



PEER MENTORING PROGRAM

Designing a Peer Mentoring Program for Students with Mental Health Issues

Comprehensive Program Resource Manual & Training Manual
Available Summer 2015

Program Resource Manual

The M² Program Resource Manual is a comprehensive document that contains all materials related to planning, managing, and evaluating a peer mentoring program for students with mental health issues. The Program Resource Manual is based on the materials, evaluation findings, and key lessons learned from M², a pilot peer mentoring program at Queen's University in Kingston, Ontario. The manual provides student affairs professionals with all the materials needed to improve an existing program or launch a new program.

Contents

- **Program Planning Tools:** Organizational structure, timeline, resources required
- **Peer Mentor Recruitment:** Position description, application, interview questions, selection rubrics, volunteer agreement
- **Mentee Recruitment:** Eligibility criteria, referral protocol for counsellors, program agreement
- **Guidelines for Matching Mentors/Mentees**
- **Peer Mentor Training**
- **Program Policies**
- **Program Supervision Tools**
- **Volunteer Management**
- **Program Evaluation Tools**

The Program Resource Manual and Training Manual will be available publicly to all post-secondary institutions by **Summer 2015**.

Please contact **Mira Dineen** (M² Program Coordinator) at mira.dineen@queensu.ca for more information.



Peer Mentor Training Manual

The Peer Mentor Training Manual is a comprehensive curriculum package with everything you need to train peer mentors for this program. The package includes an overview of key competency areas for peer mentors and a detailed curriculum framework.

Contents

- Ice breaker activities
- Lesson plans with learning outcomes, background readings, presentation slides, handouts and instructions for all training sessions:
 - The Mentoring Relationship
 - Communication Skills
 - Emotional Intelligence
 - Boundaries & Confidentiality
 - Health & Wellness
 - Mental Health Education
 - Crisis Response
 - Learning Strategies
 - Capstone Role-play Activity
- Training evaluation criteria and tools

