

Pediatric Behavioral Health & Wellness

Family Peer Support Services

For Families, By Families

How do I access services?

If you're interested in meeting with a Family Advocate, contact our Family Advocate office at **(585) 273-4663**. We look forward to helping you get the support you need.

UR Medicine Pediatric Behavioral Health & Wellness

1860 South Avenue, 1st Floor
Rochester, NY 14620

200 East River Road, 3rd Floor
Rochester, NY 14623

Brighter Days Pediatric
Mental Health Urgent Care
300 Crittenden Boulevard
Mental Health & Wellness Entrance
Rochester, NY 14642

(585) 279-7800
golisano.urmc.edu/behavioralhealth



What is Family Peer Support?

If you're raising a child or adolescent who is facing social, emotional, or behavioral health challenges, Family Peer Support can help.

Family Peer Support is a service in which a Family Peer Advocate (FPA) helps parents/caregivers promote their child's ability to function in their community.

Sessions can take place in an individual or a group setting based on your family's needs.

Who provides Family Peer Support services?

A New York State Credentialed Family Peer Advocate (FPA) delivers Family Peer Support Services. An FPA is a person with specialized training and experience parenting a child with similar needs. They have experience navigating systems such as mental health, addiction, special education, juvenile justice, and child welfare.

What do Family Peer Advocates do?

Your FPA helps you and your child in several ways:

- They learn about your family's specific needs and adapt their services based on what they learn.
- They connect your family with services, agencies, activities, training, and other families.
- They listen without judgment of your family's ideas, preferences, and decisions. They acknowledge your family's struggles, efforts and successes, and they accept and honor differences.
- They provide information, resources, and guidance to help parents in their own decision-making.



- They invest in parent involvement and collaborate with families.
- They focus on identifying needs and solutions, bridge successes of the past and options for continued success.

What kinds of family peer support services do we offer?

There are six categories of Family Peer Support Services. A Family Peer Support Provider is able to offer all six categories of services based on the needs and preferences of the family.

1. Outreach and information
2. Engagement, Bridging and Transition Support
3. Self-Advocacy, Self-Belief and Empowerment
4. Community Connections and Natural Supports
5. Parent Skill Development
6. Promoting Effective Family-Driven Practice