

Dear Families and Community Partners:

We are here to help!

Did you know that in addition to FREE support groups, educational workshops, special activities, phone and community support that GEAR Parent Network also provides FREE 1:1 in home parent to parent support services to families!

The primary role of the GEAR parent peer staff is to provide a restorative approach to family healing and wellness, parenting education, meaningful connection to natural supports/resources and integration into their communities. This peer-to-peer model promotes positive change by parent peer staff doing these things *with* parents/caregivers rather than *to* them or *for* them so parents/caregivers may become empowered to build capacity of the family to thrive and increase their family's resiliency factors!

G.E.A.R. Parent Network is the only family organization in the State of Maine whose parent staff are credentialed as "Certified Parent Support Providers" (CPSP) by the National Federation of Families for Children's' Mental Health's Certification Commission for Family Support (check out the certification requirements at [www.ffcmh.org](http://www.ffcmh.org)). Additionally GEAR parent peer staff have been trained in Restorative Practices, Family Group Decision Making and in trauma-informed theory so we may deliver parent peer support services via a trauma-informed lens. One of the principles of a trauma-informed staff is the principle of "Family Empowerment" and by supporting family caregivers with parent peer staff who have had similar experiences and an understanding of what the family has been through, the family feels supported.

Please feel free to contact us with questions or to make a referral for 1:1 in home parent peer support services (parents - self referrals are welcomed!). Call 1-800-264-9224 to see if this free service will benefit you!

Note PARENTS: Are you aware that parents or caregivers whose child/youth are enrolled with case management through Behavioral Health Homes (BHH) may also receive parent peer support? Yes, you too may have a parent peer support provider as this is included as part of that BHH service through the agency that supports your family - please ask your care coordinator how you can access this service!

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