



Contact us:



IowaPeerSupportTraining.org



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Visit our website for:

- Training Information
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- Tools & Resources for Peer & Family Peer Support Specialists
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Developed in collaboration with the University of Iowa's (UI) Division of Child & Community Health, the UI School of Social Work's National Resource Center for Family Centered Practice, NAMI Iowa, ASK Resource Center, and in consultation with individuals and families living with mental health illness, Peer & Family Peer Support Specialists, providers, and nationally recognized experts in the fields of peer support and mental health training.

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Iowa Peer & Family Peer Support Specialist Training Program



Providing

- Competency-based training to Iowa's Peer Support Specialist & Family Peer Support Specialist workforce
- Technical assistance to the providers and agencies integrating this important role into the behavioral health services they provide

What is a Peer Support Specialist?

Peer Support Specialists (PSS) use their lived experience of recovery from mental illness, plus skills learned in formal training, to deliver services in behavioral health settings to promote mind-body recovery and resiliency (SAMHSA).

What is a Family Peer Support Specialist?

Family Peer Support Specialists (FPSS) use their lived experience as a parent or primary caregiver of a child with a serious mental illness, plus skills learned in formal training, to deliver services that assist parents/caregivers in navigating the behavioral health and education systems.

Is Continuing Education required for PSS and FPSS?

Peer & Family Peer Supports Specialists are required to complete 20 hours of continuing education to comply with recertification requirements. We provide continuing education on a variety of topics related to the knowledge, ability and skills required to provide exemplary peer and family peer support services.



Peer Support Specialist Training

The 40-hour training requires successful completion of online and in-person training, which includes the following topics and skills:

- History of the Peer Support Movement
- Challenging Stigma
- Five Stages of Recovery
- Role of the Peer Support Specialist
- Strengths & Resilience
- Trauma-Informed Care Principles
- Ethics & Boundaries
- Wellness & Self-Care
- Advocacy (individual and system)
- Engagement Skills (active listening, effective use of personal recovery story, navigation of resources, cultural competency)
- Activation & Self-Management Skills (problem solving, goal setting, shared decision-making, Action Planning for Prevention and Recovery)

Grounded in adult learning principles, this training:

- Covers competencies for Peer Support Specialists set by Mental Health America and SAMHSA
- Trains to the Iowa Peer Support Specialist Scope of Practice
- Meets quality training standards
- Prepares participants for certification by the Iowa Board of Certification

Supervisor Training

We provide training to supervisors of Peer & Family Peer Support Specialists which includes:

- Peer/Family Peer Support Supervisor Competencies
- Strengths and Challenges of the Peer Workforce
- Human Resource Strategies
 - Peer & Family Peer Support Specialist Scope of Practice
 - Job Descriptions
 - Hiring Practices
- Peer/Family Peer Support Supervision Best Practices
- Competency-Based Supervision
- Reflective Supervision Strategies

Technical Assistance

We provide technical assistance to Iowa behavioral health providers to plan, implement, and/or strengthen their peer/family peer support programs. We can also provide guidance about assessing program effectiveness. We offer a menu of technical assistance services which can be provided onsite, via distance technology, or by providing tools and resources to achieve agency goals, including:

- Partner to design a program to install or expand peer support
- Help prepare the organizational culture for introduction/expansion of peer support
- Develop or refine the peer/family peer support role to best meet client needs
- Offer guidance for recruitment, hiring and retention efforts
- Provide tailored training/consultation to peer/family peer support supervisors



Family Peer Support Specialist Training

The 48-hour training requires successful completion of online and in-person training, which includes the following topics and skills:

- System of Care & Shared Decision-Making
- Role of the Family Peer Support Specialist
- Ethics & Boundaries
- Laws & Regulations affecting families
- Professionalism: Supervision, Documentation, Reimbursement and Funding
- Cultural Competency
- Understanding Mental Illness
- Special Education
- Wellness & Self-care
- Trauma-Informed Care Principles
- Parenting
- Communication Skills (active listening, sharing personal resiliency story, conflict management)
- Advocacy Skills (coaching, goal setting, offering resources)
- Assisting the Family (offering resiliency and hope, problem solving, crisis planning)

Grounded in adult learning principles, this training:

- Covers competencies set by the National Federation of Families for Children's Mental Health
- Trains to the Iowa Family Peer Support Specialist Scope of Practice
- Meets quality training standards
- Prepares participants for certification by the Iowa Board of Certification