

CHILDREN'S Initiatives

Parent Support Partners

What is a Parent Support Partner (PSP)?

A **PSP** is a parent/caregiver of a child with emotional, behavioral or other mental health challenge.

A **PSP** brings their personal experiences and knowledge with raising a child with these challenges and uses it to empower families and give them much needed hope.



A **PSP** is sensitive and respectful of families cultural background, values and life experiences.

A **PSP** is a member of the treatment team and is included in service planning and implementation.

A **PSP** believes that parents need to be empowered. An empowered parent has the knowledge and skills to make informed choices and take action. They are able to seek out resources and supports then share them with the community.

Outcomes of Parent-to-Parent Support:

Families feel less isolated and more confident about their ability to care for their child.

Parent-to-Parent support increases a parent's ability to adapt to their situation.

Parents are better able to manage their day and get answers to their questions.

Although professionals offer many important services, their day-to-day experiences are different from that of a family member.

The following is a list of supports your family may receive from a **PSP**:

- Let you know that you are not alone.
- Empower families to reach their goals and assist them in identifying strategies to make that happen.
- Attend meetings with families, support and train parents on how to communicate effectively.
- Be a sound board for ideas or concerns regarding family, systems or services.
- Be a role model.
- A source of HOPE!

For further information or for questions or concerns, please contact Customer Service at:

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Family Alliance for Change

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