

PARENT PEER SUPPORT MODEL DESCRIPTION

Parent Peer Support (PPS) is a peer-to-peer approach to working with parents/caregivers of children with emotional, behavioral, and/or mental health challenges. PPS is provided by a parent/caregiver with the lived experience of caring for a child or youth with similar challenges, and who has received training to use their experience in supporting other parents/caregivers/families. PPS providers work individually with families and as part of a team supporting a family. They receive regular supervision and often have access to clinical consultation to assist with more complex mental health situations.

Provided in a variety of venues, this service may include, but is not limited to the following activities:

- providing empathetic listening and emotional support;
- assisting families in navigating systems;
- supplying information about child-serving systems, children's behavioral health and development, and community resources;
- rendering advocacy support;
- encouraging self-care activities;
- facilitating familial engagement with service providers;
- modeling collaboration between families and professionals;
- engaging in safety and care planning;
- exploring and eliminating barriers to care plan follow-through; and
- offering skill-building for parents that enhances resiliency, communication, advocacy and other areas affecting the ability to maintain a child with complex needs in the home, school and community.