



# Parent Peer Support Activities

Parent peer support (PPS) is a caregiver to caregiver approach to supporting families caring for children, youth and young adults with mental health or substance use challenges. PPS is provided by a parent or caregiver with lived experience who is trained to assist other families by providing support, identifying resources, and facilitating access to services for the child and family. PPS can be offered individually or as part of a team. While the focus is supporting the child's parent or caregiver, parent peer support providers may also provide assistance to other members of the family. PPS builds effective engagement and can facilitate more positive outcomes for a family. It is a critical piece of any service array.



## Connect

Connect with the family through shared lived experience



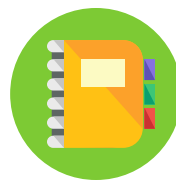
## Engage

Engage in policy-making & advisory groups



## Support

Reduce isolation, provide validation and foster resiliency



## Educate

Provide education, information, problem-solving and skill-building



## Navigate

Facilitate access to services and supports for the child and family



## Evaluate

Participate in evaluation, research, & CQI activities



## Train

Provide training for families, providers and communities



## Advocate

Model effective advocacy and collaboration skills