

# FAMILY PEER SUPPORT



Highland County offers Family Support Specialists (FSS) for parents & caregivers involved with Wraparound/Service Coordination. All people need caring relationships and connections with others who "get it."



## WHO ARE FAMILY SUPPORT SPECIALISTS?

Family Support Specialists (FSS) are caregivers with experience raising youth with complex needs. They share their knowledge in advocating for the needs of their family and help you on your journey.



A Family Support Specialist will be able to:

**Listen** to your needs, challenges, and hopes for the future.

**Encourage** you as you continue to learn to advocate for your family.

**Educate** and **equip** you with skills to navigate systems and partners to improve the help you receive.

**Explore** interests and **share** resources to encourage wellness and ongoing learning.

**Empower** you to feel confident in getting your family's needs met through finding the right support in the community.

*My [FSS] did a perfectly wonderful job. She helped me understand everything. Her tone of voice, being concerned, caring about people, sharing self-care & affirmations helped me so much mentally.*

*-Wraparound caregiver supported by a Family Support Specialist*

**Contact Highland County Family and Children First Council for information about connecting to a Family Support Specialist.**



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