Application for the **Certified Family Peer Specialist** credential requires evidence of completion of **at least 88 hours** of training completed within the **last five (5) years** that address the [five (5) national core competencies](https://www.ffcmh.org/certification-competencies) that embody the skills, knowledge and abilities of Certified Family Peer Specialists in their work supporting parents and families. Contact hours are the actual number of hours spent receiving *or delivering* training (in person or online). Applicants may apply **up to twenty (20) hours** in which they served as the trainer toward the 88-hour training requirement. Please complete the form below to accompany your CFPS application.

**NOTE:** Each training can only be listed once. All sections highlighted in yellow must be completed for EACH training. **All 5 competencies must be included within the 88 hours.**

**Options for Trainings**

*Note that the National Federation of Families does not endorse any specific training provided by any specific organizations. Options for free and low cost trainings can be found on* [*this webpage*](https://www.ffcmh.org/training-required-for-cfpsexam)*. Trainings that meet the requirements for national certification* ***directly relate to the family peer support work of a Family Peer Specialist.*** *Administrative and safety trainings do not usually qualify towards the 88 hours for initial certification or the 44 hours for recertification.*

* **Applicant’s Name:** Jane Doe
* **Applicant’s Cell Phone Number:** 123-456-7890
* **Applicant’s Work Phone Number:** 098-765-4321
* **Applicant’s Work Email Address**: jane.doe@healthcare.org
* **Applicant’s Place of Employment:** Health Care Systems, Inc.
* **TOTAL Number of Hours Documented:** 47.75

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| **Date(s)** **Attended** **​​3/24/2022**  | **Training Title** ​​​Peer Support: The Basics and Beyond​​  | **Trainer(s) Name and Credentials****​​Mary Jadwisiak​**  |
| **# of Contact Hours****1** | **Description of Training** *This can be from a training announcement, syllabus, flyer, etc.*​​Differentiate your role as a peer support specialist from that of other clinical roles and the role of consumer; identify principles and stages of recovery that are support through peer support, demonstrate how to tell your story in a way that is helpful; list the 4 different types of support, explain the 4 different ways peer support can be provided.​  |
| **Core Competency Addressed:** *Check which of the five (5) national core competencies the training addressed.* ***Select all that apply.***[ ] Effecting Change [x] Professional Responsibilities [ ] Systems Knowledge and Navigation [ ] Wellness and Resiliency [ ] Resources and Natural Supports |
| **What did you learn in this training that will be useful in your work as a Certified Family Peer Specialist?***Be brief and as specific as possible about how you will incorporate what you learned into your work as a CFPS.**Use a bulleted list or write a few sentences focused on how the content of this training will help you in your role as a CFPS.* **I learned how to share my story in a helpful way by thinking of and using the different types of support—emotional, informational, instrumental, and affiliational.​** |

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| **Date(s)** **Attended** **​​3/25/2022** | **Training Title** ​​​Crisis Management Basics​​  | **Trainer(s) Name and Credentials****​​Carl Fornoff, LLPC; Gigi Dillon, Ph.D, M.A.; Naju Madra, M.A.​**  |
| **# of Contact Hours****​​1.5​**  | **Description of Training** *This can be from a training announcement, syllabus, flyer, etc.*​​Describe what a crisis is and how it develops, recognize the signs that a person is experiencing a developing crisis, identify risks and complicating factors in crisis, and utilize critical skills in crisis intervention, stabilization, and prevention.​  |
| **Core Competency Addressed:** *Check which of the five (5) national core competencies the training addressed.* ***Select all that apply.***[ ] Effecting Change [ ] Professional Responsibilities [x] Systems Knowledge and Navigation [ ] Wellness and Resiliency [ ] Resources and Natural Supports |
| **What did you learn in this training that will be useful in your work as a Certified Family Peer Specialist?***Be brief and as specific as possible about how you will incorporate what you learned into your work as a CFPS.**Use a bulleted list or write a few sentences focused on how the content of this training will help you in your role as a CFPS.* **​​I learned how to create a crisis support plan with a family and know what to do to support them. Knowing the 5 phases of a crisis will help me address all aspects of a crisis with more fidelity.​** |

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| **Date(s)** **Attended** **​​5/15/2022​**  | **Training Title** ​​​Eliminating Obstacles for Parent Participation​​  | **Trainer(s) Name and Credentials****​​Christa Jones, Roddetta Drane​**  |
| **# of Contact Hours****​​1.5​**  | **Description of Training** *This can be from a training announcement, syllabus, flyer, etc.*​​How often do you think about obstacles that keep families from coming to your trainings, focus groups, and events? Do you think this weighs heavily on their minds? Have you ever had families say, “Am I smart enough, will I understand, what if people do not like me or engage me?” Let’s unpack this and see what we can do to strengthen families and identify obstacles.​  |
| **Core Competency Addressed:** *Check which of the five (5) national core competencies the training addressed.* ***Select all that apply.***[ ] Effecting Change [ ] Professional Responsibilities [x] Systems Knowledge and Navigation [ ] Wellness and Resiliency [ ] Resources and Natural Supports |
| **What did you learn in this training that will be useful in your work as a Certified Family Peer Specialist?***Be brief and as specific as possible about how you will incorporate what you learned into your work as a CFPS.**Use a bulleted list or write a few sentences focused on how the content of this training will help you in your role as a CFPS.* **​​I gained strategies to meet families where they are by asking questions to understand why they are unable to attend meetings or have feelings of fear. I learned ways of bringing the information near them or to them and how to collaborate with other organizations to make things work by providing transportation, child care, etc.​** |

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| **Date(s)** **Attended** **​​5/25/2022**  | **Training Title** ​​​Empowering Disengaged Youth​​  | **Trainer(s) Name and Credentials****​​Michael Goto; Tarinda Craglow​**  |
| **# of Contact Hours****​​1.5​**  | **Description of Training** *This can be from a training announcement, syllabus, flyer, etc.*​​As mental health, electronic additions, social media, and other life happenings complicate a student’s path to their high school diploma, the need for best practices in regards to trauma informed care has dramatically risen. In this session hear directly from students who were once academically disengaged/ “opportunity youth” on the variety of factors that led to past road blocks and hear how trauma informed practices put them on a path towards success. |
| **Core Competency Addressed:** *Check which of the five (5) national core competencies the training addressed.* ***Select all that apply.***[x] Effecting Change [ ] Professional Responsibilities [ ] Systems Knowledge and Navigation [ ] Wellness and Resiliency [x] Resources and Natural Supports |
| **What did you learn in this training that will be useful in your work as a Certified Family Peer Specialist?***Be brief and as specific as possible about how you will incorporate what you learned into your work as a CFPS.**Use a bulleted list or write a few sentences focused on how the content of this training will help you in your role as a CFPS.* **​​ I’m now able to recognize that some of the behaviors children are doing can be a developmental milestone—they are learning. I will encourage parents to provide them with choices so they can learn to be independent​.** |

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| **Date(s)** **Attended** **​​6/31/2022** | **Training Title** Advocacy and Multicultural Care | **Trainer(s) Name and Credentials****​​​Naju Madra, M.A.​** |
| **# of Contact Hours****​​1.5​**  | **Description of Training** *This can be from a training announcement, syllabus, flyer, etc.*​​This course presents an overview of new innovations in multicultural care and service delivery. Drawing upon material from the U.S. Department of Health and Human Services, you will be guided through the national standards in the United States for working with individuals from diverse backgrounds and cultures. The training also reviews the changing landscape of mental health service provision, along with key concepts that relate to your role in the alleviation of oppression and health disparities. Detailed examples of individual and organizational applications of multicultural care will help you to apply these concepts in your own setting.​  |
| **Core Competency Addressed:** *Check which of the five (5) national core competencies the training addressed.* ***Select all that apply.***[x] Effecting Change [x] Professional Responsibilities [x] Systems Knowledge and Navigation [ ] Wellness and Resiliency [ ] Resources and Natural Supports |
| **What did you learn in this training that will be useful in your work as a Certified Family Peer Specialist?***Be brief and as specific as possible about how you will incorporate what you learned into your work as a CFPS.**Use a bulleted list or write a few sentences focused on how the content of this training will help you in your role as a CFPS.* **​​I learned about the implications of increased cultural competence, cultural humility, and multicultural care for the fight against health disparities and promotion of wellness, including possible organizational applications of the national Culturally and Linguistically Appropriate Service (CLAS) standards for increasing culturally and linguistically responsive care. I learned how to apply available resources in my work setting in order to implement a plan to improve culturally responsive care with the individuals I serve.​** |

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| **Date(s)** **Attended** **​​7/15/2022** | **Training Title** Documenting the Treatment Planning Process | **Trainer(s) Name and Credentials****Jennifer Stelter, PsyD.** |
| **# of Contact Hours****2.25​**  | **Description of Training** *This can be from a training announcement, syllabus, flyer, etc.*​​You will learn how to better represent the care process by honing in on core principles for clinical documentation. You will take a fresh look at ways to record your client’s strengths, goals, and treatment objectives, while also evaluating methods to accurately represent interventions, outcomes, and discharge plans. To enhance your application of these concepts in your own setting, this course incorporates informative definitions, suggested best practices, as well as client scenarios you investigate during each phase of the treatment plan.​  |
| **Core Competency Addressed:** *Check which of the five (5) national core competencies the training addressed.* ***Select all that apply.***[ ] Effecting Change [x] Professional Responsibilities [x] Systems Knowledge and Navigation [ ] Wellness and Resiliency [x] Resources and Natural Supports |
| **What did you learn in this training that will be useful in your work as a Certified Family Peer Specialist?***Be brief and as specific as possible about how you will incorporate what you learned into your work as a CFPS.**Use a bulleted list or write a few sentences focused on how the content of this training will help you in your role as a CFPS.* **​​I gained skills to identify requirements of the various stakeholders in the treatment planning process and create documentation that meets their needs. I got strategies to develop treatment planning goals, objectives, interventions, and outcome expectations that are client-focused and measurable. I will be able to manage client progress and service changes through effective use of treatment planning documentation.​** |

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| **Date(s)** **Attended** **​​7/20/2022​**  | **Training Title** Law, Ethics, and Standards of Care in Behavioral Health | **Trainer(s) Name and Credentials****Amira Samuel, JD** |
| **# of Contact Hours****2** | **Description of Training** *This can be from a training announcement, syllabus, flyer, etc.*​​This course provides an overview of several important legal and ethical issues that psychologists, social workers, counselors, and other behavioral health professionals may face. It is designed to heighten clinicians’ general awareness of legal and ethical concerns. It is not offered as legal advice for any individual provider or specific situation. This training will help you distinguish between legal, ethical, and standard of care issues. It is designed to serve as a guide to help you understand the law and make ethical decisions in your work, as well as develop risk-management and compliance strategies to help you avoid disciplinary actions and claims of malpractice. You will also learn about informed consent, confidentiality, and privacy concerns.​  |
| **Core Competency Addressed:** *Check which of the five (5) national core competencies the training addressed.* ***Select all that apply.***[ ] Effecting Change [x] Professional Responsibilities [x] Systems Knowledge and Navigation [ ] Wellness and Resiliency [ ] Resources and Natural Supports |
| **What did you learn in this training that will be useful in your work as a Certified Family Peer Specialist?***Be brief and as specific as possible about how you will incorporate what you learned into your work as a CFPS.**Use a bulleted list or write a few sentences focused on how the content of this training will help you in your role as a CFPS.* **​​I learned how to distinguish between professional ethics, standards of care, and the law. Now, I can explain how violations of laws, ethical codes, and standards of care can lead to disciplinary actions, malpractice claims, and even criminal charges. I have steps that can be taken to effectively manage risks related to client confidentiality and privacy.​** |

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| **Date(s)** **Attended** **8/14/2022-8/16/2022**  | **Training Title** Pearls Curriculum Training 2.0  | **Trainer(s) Name and Credentials****Pat Miles, Miles Consulting LLC & Wraparound Innovator with more than 30 years of experience**  |
| **# of Contact Hours****24** | **Description of Training** *This can be from a training announcement, syllabus, flyer, etc.*The PEARLS curriculum is based on the teaching six meta skills which are critical to the delivery of authentic peer support to parents and should be reflected in each and every interaction that occurs. Every care is taken to ensure that each interaction with parents includes the use of the skills, built on the core foundation that if one of these skills are present, all must be present. The curriculum ensures that an organization who has their own procedural steps or protocols can integrate this framework into those protocols without changing the meaning or purpose of these critical elements. Additionally, this curriculum is not organized around the concept of a particularized set of phases or steps to providing support. Instead it supposes that the art of providing Peer Parent Support is rarely, if ever, linear and can occur in a variety of settings. This frame may be challenging to some in that it’s often more comfortable to have a set of steps to follow. Peer Support from one to parent to another isn’t formulaic but instead involves the capacity of one to compassionately reflect on their own story in connection with and in service to others. PEARLS curriculum thrives in an environment of continued learning, skills expansion and practice. The 2.0 training consisted of learning additional skill building activities focused on our professional responsibilities of earning families trust and what that means, we also did a deeper dive of effecting change in systems and how the influence of natural supports can pivot the trajectory for a youth who may be on the ‘wrong’ path. Cultivating resources and natural supports for our families is critical to their wellness and resiliency.  |
| **Core Competency Addressed:** *Check which of the five (5) national core competencies the training addressed.* ***Select all that apply.***[x] Effecting Change [x] Professional Responsibilities [x] Systems Knowledge and Navigation [x] Wellness and Resiliency [x] Resources and Natural Supports |
| **What did you learn in this training that will be useful in your work as a Certified Family Peer Specialist?***Be brief and as specific as possible about how you will incorporate what you learned into your work as a CFPS.**Use a bulleted list or write a few sentences focused on how the content of this training will help you in your role as a CFPS.* **The additional skills learned under PEARLS has ensured accountability for our organization to authentically support our families, apart from the agendas of funders (if at all possible) so that we can focus our attention on making true connections that focus on building, informing, and sustaining resilient families within our community.** |

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| **Date(s)** **Attended** **11/14/2022** | **Training Title** National Standards of Quality for Family Strengthening & Support  | **Trainer(s) Name and Credentials****Janelle Radoccia, Certified National Family Support Trainer with Lutheran Social Services of the Southwest (Arizona)**  |
| **# of Contact Hours****8** | **Description of Training** *This can be from a training announcement, syllabus, flyer, etc.*The nationally-adopted Standards of Quality for Family Strengthening & Support integrate and operationalize the Principles of Family Support Practice and the Strengthening Families Framework and its research-based evidence-informed 5 Protective Factors.    The Standards have created a common language across different kinds of Family Strengthening and Family Support programs such as Family Resource Centers, home visiting programs, and child development programs.  They are designed to be used by all stakeholders – public departments, foundations, networks, community based organizations, and families - as a tool for planning, providing, and assessing quality practice.  The vision is that their implementation will help ensure that families are supported and strengthened through quality practice.  |
| **Core Competency Addressed:** *Check which of the five (5) national core competencies the training addressed.* ***Select all that apply.***[x] Effecting Change [x] Professional Responsibilities [x] Systems Knowledge and Navigation [x] Wellness and Resiliency [x] Resources and Natural Supports |
| **What did you learn in this training that will be useful in your work as a Certified Family Peer Specialist?***Be brief and as specific as possible about how you will incorporate what you learned into your work as a CFPS.**Use a bulleted list or write a few sentences focused on how the content of this training will help you in your role as a CFPS.* **Being certified in this training ensures that we are abiding by the 5 protective factors, ensuring that our engagement strategies are solidified across all family situations and backgrounds. This helps us to ensure that we are protecting the needs of our families and we introduce the correct resources and supports as needed.** |

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| **Date(s)** **Attended** **​​11/24/2022**  | **Training Title** ​​​ ​​​Best Practices for Youth with Behavioral Health Needs involved with the Juvenile Justice System​​ | **Trainer(s) Name and Credentials****Kimberly Cobb, M.S.**  **Michelle Hodges Guarino, MSW, LCSW** |
| **# of Contact Hours****1.75** | **Description of Training** *This can be from a training announcement, syllabus, flyer, etc.*​​The juvenile justice system, much like the criminal justice system, has a high number of youth with behavioral health issues. The National Center for Mental Health and Juvenile Justice reports that approximately 70% of juvenile justice-involved youth have a diagnosable mental health disorder. This course will provide clinicians working in behavioral health organizations that provide assessment and treatment services to justice-involved youth with important information on common behavioral health disorders among justice-involved youth and assessment and treatment approaches. You will also learn about important legal issues involving sharing treatment information with juvenile justice personnel and things you can do to enhance positive outcomes of justice-involved youth. DSM™ and DSM-5™ are registered trademarks of the American Psychiatric Association. The American Psychiatric Association is not affiliated with nor endorses this course.​  |
| **Core Competency Addressed:** *Check which of the five (5) national core competencies the training addressed.* ***Select all that apply.***[x] Effecting Change [x] Professional Responsibilities [x] Systems Knowledge and Navigation [ ] Wellness and Resiliency [ ] Resources and Natural Supports |
| **What did you learn in this training that will be useful in your work as a Certified Family Peer Specialist?***Be brief and as specific as possible about how you will incorporate what you learned into your work as a CFPS.**Use a bulleted list or write a few sentences focused on how the content of this training will help you in your role as a CFPS.* **​​I can now list 7 stressors unique to juvenile justice system involvement that can exacerbate behavioral health symptoms, identify 8 common groups of behavioral health challenges common among justice-involved youth. I learned about assessment processes for gauging the level of developmental assets, community, and family supports available to youth involved in the juvenile justice system using an ecological systems of care approach.**  |

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| **Date(s)** **Attended** **​​12/2/2022​**  | **Training Title** ​​​Brief Motivation Interventions Substance Abuse and Risky Behaviors​​  | **Trainer(s) Name and Credentials****​​Miles Glasgow, LICSW, LADC​**  |
| **# of Contact Hours****​​4.75​**  | **Description of Training** *This can be from a training announcement, syllabus, flyer, etc.*​SBIRT and Brief Motivational Interventions are evidence-based interventions-discussion occurred on early intervention and talking with youth who are demonstrating risky behaviors.  The information presented helped me to better understand how to effectively talk with teens about their choices to allow for the opportunity for early intervention and for the youth to gain insight on their choices.  |
| **Core Competency Addressed:** *Check which of the five (5) national core competencies the training addressed.* ***Select all that apply.***[x] Effecting Change [ ] Professional Responsibilities [x] Systems Knowledge and Navigation [x] Wellness and Resiliency [ ] Resources and Natural Supports |
| **What did you learn in this training that will be useful in your work as a Certified Family Peer Specialist?***Be brief and as specific as possible about how you will incorporate what you learned into your work as a CFPS.**Use a bulleted list or write a few sentences focused on how the content of this training will help you in your role as a CFPS.* **​​I am now able to identify youth that have substance abuse concerns and how to best support their family. I have also gained the knowledge of our community resources that best assist and support our youth. ​** |

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| **# of Contact Hours**Click or tap here to enter text. | **Description of Training** *This can be from a training announcement, syllabus, flyer, etc.*Click or tap here to enter text. |
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