**Appendix E: Campus staff training outline**

**Sample training outline for campus staff**

# What is peer support?

* Overview of peer support services

# Values of peer support

* Description of peer support values as outlined by Mental Health Commission of Canada and Peer Support Canada

# Drawing from personal experiences intentionally

* Description of how peer supporters responsibly draw from personal experiences
* How drawing from personal experiences supports participants’ well-being and engagement
* What this approach looks like in practice

# Benefits of peer support services on campus environments

* Student-to-student support
* More “buy in” from student population
* Increased capacity to support students
* Improved student satisfaction and support
* Educational opportunities for students

# Benefits of partnering with community peer support organization

* Organization expertise
* Shared resourcing
* Access to ongoing training and support
* Connection to community resources

# What peer support will look like on campus

* Number of students anticipated to be supported by these services
* Note taking
* Supervision of peer support workers
* Case conferences with peer supporters

# How peer support will fit with campus services

* Overview of Stepped Care Model
* Example of student pathway through health and wellness services
* Increased engagement in other services supported via peer support

# Which students may benefit from peer support?

* Students experiencing feelings of isolation
* Students seeking practical coping strategies for dealing with challenges
* Students wanting support when navigating additional services

# Working with peer supporters

* Members of the care team
* Refrain from asking intrusive questions about personal experiences
* Share space for peer supporters to offer their insights and perspectives