

Discover Rochester Regional Health's

# Family Peer Advocate Program



## Here's how we can assist you:

- **Navigate systems of care** that are often frustrating and confusing – increasing engagement in services
- **Build parenting skills** which can include helping caregivers learn new ways to communicate more effectively with their child, try different approaches, and improve relationships in the home
- **Encourage and empower caregivers to take care of themselves** – offering support in identifying ways to meet their own needs as caregivers
- **Help the family to build and access resources** for their families/youth
- **Attend meetings with caregivers** to help advocate and better communicate the family's needs/collaboration with other professionals, including clinicians.
- **Help caregivers manage frustrations** and difficulties that come with raising a child with a mental health diagnosis
- **Encourage and empower caregivers to not lose hope** and gain support from working with someone who has gone through similar experiences
- **Support families through lived experience** to remind them that they are not alone, and to reduce shame and stigma

## Learn more about what a Family Peer Advocate can do for you or someone you care about:

**P** (585) 922-SBHC (7242)

**E** [sbhc@rochesterregional.org](mailto:sbhc@rochesterregional.org)



Scan if interested in becoming  
a Family Peer Advocate

Whenever and  
Wherever You Need Us,  
We're Here for It.

**ROCHESTER**  
**REGIONAL HEALTH**