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* FREDLA member organizations receive discounted costs for curricula, training, and coaching. *

Parent Peer Support Practice Model

Connect * Discover * Support * Empower * Prepare * Take Care



Parent Peer Support Practice Model Overview

Parent Peer Support – Core competencies and skills

Parent to parent peer support builds effective engagement and can facilitate more positive outcomes for a family. This one-to-one, face-to-face intensive work is provided by trained caregivers with lived experience and usually offered in the family's home and community based upon the family's schedule and preference. Sessions and length of service varies based upon the needs of the family, programmatic guidelines, and funding requirements. Parent Peer Support Providers (PPSPs) can be employed in positions across the spectrum of service intensity levels, from trainers and community education to individual parent support and care coordination, to functioning the member of a treatment team in a residential or inpatient setting. Regardless of their position or service program, it is important that PPSPs receive training on the core competencies and skills sets of parent peer support. The FREDLA PPS Practice Model offers this essential training, as well as training in effective supervision of the PPSP workforce and coaching for trainers of the Practice Model.

Training for Supervisors

Supervision is a key component in the success of Parent Peer Support Providers. Supervisors must employ a developmental approach that promotes the unique lived experience of the PPSP and encourages ongoing professional development. This curriculum addresses supervisory skills that will support the work of the PPSP, including creating a supportive environment, maintaining fidelity and accountability to the PPSP role, workplace wellness, and opportunities for growth and advancement. Suggested strategies, best practices and tools are provided for use in individual supervision.

The modules with skill sets covered in the Supervisor curriculum are outlined below.

- I. Introduction to parent peer support (PPS) and the PPS workforce
- II. The six phases of Parent Peer Support (Connect, Discover, Support, Empower, Prepare and Take Care) and skill sets required in each phase
- III. Organizational readiness strategies
- IV. Effective supervision and support of the PPSP
 - a. Supervision as a developmental process
 - b. Creating a supportive and productive workplace environment
 - c. Supervision strategies – basics and tools for use in supervision in three core areas (family work, performance, and professional growth)