

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.

01

Reliable Examination Demonstrates Mastery of Core Competencies that Prepares FPS for Career

02

Professional Recognition and Acceptance

03

Increased Job Opportunities



Why Family Peer Specialists Are Essential



Family Peer Specialists (FPS) are parents, family members, or caregivers who have or had responsibility parenting a child across the lifespan 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.



HOW TO BECOME A NATIONALLY CERTIFIED FAMILY PEER SPECIALIST

1

Complete 88 hours of training in the 5 CFPS Core Competencies:

- Wellness and Resiliency
- Effecting Change
- Resources and Natural Supports
- Systems Knowledge and Navigation
- Professional Responsibilities

2

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

3

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.

4

Pass the national certification exam, which is 120 questions in 2 hours 15 minutes. This computer-based exam can be taken at local testing centers in your state.