Family Peer Support Specialists (FPSS)

One-on-One (1:1) Intensive Individual Family Support - a family must be a participant in Wraparound, or referred to Family Support as an interim service, until an opening occurs in Wraparound. Guidance and coaching will be received throughout involvement with Wraparound, and when goals are met, families will be invited to transition from Wraparound.

Family Peer Support Specialists (FPSS) are employed by NAMI NH. Each FPSS brings lived experience as a family member who has been, or is currently, parent to a child or youth with a serious emotional disorder. Additionally, all FPSS receive training and supervision.

The Family Peer Support Specialist will:

- Provide coaching, education, mentoring, and/or support and encouragement to the family member(s);
- Work with a family in the areas the family identifies needs, (e.g. help family members learn how to navigate the service delivery system and improve their advocacy skills);
- Engage with the family to help them express their views, and make informed decisions;
- Ensure the family is an equal partner in their child/youth’s treatment process;
- Help decrease the family’s feeling of isolation by encouraging them to make connections with other NAMI NH programs like NAMI NH Support Groups (community based or online) and NAMI Basics Education Program, or other activities and events with natural supports offered by NAMI NH or community partners.
How Can the Family Peer Support Specialist Support Your Family?

- Encourage and promote self-care.
- Coach to identify and articulate your needs and goals.
- Strengthen communication skills.
- Develop useful problem-solving and conflict resolution skills.
- Model and teach effective advocacy.
- Teach navigation of the service delivery system.
- Provide science-based information about disorders and treatment modalities.
- Encourage connection to NAMI NH families and other natural supports.
- Provide a “listening ear.”
- Give message of Hope.
- Provide information on how to connect with resources.
- Identify and recruit family members to take on leadership roles to support other parents. Encourage family members to become involved at all levels: individual, state and national, to influence policy and practice.
- Empowerment – help families see their strengths, and encourage them to gain the knowledge and skills to feel competent in their role as a parent of a child with SED.

The Family Peer Support Specialist (FPSS) will not provide:

- Clinical Interventions
- Crisis Interventions
- Case Management
- Legal or Educational Advocacy
- Care Coordination
- Vocational Counseling
- Court-ordered Services

Have Questions about Family Peer Support Specialist (FPSS) Services?

Call NAMI NH’s Information and Resource Line at 800.242.6264, ext 4
603.225.5359, ext 4 or email at info@NAMINH.org.

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