



WISCONSIN CERTIFIED PARENT PEER SPECIALIST

CORE COMPETENCIES

Domain one: Personal attributes

- 1.1 Understands, supports, and models the importance of family-drive care
- 1.2 Accepts the family where they are without judgement
- 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 oneself with honesty and integrity

Domain two: Ethics and confidentiality

- 2.1 Understands and maintains confidentiality as required by 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 three: 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

Domain four: Wellness

- 4.1 Understands why self-care is important for parent peer 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 five: Crisis and safety planning

- 5.1 Provides appropriate supports and advices families in the midst of crisis
- 5.2 Understands the purpose of crisis and safety planning
- 5.3 Supports families going through a crisis and safety planning process
- 5.4 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 six: Empowerment

- 6.1 Able to assist families explore their own choices and recognizes 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 uses them to effect change
- 6.7 Practices interventions to prevent and overcome stigma
- 6.8 Able to assist families to identify and build informal family and community supports

Domain seven: 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 eight: Knowledge

- 8.1 Knowledgeable about resources (including funding options), rules, and regulations related to children's mental health and adolescent substance abuse
- 8.2 Knowledgeable about child and adolescent mental health and substance use conditions, treatments, services, and supports
- 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 Knowledgeable about the public education system as it relates to children and youth with mental health and/or substance use issues
- 8.5 Knowledgeable about how to find information regarding child welfare, juvenile justice, and healthcare systems in Wisconsin
- 8.6 Knowledgeable about the process and principles of collaborative systems of care, also known as "wraparound"
- 8.7 Knowledgeable about recovery-oriented systems of care (ROSC)
- 8.8 Knowledgeable about current best practices for addressing challenging behavior
- 8.9 Knowledgeable about impact of trauma on children, youth, and families
- 8.10 Understands the use of peer specialist services, as differentiated from clinical services

