

# PARENT AND GUARDIAN INFORMATION

## FAMILY PEER SUPPORT SERVICES



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### What is Family Peer Support?

Parenting isn't easy, but it can be harder when raising a child with mental health needs.

Family Peer Support specialists aid parents and caregivers by giving emotional, moral support, and resource help. Like people they serve, they have or are caring for a child with a mental health issue.



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### Why is Family Peer Support (FPS) important?

Because you don't have to do it alone.

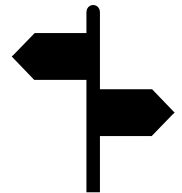
Studies show that Montanans raising children with these needs often put aside their own needs to focus on those of their child. Sadly, this can cause more stress for the whole family. FPS specialists help with the adults' needs, which can improve life, well-being, and healthy futures for both the grown-ups and the kids.



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### Where can I/we get services?

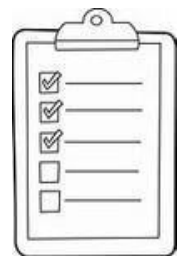
Two Montana sites are taking new clients – one covers the entire state – Mental Health America – and another is in Yellowstone County – St. John's C.A.R.E.S. – through a two-year pilot project the Department is testing out to help families thrive. See the next page for links, contacts, and FPS services separate from the pilot.



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### Does my family qualify? How much does it cost?

FPS through these pilot sites are grant-funded and no cost to families, as long as they have a child under the age of 21 with a mental health challenge or signs of one. If your child has not yet received a diagnosis but you believe they may have a mental health condition, you can receive FPS services from the pilot sites.



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### Can I become a Family Peer Support Specialist too?

Yes! You can use your experience to help others!

If you are raising/ have raised a child with mental health or other support needs, you are likely eligible to take training, apply and become a certified FPS. See links on the next page to learn more.



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## FPS Pilot Sites - Seeking clients!

<sup>1</sup> Mental Health America of Montana

MHA offers FPS statewide virtually with some in-person options. Call or text (406) 518-1132 or visit <https://www.mhaofmt.org/general-8-2>

<sup>2</sup> St. John's C.A.R.E.S

St. John's FPS pilot serves Yellowstone, Big Horn, and Carbon Counties. Call (406) 655-5427 or email Jamie Rettig at [jrettig@stjohnsunited.org](mailto:jrettig@stjohnsunited.org)

## FPS Training and Certification

- Family Peers for Hope - This training meets Montana's Family Peer Support Specialist state certification standards. Visit <https://www.familypeersforhope.org/training>.
- Certification for Family Peer Support Specialists is overseen by the Montana Board of Behavioral Health under the Montana Department of Labor and Industry. Learn more at <https://boards.bsd.dli.mt.gov/behavioral-health/certified-behavioral-health-peer-support-specialist>.