

Indiana Certified Parent Support Provider (CPSP) Program

The Indiana Certified Parent Support Provider (IN CPSP) Program is commissioned by the Indiana Family and Social Services Administration / Division of Mental Health and Addiction (FSSA/DMHA) to provide peer support services to individuals parenting a child experiencing complex mental health needs and co-occurring disorders.

The IN CPSP Program will give these parents¹ the hope, support, skills and confidence they need to achieve their self-identified goals for the child and family. Certified Parent Support Providers (CPSPs) are individuals who have experience parenting a child with complex mental health issues and navigating the child service systems.

The CPSP's role is to understand the family's strengths, needs, and priorities. They do not provide any clinical care or give advice. Instead, CPSPs listen, respect, empathize, encourage, coach, mentor and provide hope to parents as peers, not as medical professionals. This is a unique, powerful kind of support.

Parental involvement is critical to a child reaching their potential. However, parents face numerous barriers to full involvement, such as negative past experiences, stigma, cultural differences, trauma of illness, and lack of knowledge. CPSPs have first-hand experience with these difficulties, which helps them to engage parents and to improve the relationship between the parent and the child's treatment team. Parents who have support, are well-informed, and who have resources are much more likely to be fully involved in their child's care and successful in reaching their goals.

CPSPs are required to take 40 hours of initial training on a list of essential topics (see complete list below). The curriculum was designed to match the certification core competencies developed by the National Federation of Families for Children's Mental Health. IN CPSPs practice their profession following the approved Scope of Activities, Code of Ethics, policies and procedures. The CPSP will also practice and promote the values & principles of the Indiana Systems of Care and Wraparound. The CPSP is responsible for knowing community resources and helping parents find and address their self-identified needs. They share many practical tools with parents, including *Wellness Recovery Action Plan (WRAP) for Families, Youth Wrap*, a portable medical recordkeeping system, crisis plan and more. These tools address holistic wellness: mind, body, and spirit of the entire family according to their self-identified goals. The CPSP have training to mentor parents on conflict resolution, problem solving, goal setting, time management and documentation.

Ultimately, CPSPs empower parents to become effective advocates for their children by assisting them in navigating an often-complicated child services system, and by giving them a real voice to identify and advocate for their family's goals.

¹ The term "parent" is used throughout IN CPSP documents to describe the person or people dedicated to the child who provide the primary daily home care, parenting, and/or caregiving.

Certified Parent Support Provider (CPSP) Training Topics

- Role of CPSP
- Children's Mental Health
- Family Support Services
- Indiana Systems of Care & Wraparound
- Self-Knowledge & Cultural Competency
- Communication
- Documentation and Time Management
- Advocacy & Empowerment
- Conflict Resolution
- Trauma-Informed Care
- Suicide Prevention
- Motivational Interviewing
- Facilitation of a CPSP Support Group
- Substance Use Disorders
- Incorporating Lived Experience
- Juvenile Justice
- School System
- Wellness & Natural Supports
- Essential Values

Domains of Competence

- Ethics
- Confidentiality
- Effecting change
- Communication
- Parenting for resiliency
- Behavioral health information
- Education information
- Advocacy in and across systems
- Empowerment
- Wellness and natural supports
- Local resource information

Benefits of CPSP to family and medical care system

- Increased support and education means decreased hospitalization, involvement with police, runaways, trauma and cost
- Parent can better support child to become more resilient and meet education, developmental and social goals
- Child and family have better quality of life
- Treatment team and family work together more effectively and efficiently
- Team, along with CPSP has increased employment satisfaction, less burnout as child moves towards wellness
- CPSP can answer many nonclinical questions and educate parents, instead of using clinical team, saving time and money

This program has been commissioned by FSSA/DMHA. It has been developed by NAMI Indiana in collaboration with:

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