



Canadian Mental
Health Association
Mental health for all

Association canadienne
pour la santé mentale
La santé mentale pour tous



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Campus Peer Support Training – Program Requirements

This training program was designed to provide you with a variety of different ways to learn about the role of a peer supporter and to build up your skills and confidence as you step into supporting your peers on campus.

To successfully complete this program, you need to:

- Attend **all** live sessions
- Participate in **one** local CMHA peer support service offering
- Submit **one recording** of you leading a short peer support conversation
- Post at least **one reflection** on a self-directed learning activity in the National Community of Practice

Here are some details on each of these requirements:

Live sessions

This is where you will learn and practice what it means to support your peers. The sessions are an opportunity to reflect, discuss and explore skills.

If you cannot make all or part of a session, you will be required to complete the self-directed activities and to schedule a time to discuss the content with your supervisor.

CMHA service offering participation

The purpose of this requirement is so you can participate in a peer support activity led by an experienced peer supporter. This will allow you to observe what comes up in peer support sessions and how a peer supporter handles various situations.

You can choose to attend an event that fits your schedule.

Please let your local CMHA staff know when you are attending so you can have a short debrief discussion with them after the event.

Finally, post a short reflection in your local Community of Practice about the experience.

For more information, please see the *CMHA service offering participation* LMS activity.

Recorded conversation

The purpose of this requirement is to practice leading a peer support conversation **before** you start supporting students one on one.

The conversation should last **10 – 20 minutes** and can be with a friend or another peer support student who would like to talk through something they are experiencing.

Once you have completed the conversation, you will need to upload the recording to the LMS. CMHA staff will then provide feedback to you.

For more information, please see the *Peer Support Conversation* LMS Activity.

Learning activity reflection

The purpose of this activity is to reflect individually on your progress as a peer supporter based on the self-directed learning activities you have completed in the LMS.

By posting your reflection in the **National Community of Practice**, you can also learn what other peer supporters from across the country are taking away from this program.

This can be done at any time during your time as a peer supporter.

The reflection should capture which self-directed activity you completed, what you learned from the activity and your next steps as you apply this in your role as a peer supporter.