

# Family Peer Support

## Talking Points



Provides peer to peer support for families, reducing feelings of isolation and guilt and increasing protection against chronic stress



Provides support for early intervention, diagnosis, and treatment reducing the risk of substance use and improving health outcomes



Provides support in communities across the state including urban, rural, frontier, and tribal lands



Provides uninterrupted care during transitions, covers the gaps in services, and gives access to after-hours support reducing the use of crisis services



SAMHSA included Family Peer Support in their recently published National Model Standards for Peer Support Certification

# CHARACTERISTICS OF FAMILY PEER SUPPORT

- Focuses on the parent/caregiver while other care team members focus on the child
- Critical service that can be provided within any child-serving system, including:
  - mental health centers
  - pediatric clinics
  - foster care programs
  - juvenile courts
  - emergency rooms
  - schools
  - state and local government entities
  - therapy clinics
  - residential treatment programs
- Grounded in lived experience
- Builds effective engagement and can facilitate more positive outcomes for families
- Communicates active acceptance
- Based on strategic self-disclosure
- Partnered with rather than delivered to parents/caregivers
- Encourages and supports parents/caregivers to achieve their own identified outcomes
- Suspends bias and blame
- Holds a relational stance of mutuality and respect in all interactions with parents/caregivers
- Specialized training
- Links with others in collaborative problem solving

## SIMILARITIES AND DIFFERENCES AMONG PEER SUPPORT MODELS

	BEHAVIORAL HEALTH PEER SUPPORT	FAMILY PEER SUPPORT
Peer Support is Provided By	An individual over 18 who has lived experience and is in recovery from a behavioral health disorder (includes mental illness & SUD)	A parent/caregiver with lived experience raising a child under 21 with a behavioral health challenge and/or special healthcare need
Population Served	An individual over 18 with a behavioral health diagnosis (includes mental illness & SUD)	A parent/caregiver currently raising a child under 21 with a behavioral health challenge and/or special healthcare need
Who has the diagnosis?	The individual	The child
Who does the peer supporter work with?	The individual	The parent/caregiver
Montana State Certification	Yes, in 2017	Currently seeking through legislation
Medicaid Billable	Yes, in 2019	Currently seeking through legislation
Standardized Training Requirements	Yes, set by the Montana Department of Labor & Industry Board of Behavioral Health	No

# VALUE OF FAMILY PEER SUPPORT

## CYSHCN

Children and Youth  
with Special Health  
Care Needs

Includes:

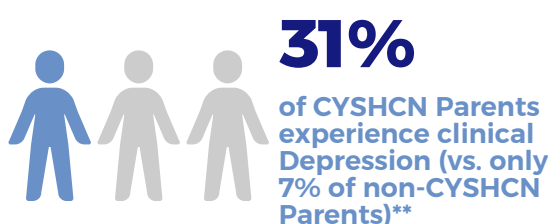
Mood Disorder Neurodiversity  
Depression/Anxiety  
Intellectual & Developmental Disability  
Autism Physical Disability  
Genetic Disorder ADHD  
Behavioral Health Challenge

## Family Peer Support

A  
parent/caregiver  
with lived  
experience raising  
a child with a  
behavioral health  
challenge and/or  
special healthcare  
need who provides  
support to another  
parent/caregiver  
currently raising a  
child with similar  
healthcare needs.



\*<https://mchb.tvisdata.hrsa.gov/Narratives/IIBFiveYearNeedsAssessmentSummary/50a3882e-43c3-415b-9688-63bef302ab61>



\*\*<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0219888#pone-0219888-t005>

## Benefits to Families \*\*\*

Increased Family Engagement  
Increased Caregiver Knowledge  
Increased Family Empowerment  
Increased Social Resources

Decreased Parental  
Anxiety & Family Stress

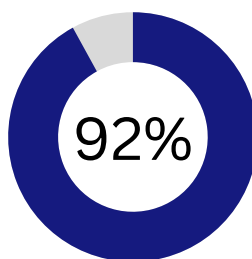
\*\*\*<https://sites.utexas.edu/mental-health-institute/files/2016/05/FV-April-5-Infographic.jpg>

Support includes  
active listening,  
emotional  
support, help  
navigating  
systems, and  
connection to  
resources.

## History of Family Peer Support

- National Certification was established in 2012
- As of 2020, 28 states have certification\*\*\*\*
- Including Washington, Utah, Colorado, Oregon, North Dakota, & Idaho

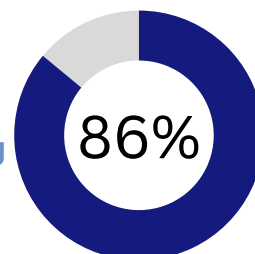
\*\*\*\*[https://c4innovates.com/brsstacks/BRSS-TACS\\_State-by-State-Parent-Peer-Support-Training-Directory\\_2020.pdf](https://c4innovates.com/brsstacks/BRSS-TACS_State-by-State-Parent-Peer-Support-Training-Directory_2020.pdf)



of Families Surveyed\*\*\*\*\*

feel the quality of their family's life  
has GREATLY IMPROVED or  
SLIGHTLY IMPROVED since  
meeting with a Family Peer  
Supporter

feel the quality of their child's care  
has GREATLY IMPROVED or  
SLIGHTLY IMPROVED since meeting  
with a Family Peer Supporter



\*\*\*\*\*as of 11/28/23 with 131 families surveyed

"Having support through this program helps me more than I can express. I'm in a rural area, single mom, I commute 2 hours daily, no local support groups nor time to attend. Family Peer [Support] is life changing and deeply appreciated."  
-CYSHCN Parent

# Benefits of Family Peer Support



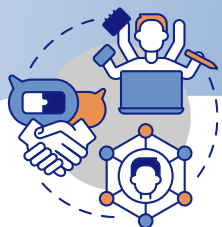
## To the Family

connection to others with similar experiences  
 gain skills/knowledge  
 promote natural supports and resiliency  
 non-judgemental emotional support  
 community resources  
 positive family engagement  
 needs met  
 improved mental health and well-being  
 reduction in stress and increased self efficacy  
 hope



## To the Child

advocacy  
 uninterrupted care during transitions  
 support in recovery  
 healthier family relationships  
 increased school completion  
 job and education assistance  
 reduction in symptoms  
 better outcomes



## To the Providers

engaged family working with the care team  
 less use of acute care  
 lower costs  
 better patient outcomes  
 early diagnosis and treatment  
 fewer missed appointments  
 increased quality of care  
 increased family satisfaction



## To the System

people with lived experience within the system  
 advocacy within the system  
 growing behavioral health/CYSHCN workforce  
 alleviation to current workforce shortages  
 increased fidelity for peer support  
 reduced lengths of stay in out of home placements  
 improved access to care  
 fewer uninsured children  
 less reliance on formal systems



## Financial Return on Investment

1 parent  
interaction with a  
Family Peer  
Supporter saves  
MT...

\$132.60

That is a yearly  
savings of ...

\$275,005.97

Every year, 1  
Family Peer  
Supporter saves  
MT...

\$100,002.39

Total MT  
Medicaid Dollars  
Saved per Year...

\$244,755.31

For every Family  
Peer Supporter,  
MT Medicaid  
saves annually...

\$97,902.12