial FPSS core practice model is 5 days, 40 hours, of training, typically split up into 2 weeks, in the core competencies and skill sets necessary to provide effective, professional and meaningful family peer support.**
- **The training teaches the FPSS how to provide support to the family by doing with and not for.**

Pennsylvania FPSS Training Process

The Parent Peer Support Practice Model (Developed and Licensed by FREDLA) training provides the basic framework for implementation of family peer support, regardless of role or position.

- The Parent Peer Support Provider Practice (PPSP) Model training consist of 6 modules:
 - **Connect**- Presenting self as a peer and establishing a role with family. Establishing role as a peer (unique nature) – based on partnership, transparency, mutual accountability and appreciation of parent perspective
 - **Discover** - Focus on understanding family level of need, strengths; identify family goals
 - **Support** – (child, parent, system) Main focus of PPS; focus on support of family across systems; developing and implementing a support plan and tasks; collaborative relationships
 - **Empower** -- Focus on empowering families and informing systems around family perspective, family voice and choice, and family-driven services
 - **Prepare** – Focus on the transition from formal support and develop an ongoing plan for support; acknowledge skills learned.
 - **Take Care** -- Focus on PPS Provider self-care and maintaining role. Establishing strategies for PPSP self-care.

Requirements to Participate in the FPSS Training

- ❑ A FPSS is a person who is or has been the primary caregiver of a child, youth, or young adult experiencing emotional, behavioral or co-occurring challenges and can articulate the understanding of their experience with another parent or family member.
- ❑ An application must be submitted that includes a resume and letter of recommendation.
- ❑ A passion and commitment to walk with families through their journey
- ❑ Provide a non-judgmental, family driven and strength based approach
- ❑ Collaborate with systems and families to assist in addressing the strengths and needs of the family
- ❑ The ability to be objective



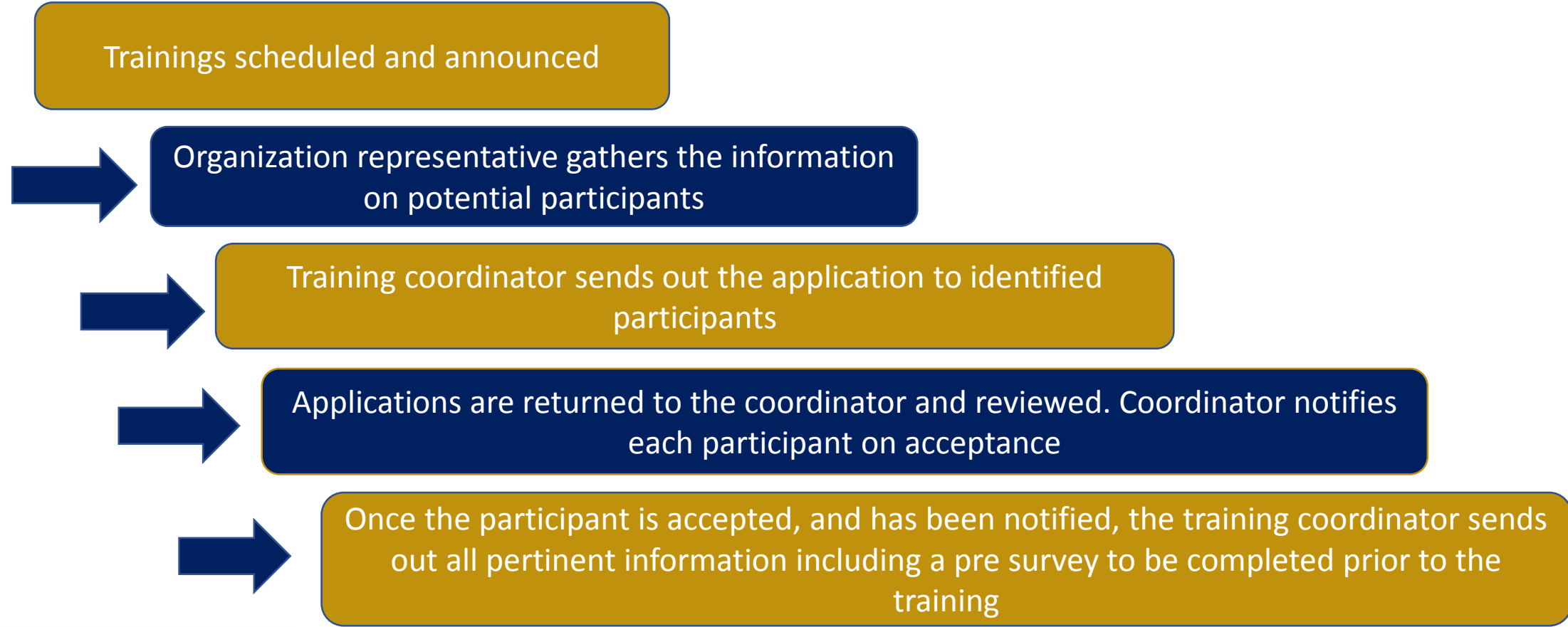
PA FPSS Training



- The PA FPSS learns the skills needed to help a family become empowered and engaged in becoming the best advocate for their family.
- The model professionalizes the role of a Family Peer Support Specialist.
- Affinity groups will be available to support to the workforce.
- Once the training is successfully completed the participant receives a certificate of completion.
- PPSP Training is the core mandatory training for certification.
- Additional training will be a requirement of the certification and ongoing training for re-certification.

Family Peer Support Specialist Training Model

The current process.....



- **Brief review of Pennsylvania Family Peer Support Providers Supervisor skill sets, developed by FREDLA.**

Focus on skills needed to effectively supervise and support the FPSS role and work

Skill sets:

- 1. Creating a supportive environment**
 - 2. Ensuring fidelity and accountability to the PPSP role**
 - 3. Providing opportunities for growth and development**
- **Developmental approach to supervision, performance, and professional growth of the FPSS vs clinical supervision approach**
 - **The Supervisors training is 3 days approximately 20-24 hours.**
 - **Supervisors are not required to have lived experience.**

OMHSAS Policy, Planning and Program Development

Certification Stakeholder Workgroups

- ☐ Collaboration with the PA Certification Board
- ☐ Developed application for focus group

Family Peer Support Workgroup

- ☐ Developed application for training of Family Peer Support and Supervision training
- ☐ Provided suggested edits and recommendations for certification document
- ☐ Data collection
- ☐ Workforce development

What is required to receive a FPSS Certification from the PA Certification Board

- **Standards**
- **Education**
- **Letters of Reference**
- **Statement of Lived Experience**
- **Recertification Requirements**
- **Training Requirements**

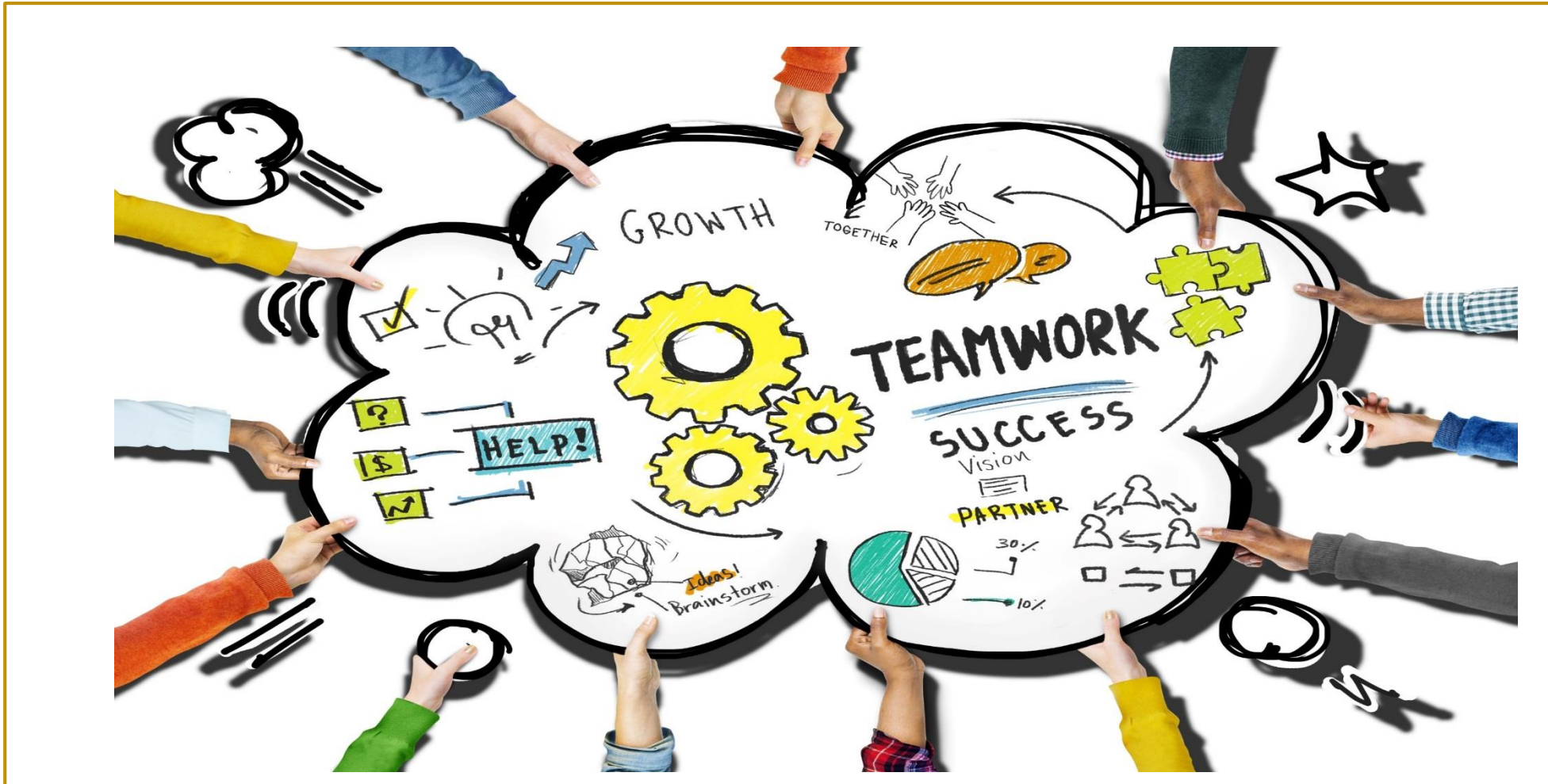
- **Ethics**
- **Definition of a Family Peer Support Specialist**
- **Content Outline that details the role of the FPSS's**
- **Test/Portfolio TBD**

OMHSAS Policy, Planning and Program Development

- ☐ **Will continue to work with the PA Certification Board**
- ☐ **Will look at the current peer support language in Pennsylvania State Plan to determine if Family Peer Support Services can be added into current language.**

What's happening... **Family Peer Support is a growing profession nationally**

- **Families hired to work with other families across systems**
- **Based on life experience**
- **Peer to peer support that facilitates effective service connection**
- **Modeling of advocacy and collaboration skills**
- **Fulfilling variety of roles, infusing family voice at all levels of service delivery**





We are Better Together

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Youth and Family Training Institute



“If your actions inspire others to **dream more, learn more, do more and become more,** you are a leader.”

John Quincy Adams.