



Ohio Parent Peer Support Certification

2019





PPSS CERTIFICATION



Thank you for your interest in Parent Peer Support Specialist certification. The life experience of a parent living with a child with a behavioral health diagnosis can truly only be understood by someone who has walked a similar journey.

This certification lends credibility to parent peer supporters, and ensures that each Parent Peer Support Specialist meets a high standard of training and that qualified parent peer support specialists will be given to families in need of support.

In This Booklet, You Will Find:

1. Ohio Parent Peer Support Specialist Frequently Asked Questions
2. The Ohio Parent Peer Support Specialist Scope of Practice
3. Ohio Parent Peer Support Specialist Core Competencies
4. Ohio Parent Peer Support Specialist Code of Ethics

If you have more questions or want more information, please contact:

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Ohio Parent Peer Specialist Certification



Frequently asked questions

1. What is the difference between a Peer Support Specialist and a Family Peer Support Specialist?

A Peer Support Specialist (PSS) is an individual who is personally living well in recovery from a serious mental illness and or substance use disorder. They work with people who identify themselves also as a person with a mental illness. They have taken the state certification exam and passed.

A Parent Peer Support Specialist (PPSS) is a parent or primary caregiver of a child with an emotional, behavioral or mental health and/or substance use disorder. They have navigated one of the Child caring systems in Ohio for at least one year. They work with caregivers, who also have children identified with a serious mental health and/or substance use disorder. The parent peer support specialist has taken the state examination and passed.

2. I am not a parent or a primary caregiver, but I have a great passion for families, can I become a certified Parent Peer Support Specialist?

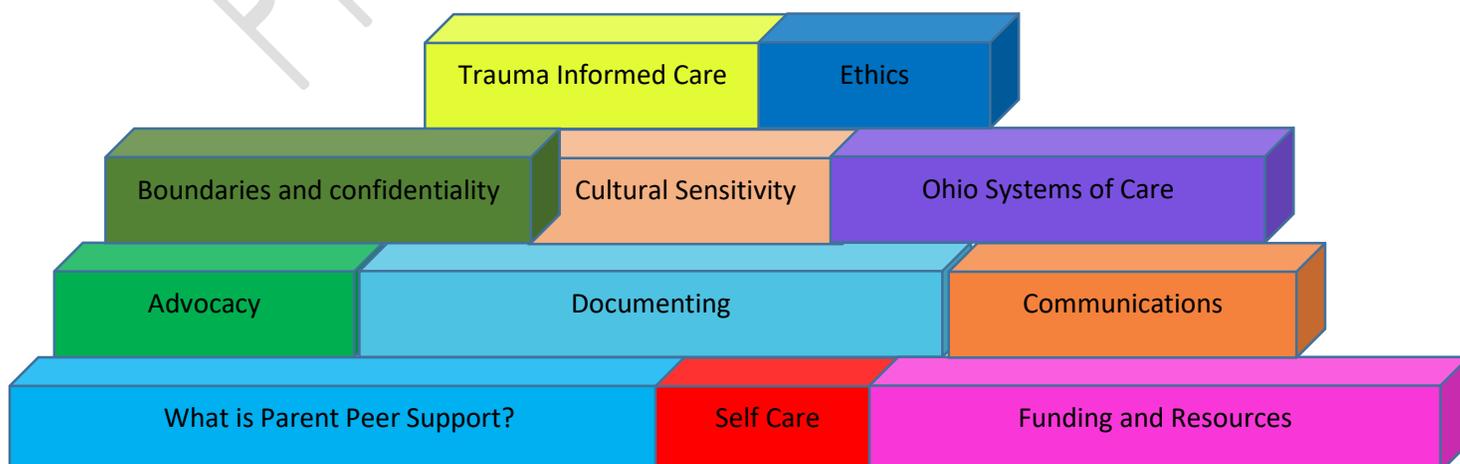
No, you must meet the qualification of being a parent or primary caregiver of a child with a mental, emotional, behavioral, and /or substance use disorder.

3. What level of education do I need to take the training? You must have a high school diploma or GED.

4. What should be covered in basic Peer Supporter Specialist training?

- Some Topics covered in training relate to the core competencies required to perform the role of a Peer Support or Family Peer Support Specialist and cover such areas as:

Building blocks of Parent Peer Support



5. What is the estimated timeline for becoming a Certified Parent Peer Support Specialist?

You request the application packet	
We mail the packet (if your contact information is correct)	1 week
You fill out and return the application	3-5 weeks
We verify information is accurate	3-4 weeks
IF everything checks out, we will notify you of:	
The Pre exam training date	
The passcode to get into the exam	1 week

Your score of pass or fail will be available at the time you take the test.

If you fail the initial exam, you make take it again within 6 months .

If you do not take the make-up exam within the six-month period, you must submit another 75.00 application fee.

6. Where are the trainings, who does them and how long do they last?

- a. **The answers to these questions can be found on the resources page at www.namiohio.org**

7. I have taken and passed the National Federation of Families certification exam. Do I have to take this one too?

- a. If you have taken and passed the National Federation of families for Children's mental Health Certification, you will automatically receive state certification. At the time of re-certification, this certification will not be accepted. Please, submit proof of this certification.

8. Does everyone have to take the mandated Pre exam training?

- a. Yes

9. When is it scheduled?

- a. This will be scheduled at the time your application is accepted.

10. What are the required training hours?

- a. **Individual Trainings: 27 independent training hours (on the job training can be considered)**

You must present a Certification or another form of Proof Of Training **plus** the 10 hour one day Pre- Certification Exam training. **This equals a total of 37 hours**

Required Trainings	Minimum Hours	Your Hours
A. Advocacy	2	<input type="text"/>
General		
Coordination, Wraparound, Legal Aid		
B. Mental Health and Addiction, (basic)	6	<input type="text"/>
Terminology, Process, Trauma informed care		
C. Education (basic)	3	<input type="text"/>
Acronyms, Process (from request to IEP)		
D. Juvenile justice/specialty dockets (basic)	3	<input type="text"/>
Public Defense (court appointed attorney)		
Terminology-competency, truancy		
JDC, CCF, DYS		
E. Child Welfare	6	<input type="text"/>
Terminology, acronyms		
The process		
Legal rights for parents and children		
F. Department of Developmental Disability	3	<input type="text"/>
Waiver information,		
Terminology		
Opportunities for Ohioans with Disabilities		
G. Systems of Care in Ohio.	1	<input type="text"/>
What is it? What is the benefit of it?		
H. Streams of Funding and resources	2	<input type="text"/>
Terminology		
I. Self-Care	1	<input type="text"/>
Total Minimum hours:	<u>27</u>	
Your total:		<input type="text"/>

The Mandated One-Day Precertification Training will be scheduled when we have a class of 5 or more individuals ready to take the exam.

One Day Pre-Exam Training	Training hours earned
What are Parent Peer Support Specialists?	1
Ethics and Boundaries, Competencies, Domains	2
Self-Care	1
Effectively Sharing Your Story	6
	10 total hours

11. Are there continuing education credits needed for re-certification? Yes

Ohio Certified Parent Peer Support Specialists practice within their area of competence and attain appropriate continuing education to maintain proficiency and remain current with emerging knowledge relevant to their work.

12. Is there a minimum set of hours required for re-certification?

Yes, 30 hours of continuing education hours (CEH) are required every two years, after the initial certification.

Here are the minimum hour requirements for each of the following categories.

3 hours Cultural Humility/ Sensitivity: the ability to strive to set aside individual cultural expectations and honor the fact that there are innumerable cultures and micro-cultures. It is a commitment to self-evaluation of individual beliefs, the understanding that people are experts in their own culture, and to be open to the idea that learnings people's individual culture is a continuous process. This may also be known as, "Cultural Competence," "Cultural Responsiveness", or Cultural Awareness".

3 Hours Ethics and Boundaries: the ability to understand and maintain confidentiality and appropriate boundaries and to recognize when to seek guidance or consultation. This includes training on the Health Insurance Portability and Accountability Act (HIPAA). And ethical decision making models.

18 hours Parent Peer Specialist Specific: these trainings build skills specific to the population served. Examples include Motivational interviewing, peer Support, Individualized Education Programs (IEP) Development, Systems of Care, Serious Emotional Disturbance, or Substance Use Disorders.

3 Self-Care:

3 hours Child/Adolescents Development or Parenting: Child/Adolescent development or parenting builds awareness and skills that may assist families as they engage peer support services. Skills can be gained from an understanding of the physical, social, psychological, and cognitive development of young people and successful parenting strategies involved in each stage.



Ohio Parent Peer Support Specialists



Scope of Practice

Summary: The primary function of the Ohio Parent Peer Support Specialist certification is to provide peer support and promote the well-being of families with whom they work. Certified Parent Peer Support Specialist also promote family driven, youth guided practices that focus on strengths as part of the solution and ensure families participate as partners in all aspects of their care:

Essential Functions

Providing Support

Certified Parent Peer Support Specialists will:

1. Identify with lived experience in parenting a child with a mental health and/or substance use concerns and successfully navigated systems of care for that child.
2. Be mindful of the ethics, boundaries, and control issues inherent to the Certified Parent Peer specialists' role.
3. Use active listening skills.
4. Foster a collaborative partnership with the child, family, and service systems.
5. Provide culturally sensitive relationships with families with whom they work.
6. Establish supportive relationships with families with whom they work.
7. Support families in exploring options that may be beneficial to returning to emotional and physical wellness after a crisis.
8. Strategically share own story, as appropriate for the benefit of the family served, providing hope and strengthening resiliency.
9. Assist families to understand the purpose of peer support.
10. Encourage and assist families to promote wellness and thrive as a family.
11. Discuss boundaries with the families on an ongoing basis.
12. Work with people in a way that reflects an understanding of trauma and the fact that it can affect all the aspects of a person's life.
13. Assist families in identifying their strengths, natural supports, goals, and support community connections. Understand his or her role and fully participate as an integral part of the professional support team.

Communicating with Supervisors and Interacting with Staff

Certified Parent Peer Support Specialist will:

1. Communicate needs and ask questions, especially about ethics, boundaries, confidentiality, and know when to mention concerns to supervisors.
2. Be knowledgeable about state language regarding supervision of certified PPS.
3. Understand his or her role and fully participate as an integral part of the professional support team.
4. Demonstrate and model that resiliency is possible and that peer support is an evidence based practice.
5. Accurately, respectfully, and promptly complete all required documentation.
6. Work with families and staff to develop healing and trauma sensitive relationships.
7. Report all intended serious harm or self-harm to others immediately to the appropriate person.

Demonstrating Confidentiality

Certified Parent Peer Support Specialists will:

1. Be familiar with the state and federal policies relating to confidentiality.
2. Be knowledgeable of all confidentiality directives at his or her agency.
3. Maintain confidence concerning all verbal and written information, whether obtained from families or otherwise.
4. Be knowledgeable of information that is not to be kept in confidence, including intended, serious harm to self or others, and know how to handle these situations.



Ohio Certified Parent Peer Support Specialists



Core Competencies

Domain 1: Personal attributes

- 1.1 Understands, supports, and models the importance of family-driven care.
- 1.2 Accepts the family where they are without judgment.
- 1.3 Able to communicate with empathy.
- 1.4 Able to interact with families with compassion and clarity.
- 1.5 Believes that communication occurs in many forms, not words alone.
- 1.6 Believes that behavior is a form of communication.
- 1.7 Conducts one's self with honesty and integrity.

Domain 2: Ethics and Confidentiality

- 2.1 Understands and maintains confidentiality as required by the state and federal law.
- 2.2 Uses self-disclosure appropriately as a tool to provide support.
- 2.3 Understands and maintains professional boundaries.
- 2.4 Treats all people with dignity and respect.
- 2.5 Understands personal and professional limitations and biases based on own knowledge, skill, or experience.
- 2.6 Recognizes when, and to whom, to report ethical and safety issues.

Domain 3: Advocacy

- 3.1 Knows how to and where to find information on child and parental rights.
- 3.2 Assists families in asserting their rights.
- 3.3 Able to assist families to recognize the difference between an individual problem and a system problem or constraint.
- 3.4 Able to assist families in how to advocate effectively within policy-making processes.
- 3.5 Effectively sharing your own story.

Domain 4: Wellness

- 4.1 Understands why self-care is important for Parent Peer Support Specialists.
- 4.2 Practices self-care strategies that enable one to work effectively with families.
- 4.3 Able to work with families to explore wellness strategies.

4.4 Understands the holistic view of family members' physical, mental, social, and spiritual strengths and needs.

4.5 Understands resiliency and recovery principles.

Domain 5: Crisis and Safety Planning

5.1 Provides appropriate supports and advises families in the midst of crisis.

5.2 Understands the purpose of crisis and safety planning.

5.3 Knows safeguarding and relapse prevention strategies for issues such as self-harm, and substance abuse.

5.5 Knows about suicide and research-based prevention strategies.

5.6 Understands the purpose of functional behavioral assessments.

5.7 Able to assist others in identifying situations that may cause challenging behavior.

5.8 Knows about crisis resources available in the community and region.

Domain 6: Empowerment

6.1 Able to assist families explore their own choices and recognize the positive and negative consequences of those choices.

6.2 Able to allow families the space necessary to help themselves.

6.3 Communicates the principles of family-driven care.

6.4 Supports, teaches, and coaches parents in identifying and articulating their families' needs and goals.

6.5 Recognizes stigma, common superstitions, and myths regarding mental health and substance use issues.

6.6 Able to assist families recognize their strengths and use them to effect change.

6.7 Practices interventions to prevent or overcome stigma.

6.8 Able to assist families to identify and build informal family and community supports.

Domain 7: Communication

7.1 Communicates and connects effectively with families of all cultures, value systems and lifestyles.

7.2 Listens actively.

7.3 Practices effective information gathering and questioning techniques.

7.4 Understands the value of fostering cooperation between families and the individuals and service systems involved in their lives.

7.5 Communicates clearly in writing.

7.6 Models effective working relationships.

Domain 8: Knowledge

- 8.1 Knowledgeable about resources (including funding options) rules, and regulations related to children's mental health and substance use disorder.
- 8.2 Knowledgeable about child and adolescent mental health and substance use conditions, treatments, services, and supports, including Transitioning youth to young adult.
- 8.3 Knowledgeable about how to find information about mental health and substance abuse systems, community resources, treatments, services, supports, and individual and family rights.
- 8.4 Understands and practices cultural humility/ sensitivity.
- 8.5 Knowledgeable about the public education system as it relates to children and youth with special needs.
- 8.6 Knowledgeable about how to find information regarding the Developmental Disability, Educational, Child Welfare, Juvenile Justice, and Health care systems in Ohio.
- 8.7 Knowledgeable about the process and principles of collaborative Systems of Care, including Wraparound.
- 8.8 Knowledgeable about the Recovery Oriented Systems of Care.
- 8.9 Knowledgeable about the impact of trauma on children, youth and families.
- 8.10 Understand the use of peer support services as differentiated from clinical services.

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Ohio Certified Parent Peer Support Specialists



Code of Ethics

This code of Ethics will guide the Ohio certified PPSS's in their roles, relationships, and professional responsibilities. The primary responsibilities of certified parent peer specialists are to promote the wellbeing of the families with whom they work, to promote family-driven practices that focus on strengths as part of the solution, and to ensure families and youth participate as partners in all aspects of their care.

As an Ohio certified Parent Peer Support Specialist:

1. I will ensure that my conduct will not constitute physical or psychological abuse, neglect or exploitation of the families I serve.
2. I will abide by the standards of supervision established by my employer, so long as the supervision is consistent with the Ohio Certified Parent Peer Support Specialist's Core Competencies and this Code of Ethics
3. I will at all times, respect the rights, culture, and dignity of the families I serve.
4. I will respect the privacy and confidentiality of the families I serve. When circumstances- such as an imminent risk to safety- require the disclosure of confidential information, only information that is essential, will be revealed. To the extent possible, families will be informed, before confidential information is disclosed.
5. I will not engage in sexual or any form of intimate activities with any family members I am currently serving, and for a minimum of two years after they are discharged from service.
6. I will neither give nor accept gifts of money or items of significant value from the families I serve.
7. I will not use undue influence, create undue dependence, or make unwarranted promises of benefits.

- 8. I will not enter in dual relationships or commitments that may conflict with the interests of the families I serve. For example, I will not endeavor to purchase items or property from a member of a family I serve.
- 9. I will be guided by the knowledge that all individuals have the right to live in the least restrictive and least intrusive environment possible.
- 10. I will not participate in stigma or the blaming of the families and youths for the challenges they face.
- 11. I will act with integrity in all professional relationships.
- 12. I will seek to resolve philosophical differences with professionals and/or the families I serve in a respectful, fair and honest manner.
- 13. I will take adequate measures to discourage, prevent, and /or report, following established agency policies, the unethical conduct of colleagues.
- 14. I will act in a manner to create and maintain safety for myself and the families I serve.
- 15. I will provide services consistent with the Ohio Certified Parent Peer Support specialists /core Competencies in effect at the time the services are provided.

I understand and accept this Code of Ethics.

Print full name

Legal Signature

Date



Thank you, for more information please contact:

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