

Campus Peer Support **SITE NAME**

Training Program Overview



Canadian Mental
Health Association
Mental health for all



Welcome

Congratulations on your role as a Campus Peer Supporter! We are excited to have you on this journey.

This document outlines the training program you will complete before starting your role.

Please review **before** our Orientation session.



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Part 1

Training Overview





Learning Outcomes

**By the end of this training program,
you will be able to:**

- Explain your role and responsibilities as a peer supporter
 - Build connection with peers
 - Prioritize your own well-being while supporting others
 - Demonstrate effective communication strategies
 - Support peers who may be struggling with additional resources as required
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Training Content

Modules

01 Peer Support Overview

- Principles of peer support
 - Role & responsibilities of peer support
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02 Connection & Belonging

- Personal experiences & biases
 - Trust building
 - Welcoming spaces
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03 Self-care Strategies

- Wellbeing tips
- Resilience strategies
- Substance use health

04 Communication Skills

- Listening to understand
 - Questioning techniques
 - Sharing of experiences
 - Using inclusive language
-

05 Additional Support

- Crisis situations
- Local resources
- Principles of self-determination



Training Approach

Learning

- Live facilitated sessions
- Self-directed activities via learning management system

Working

- Service offerings participation
- On the job support & feedback

Growing

- National community of campus peer supporters
- Further opportunities for learning



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Part 2



Training Program Requirements



Successful completion*

To receive a certificate of completion, you must:

- Participate in **all** live sessions
- Participate in one local CMHA peer support service offering
- Submit one recording of a peer support conversation
- Post one reflection on a self-directed activity to the national community of practice

**More details will be provided during the Orientation session*



Supports



For building your foundation

- Session handouts & resources
- Self-directed activities
- Communities of Practice

For navigating your unique peer role

- Ongoing touchpoints with CMHA Peer Support Experts
- Community peer support service offerings

For success in your campus job

- Campus supervisors and staff for direct support in day-to-day responsibilities
- Integration and connection with Campus services



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**Sites running STANDARD PROGRAM:
Please edit/adjust schedule for your program offering*

Training Schedule

| Week | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|--|---|---|---|--|
| Orientation (2-3 hrs) | LMS access | Live session <i>Orientation</i> | Self-directed activities | | |
| Week 1 (4 -5 hrs) | | Live session <i>Module 1</i> | Self-directed activities | Live session <i>Module 2</i> | Self-directed activities |
| Week 2 (4 -5 hrs) | | Live session <i>Module 3</i> | Self-directed activities | Live session <i>Module 4</i> | Self-directed activities |
| Week 3 (4 hrs) | Assignment <i>Record Peer support conversation</i> | | | Assignment <i>Participate in CMHA peer support service offering</i> | |
| Week 4 (2-3 hrs) | | Live session <i>Module 5</i> | Self-directed activities | | Assignment <i>Post in National Community of Practice</i> |



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***Sites running INTENSIVE PROGRAM:**
Please edit/adjust schedule for your program offering

Training Schedule

| Week | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|--|
| Orientation (2-3 hrs) | LMS access | Live session <i>Orientation</i> | Self-directed activities | | |
| Week 1 (9-10 hrs) | | Live session <i>Day 1</i> | Live session <i>Day 2</i> | | Self-directed activities |
| Week 2 On-the-job training | Self-directed activities | Assignment <i>Record Peer support conversation</i> | Self-directed activities | Assignment <i>Participate in CMHA peer support service offering</i> | |
| Week 3 On-the-job training | | On the job/service offering | Self-directed activities | | |
| Week 4 Check-in | Self-directed activities | On the job/service offering | | | Assignment <i>Post in National Community of Practice</i> |



Key Details

Campus Peer Support Training Program Start Date

DATE | TIME | LOCATION

Campus Contact Information

EMAIL | PHONE



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*Replace photos with
your own or remove*

Meet Our Team



Name

Campus Role



Name

CMHA Role



Name

Role