



# Erie County Family Peer Support Services

## Who are we?

New Directions Family Peer Advocates provide Family Peer Support Services to parents and caregivers of youth who are experiencing mental health or behavior challenges. Our team of parent professionals support parents by providing a “peer” service, meaning the service provider is someone who has lived experience raising a child with a mental health diagnosis. All program staff are trained and credentialed as New York State Family Peer Advocates.

We believe that parents/caregivers are the experts on their own children. We use a trauma informed care approach in all the work we do. We believe in focusing on and building upon strengths and solution focused planning.

Services are free, provided at times and locations convenient for the parent/caregiver, and are family-driven. The goals and needs we work on are identified by you, based on your family’s unique circumstances.



## What do we do?

We help parents/caregivers to:

- Learn more about their child’s diagnosis and ways to support their child.
- Identify their own needs and engage in self-care.
- Feel less alone by connecting them with other parents/caregivers experiencing similar situations.
- Engage/re-engage with family members and build natural supports.
- Learn more about the services that are available to them in the community and connect them to resources that meet their needs.
- Provide support and resources related to education, mental health services, hospital/ER care, social services, and community supports.
- Become advocates for their child and themselves.

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