



## Family Support Services

Family Support Services provide assistance to caregivers who are caring for a child diagnosed with a mental health disorder, or a co-existing mental health, developmental and/or substance use disorder. Family Support Services assists the family by strengthening their role as parents through the provision of teaching and support services. Family Support Services aids in the prevention of the family and member becoming isolated, disempowered, or disengaged. Examples of these services include:

- Teaching family members how to develop self-advocacy
- Role modeling behaviors and skills needed for resiliency and coping
- Helping families utilize their strengths
- Teach caregivers and members about causes of disorders and about using evidence based interventions in treatment planning.

Family Support Services are provided by a Certified Family Support Partner (CFSP) who is a parent or adult caregiver, and through lived experience and specialized training has acquired an understanding of another parent's situation via the shared emotional and psychological challenges of raising a child with a mental health diagnosis.

The purpose of these services is to help the family feel less isolated, more empowered throughout the recovery process and engaged in the community. Services aim to improve the quality of life and opportunities for recovery in the child's home, school and community through engagement with the family as well as the member.

