

Tips for Supervisors Supporting Family Peers in Writing Lived Experience Narratives

1. SUPPORT

Resist the urge to write the narrative yourself and allow Certified Family Peer Specialist (CFPS) candidates to demonstrate their ability to share their lived experience.



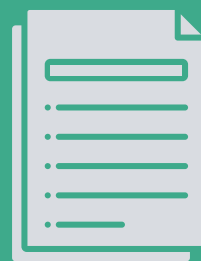
2. ASK EARLY & OFTEN

Incorporate questions about CFPS candidates' lived experience during the hiring and onboarding process. Include opportunities for candidates to demonstrate writing skills.



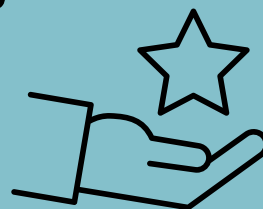
3. EXPLAIN COMPONENTS

1. Role as parent/caregiver
2. Info about loved one's mental health and/or substance use challenge
3. Systems navigated alongside loved one
4. Resources accessed and advocated for
5. Challenges and barriers overcome



4. SHARE EXEMPLARS

Visit this website for examples of high quality family lived experience narratives:
<https://www.fcmh.org/lived-experience-exemplars>



5. START CONVERSATIONS

If CFPS candidates are struggling to put their lived experience narrative into words on paper, ask them questions to answer verbally and record what they say for them to use as they write.



6. OFFER HEADERS/PROMPTS

1. What was It like supporting your loved one through their mental health/substance use challenge?
2. What kind of interactions with schools, therapists, and other systems did you have?
3. How did you find support and resources?
How did they affect your family's well-being?



Visit www.nfstac.org for more free resources!