Continuing Education
All training participants will have the opportunity to join a Community of Practice that offers continuing education, networking opportunities, and ongoing communication with other Peer Support and Family Peer Support Specialists.

Supervisor Training
The Iowa Peer Support & Family Peer Support Training Program will offer a two-day training for Supervisors of Peer Support professionals using a combination of in-person and online training for individuals at all career stages and from a variety of professional backgrounds.

System of Care
The Iowa Peer Support & Family Peer Support Training Program uses a System of Care philosophy. A System of Care is an approach to care that recognizes the importance of family and community, and seeks to promote an individual’s full potential by addressing their physical, emotional, intellectual, cultural, and social needs.

Upcoming Trainings
To view a list of upcoming trainings and to register, visit: [http://www.cchii.org/training](http://www.cchii.org/training)

For more information contact:
The University of Iowa Center for Child Health Improvement & Innovation: 1-866-219-9119, ext.3

This training is made possible through funding from the Iowa Department of Human Services through its contract with the University of Iowa for Peer Support Training and Coordination (MHSD-15-006).
What is a Peer Support Specialist?
A Peer Support Specialist is a person who has firsthand experience with emotional, behavioral, and mental health challenges and uses their lived experience of recovery to address whole health. In addition to skills learned in formal training, Peer Support Specialists provide behavioral and mental health support services to help others manage and recover from their own mental illness.

What is a Family Peer Support Specialist?
Family Peer Support Specialists have firsthand experience as a caregiver or parent of a child with emotional, behavioral, or mental health challenges. In addition to skills learned from formal training, Family Peer Support Specialists provide peer-to-peer and family-to-family support services grounded in their own lived experience.

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Principles of Peer Support & Family Peer Support

**Ethics**

**Confidentiality**

**Empowerment**

**Effecting Change**

**Recovery**

**Natural Supports**

**Wellness**

**Behavioral Health**

**Family Support**

**Education**

**Resilience**

**Communication**

**Advocacy**

**System of Care**

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The Iowa Peer Support & Family Peer Support Training Program is a collaboration among:

- The University of Iowa Center for Child Health Improvement & Innovation
- The National Resource Center for Family Centered Practice
- ASK Resource Center
- Child Health Specialty Clinics
- National Alliance on Mental Illness Iowa

This program provides comprehensive training for Iowa’s Peer Support and Family Peer Support workforce including the development of statewide networks and continuing education opportunities.

What is Peer Support?

- Peer support is the process of giving and receiving encouragement and assistance to help others achieve long-term recovery.
- Peer Support professionals offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources and opportunities.