

# 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