

# The Value of National Family Peer Specialist Certification

## *Benefits for the Field of Family Peer Support*

National certification puts us all on the same page.



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

## *Benefits for the Family Peer Specialists*

National certification indicates professional readiness.

- Security and Confidentiality
- Reliable Examination
- Professional Recognition and Acceptance
- Increased Job Opportunities



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

# Why We Need Family Peer Specialists



Family Peer Specialists (FPS) use their **lived experience** navigating child- and family-serving systems to support their children experiencing mental health, substance use, emotional, and/or behavioral challenges to help other families access effective support.

## Peer Support

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

- help them feel heard
- normalize challenges
- share successes
- provide resources

*This allows clinicians to focus on direct services.*

## Well-being Strategies for Family Members

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

- self-care
- management of specific diagnoses
- conflict resolution
- crisis prevention

## Systems Navigation

FPS help families access support from education, mental health, justice, housing, and more systems.

Increased use of FPS can lead to more effective systems collaboration and families' holistic needs getting met, at less cost to systems and government.

## Empowerment

FPS coach 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 and employees.

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# How to Become a Nationally Certified Family Peer Specialist

1

**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
5. and Navigation
6. Professional Responsibilities



2

**Prepare a narrative of your lived experience** as a parent or primary caregiver of a child—across the lifespan—experiencing emotional, developmental, behavioral, 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 120 minutes. This computer-based exam can be taken at local testing centers in your state.

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