



# Family Peer Support Program



***Presented by:*** Jenny Bridges, Executive Director  
and Carolyn Westerholm, Director of FPSS Program

# Overview

- **FAVOR Background, Philosophy & Mission**
- **FAVOR Programs & Family Peer Support**
- **Family Peer Support Specialist Services**
- **Outcome Data (FY24)**
- **Questions**

# Background

## *“Advocate. Empower. Lead.”*

### FAVOR, Inc.

- ▶ Incorporated in 2002
- ▶ FAVOR offers a single place for families to find assistance & training
- ▶ FAVOR is a Connecticut state affiliate organization of the National Federation of Families for Children’s Mental Health



# Our Mission & Purpose

- Our **mission** is to empower families so that they can effectively advocate on behalf of their children and access family-driven and culturally sensitive services that improve child outcomes and family well-being.
- FAVOR offers a single place for families with children who have mental, behavioral and special health care challenges to find information, assistance and training.
- Our philosophy exemplifies our key core values: family empowerment, mutual respect, accountability, and partnership.



# FAVOR Programs



## **FAMILY PEER SUPPORT SPECIALISTS (FPSS)**

Provides direct services to families in need.



## **FAMILY SYSTEMS MANAGERS (FSM)**

Create integrated networks of care that champions the family and youth voice.



## **CONNECTICUT MEDICAL HOME INITIATIVE (CT-MHI)**

Assists families to obtain medical equipment, prescriptions, and respite for caregivers of children with special healthcare needs.



## **LEARNING AND LEADERSHIP ACADEMY**

Provides virtual and in-person trainings and community conversations.

# Family Peer Support Program

## Peers:

- ✓ Provide direct peer support services to families with children who have:
  - ▶ Neurobiological, Mental, Emotional or Behavioral Health Challenges
  - ▶ Medically Complex
  - ▶ Special Education Needs
- ✓ Provide a safe space for parents to share
- ✓ Provide expertise in educational needs
- ✓ Understand parents needs



# Profile of a Family Peer Support Specialist

## Professionals with **Lived Experience**

- ▶ Our Family Support Specialists are also parents/caregivers of children/youth, young adults or siblings who have neurobiological, behavioral, mental and/or special health care needs.
- ▶ Family Peer Support Specialists receive ongoing training, while also:
  - ▶ Onboarding with other FAVOR program department Leads
  - ▶ Shadowing Seasoned Peer Support Specialists
  - ▶ Being part of the COPAA (Council of Parent Advocate & Attorneys) network; attending meetings or conferences
  - ▶ Receiving consultation from attorneys, advocates and other community partners
  - ▶ Nationally Certified Family Peer Support Specialists



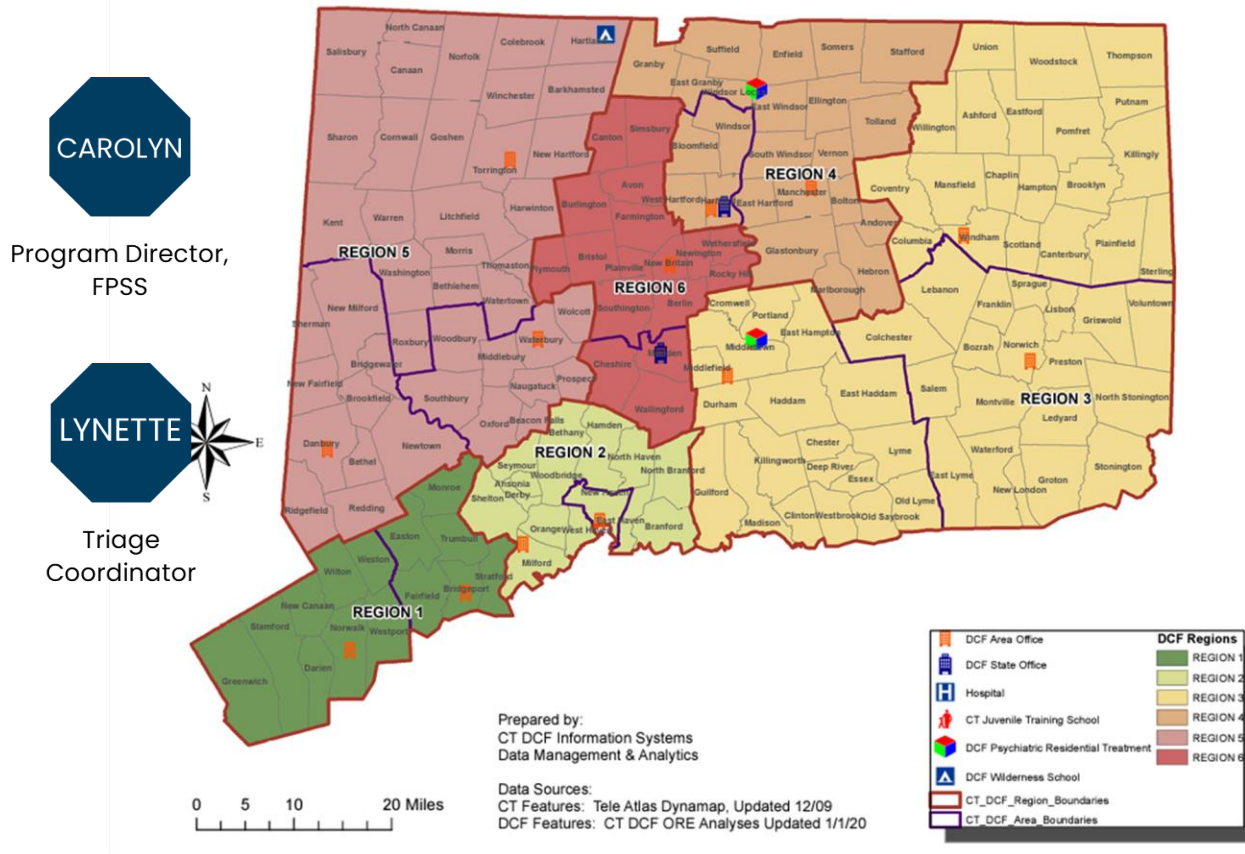
# Family Peer Support Specialists (FPSS)

- ▶ Free Service
- ▶ Funding Source
- ▶ # of Peers: 12
- ▶ Where referrals come from:
  - ▶ Parents/Caregivers
  - ▶ Providers
  - ▶ Schools
  - ▶ Hospitals
  - ▶ & many other partners





# Meeting You Where You Are



**12** Family Peer Support Specialists across Connecticut



# Types of Referrals



## SYSTEM OF CARE

These referrals come from Care Coordination. Family Peer Support Specialists and Care Coordinators work as a team to assist families for a period of approximately **6 months**.



## BRIEF INTERVENTIONS

These are referrals received from a variety of sources, including the family themselves, hospitals, schools, and other community providers for a period of **3 months**.

Referral Forms can be submitted via email at: [Refer@favor-ct.org](mailto:Refer@favor-ct.org)

► Or Online by visiting our website:

<https://www.favor-ct.org/resources/forms/>

# Outcome Data (FY24)

- ▶ Total Number of referrals Received:

**1319**

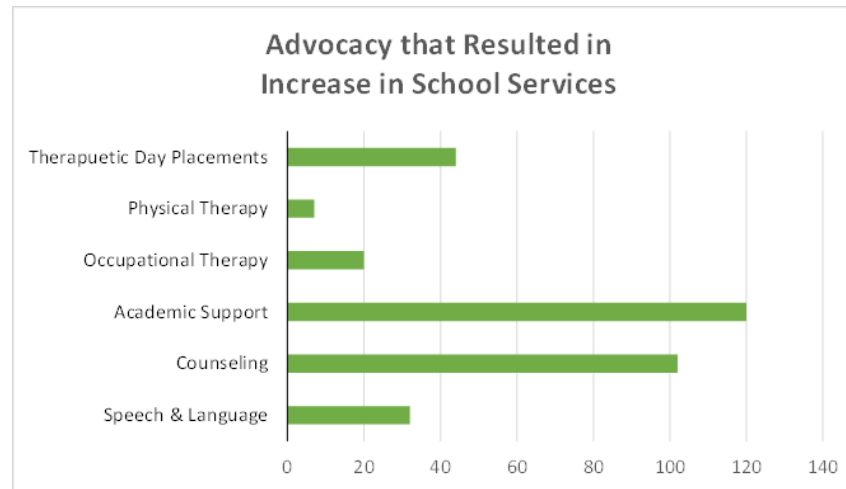
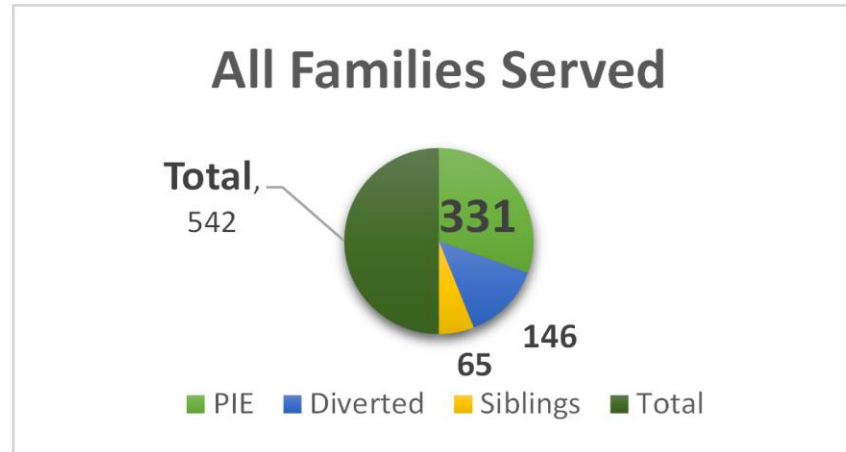
- ▶ Total number hours of consultation:

**1308**

- ▶ Total number of Children and Youth served:

331 Families +  
146 Consult +  
65 Siblings =

**542**



# For More Information... Contact

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