



# FAMILY PEER SUPPORT

THE POWER OF HOPE AND CONNECTION

## LIVED EXPERIENCE

Family peer support providers are caregivers that are raising, or have raised, a child experiencing mental health challenges. Providers share their lived experience in order to educate, support, and encourage other caregivers facing similar challenges.



## CONNECTION

Providers connect with families and affirm their struggles, empathize with their emotions, and support their hope. Family members are accepted unconditionally where ever they are on their caregiving journey.



## DISCOVERY

Providers seek to discover a families' culture, values, and strengths. Families are encouraged to describe their specific challenges and needs to a person that is a safe-sounding board that has faced similar challenges and has survived and even thrived beyond them.



## SUPPORT

Providers work collaboratively with families to develop plans that meet needs. Support includes educating family members to build competence and confidence in their abilities to raise a child with mental health challenges. Support is trauma-informed, recognizing the stresss of the caregivers role.



## RECOGNITION

Children's mental health partners focus on a child's progress. Family peer support providers celebrate the part that caregivers play in the progress a child makes. The work of the caregivers can not be separated from the child's progress. We support and celebrate that work.



**LEARN MORE AT [MHALANCASTER.ORG](https://mhalancaster.org)**

# FAMILY SUPPORT PROGRAMS

## CARES

This program affirms the role of caregivers as the primary support for their children. Caregivers are the first and most important resource in the children's mental health system and they require a dedicated program that acknowledges and supports them. CARES begins by identifying caregivers' strengths and building on them. Caregivers each share their stories so that their challenges and successes may inspire other caregivers. We share stories so that they may help others.

CARES focuses on building foundational skills that foster healthy and effective family functioning. Healthy and effective family functioning is required for children's social emotional development and overall mental health.

Connection  
Acceptance  
Resolve  
Empathy  
Sanctuary

Contact



for more information  
717-397-7461  
[www.mhalancaster.org](http://www.mhalancaster.org)

## RESOURCE LIBRARY

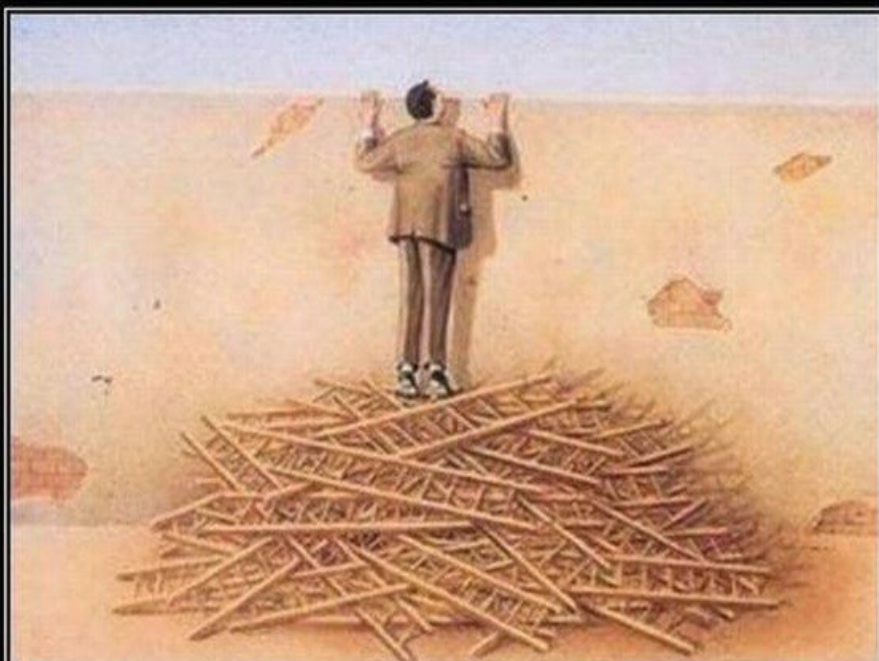
MHA Lancaster Family Peer Support offers resources to help caregivers on their journeys raising children with emotional, behavioral, and mental health challenges.

Resources are available online or in our resource center. Providers are available to help caregivers find the specific resources that they need, and to **guide caregivers to integrate and utilize those resources in the context of their specific family challenges.**

The guidance on integration and utilization of resources by a family peer is a critical element of the MHA Lancaster Family Peer Support Program.

Caregivers are often inundated with resources and information, but are unable to put them to use in ways that effectively aide in meeting the needs of their children. Family peers have the answers.

Contact MHA Lancaster for more information. 717-397-7461  
[www.mhalancaster.org](http://www.mhalancaster.org)



It doesn't matter how many resources you have  
if you don't know how to use them, they will never be enough