

# The Value of National Family Peer Specialist Certification

*National certification enhances alignment in the  
family peer workforce!*



- Uniformity of Core Knowledge
- Aligned Standards and Scope of Practice
- Continuing Professional Development and Credibility Ensured
- Ethical Practices Promoted

## ***Benefits for the Family Peer Specialists***

National certification indicates professional readiness.

- Reliable Examination  
Demonstrates Mastery of  
Core Competencies that  
Prepares FPS for Career
- Professional Recognition and  
Acceptance
- Increased Job Opportunities



Visit [www.ffcmh.org/certification](http://www.ffcmh.org/certification) to learn more.

# Why Family Peer Specialists Are Essential



Family Peer Specialists (FPS) are parents, family members, or caregivers who have or had responsibility parenting a child or as a primary caregiver for another family member experiencing mental health and/or substance use challenges. They can speak about and **use their lived experience to support other families** to advocate for their child's or family member's well-being, supporting them in navigating systems, and offering other necessary resources.

## Peer Support

FPS have the unique ability to connect with family members to:

- reduce isolation
- normalize lived experiences
- encourage hope
- share successes
- offer resources

*This allows providers to focus on direct services.*

## Well-Being Strategies for Family Members

FPS offer families strategies that can reduce their need for additional services, including:

- self-care
- positive parenting
- conflict resolution
- crisis prevention

## Systems Navigation

FPS assist families in accessing support from child, adult, and family serving systems.

Increased use of FPS can lead to more effective systems collaboration and increased family well-being.

## Family-Driven Approach

FPS support families to become confident advocates for family-driven systems.

When families' voices are heard during decision-making and evaluation, systems evolve to become more effective—resulting in satisfied families reaching their goals.

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# How to Become a Nationally Certified Family Peer Specialist



**Complete 88 hours of training**  
in the

5 CFPS Core Competencies:

1. Wellness and Resiliency
2. Effecting Change
3. Resources and Natural Supports
4. Systems Knowledge and Navigation
5. Professional Responsibilities



**Prepare a narrative of your lived experience** as a parent, family member, or caregiver who has or had responsibility parenting a child or as a primary caregiver for another family member experiencing mental health and/or substance use challenges for the **CFPS Application**, completed online.



**Complete 500+ hours of paid or volunteer family peer support work.** 20+ hours of this must be supervised. Most family peers work full-time for a family-run organization, health care provider, or other organization offering family peer support for about one to two years before qualifying for national certification.



**Pass the national certification exam**, which is 120 questions in 120 minutes. This computer-based exam can be taken at local testing centers in your state.

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