



Canadian Mental Health Association
Mental health for all

Campus Peer Support Program Orientation – Facilitator’s Guide

Estimated Time to Complete: 120 mins total time (including breaks)		
Objectives:	Materials:	Resources:
<p>By participating in this session, students will be able to:</p> <ul style="list-style-type: none"> • Understand the program requirements • Discuss the principles and values of peer support • Capture group norms for connection & belonging 	<ul style="list-style-type: none"> • Facilitator Guide • PowerPoint slides • Participant handouts: <i>Peer support values;</i> <i>Training program requirements</i> 	<p>In person:</p> <ul style="list-style-type: none"> • Flipcharts/whiteboards, markers • Banner paper, stickers, markers • Fidgets, opt-out cards, quiet area
Agenda:		



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- Welcome & connection (30 mins)
- Program overview & requirements (30 mins)
- Peer support values (45 mins)
- Conclusion and next steps (10 mins)

Current timing: 120 mins (with 5 mins break)

Note: Please review all materials and adjust/add specifics for your site as appropriate.

If virtual:

- Webcam
- Virtual conferencing tool with:
 - Breakout rooms
 - Polling
 - Whiteboard

LMS activities:

- *Why do you want to be a peer supporter* questionnaire
- *The impact of peer support* video

Local resources:

- Campus peer support training program overview



Timing	Topic / References	Facilitation Notes
<p>Total: 30 minutes</p>	<p>Welcome / Presentation (10 minutes)</p> <p>Slide: Agenda slide</p> <p>Resources: fidget objects, other resources required</p>	<p><i>Welcome students as they arrive and then provide a quick overview of what you will cover in this session. Include (and adjust as required) the following key points:</i></p> <p>Land acknowledgement</p> <ul style="list-style-type: none"> • Prepare in advance your personalized land acknowledgement • Invite students to add to your acknowledgement <p>Agenda</p> <p>The purpose of this session is to help you:</p> <ul style="list-style-type: none"> • Understand the program requirements • Discuss the principles and values of peer support • Identify group norms for connection and belonging <p>And, of course, get to know each other! We will spend some time today learning about each other and what's important to us all as we start this journey together.</p> <p><i>Explain your role:</i></p> <p>My role is to facilitate our discussions and to keep us on schedule as we explore what it means to provide peer support. I will share a bit more about myself when we get to the introductions!</p> <p>There are also additional resources in the LMS to support and extend our discussion today.</p> <p>We will be sharing ideas as a group and also doing some individual reflection.</p> <p><i>Highlight different ways to engage/disengage – move if you need to move, use the opt out cards if you prefer not to participate in an activity/discussion, use the quiet space when you need to and the fidget objects if that helps you stay engaged.</i></p>



Timing	Topic / References	Facilitation Notes
	<p>Connections / Group activity (20 mins)</p> <p>Visual: Activity slide</p> <p>Resources: Questions flipchart</p>	<p><i>Ask students to introduce themselves using the example provided. Demonstrate how much detail to share by going first (and keeping it concise!)</i></p> <p>Let's start to get to know each other now. Please introduce yourself by sharing:</p> <ul style="list-style-type: none"> • Name, program of study • Dream vacation and why • Peer support question you have (what are you wondering about?) <p><i>Capture the questions on a flipchart to refer to and address during future sessions</i></p> <p>Debrief:</p> <ul style="list-style-type: none"> • Address any quick questions right away <p>Highlight the range of questions and confirm how the group will find answers throughout the program</p>
<p>Total: 30 minutes</p>	<p>Program overview / Presentation (15 mins)</p> <p>Visual: Program slides</p> <p>Resources: <i>Program requirements handout</i></p>	<p><i>Provide a brief overview of the curriculum requirements, resources and support available</i></p> <p>Before we go any further – congratulations on becoming part of our Peer Support team! Peer support is an incredibly rewarding experience and I hope you will find this training and the role a valuable experience. <i>Highlight the other sites participating.</i></p> <p>To help you get ready for your role as a peer supporter, you will learn:</p> <ul style="list-style-type: none"> • The role and responsibilities as a peer supporter • Ways to build connection with your peers • Effective communication strategies • Self-care strategies so you can prioritize your own well-being while supporting others • Additional support resources so you can support and connect peers who may be struggling



Timing	Topic / References	Facilitation Notes
	<p>Continued from above</p>	<p>This program allows us to learn, work and grow together with:</p> <ul style="list-style-type: none"> ● Group sessions like this one to discuss perspectives, learn together and practice skills ● Learning management system with self-directed activities as well as opportunities to connect with peer supporters from across the county ● Practice and reflection opportunities ● On the job support and feedback <p>To successfully complete the program, you will need to:</p> <ul style="list-style-type: none"> ● Participate in all the live sessions (if you have to miss a session – please speak with me) ● Participate in one CMHA community peer support service offering ● Submit one recording of a peer support conversation (short 10 -20 mins) for feedback ● Post one reflection on a self-directed activity to the National community of practice in the LMS <p><i>Distribute handout and discuss specifics and any accommodations/additions for your site – including the timing of modules if you are running the standard program. (Refer to your local Training program overview document</i></p>



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	<p>LMS overview / Demonstration (15 mins)</p> <p>Visual: LMS orientations and share screen</p> <p>Resources: N/A</p>	<p><i>Launch the LMS and highlight the main areas for students</i></p> <p>To support your learning and provide you with quick, mobile-friendly access to resources, we have a learning management system for this program.</p> <p>I will give you a quick tour now of the site and show you some areas specific to our location as well as National areas, where you can connect with students from other sites.</p> <p><i>Show how to login (can ask students to do this on their phone at same time)</i></p> <p><i>Show either Intensive or Standard program area (areas are unlocked, so students can look at both areas if they want)</i></p> <p>This is where you can find the handouts from our live sessions and the self-directed activities.</p> <p>The self-directed activities are ways to extend your learning and for you to make personal connections to the content, which is a crucial part of learning. The activities are all short – typically around 10-15 minutes. There are videos, prompting questions and tips to help you develop your skills as a peer supporter.</p> <p><i>Show your local site community of practice area (COP)</i></p> <p>Here is where we can share questions, resources and anything else with just our group. The other sites cannot see this content.</p> <p><i>Show the national COP area</i></p> <p>And finally, here is where you can connect with and share reflections, ideas, suggestions with peer supporters from across Canada (who are also currently in this program). This is where you will need to post at least one reflection on a self-directed activity to successfully complete this program.</p> <p>WHERE TO UPLOAD RECORDING....</p>



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<p>Total: 45 mins</p>	<p>Peer support values / Presentation & group discussion (15 mins) Visual: Peer support values slide Resources: Peer support values handout</p>	<p><i>Introduce the peer support values and explain each one briefly, distribute handout</i></p> <p>Let's begin to explore what it means to be a peer supporter by discussing the core values of peer support. Because peer support is rooted in lived experience and training, rather than formal education such as a university degree, these guiding values need to be adhered to wholeheartedly - these are our textbooks as peer supporters:</p> <ul style="list-style-type: none"> ● Mutuality: We all have something to learn from each other ● Dignity: We believe everyone has value ● Self-determination: We know what we need ● Personal integrity: We value authenticity, respect and ethical behaviour ● Trust: We are honest, reliable and accountable ● Health, well-being and recovery: We believe in harm reduction and the power of hope ● Social inclusion: We believe in connection and belonging ● Lifelong learning: We value personal growth <p>We know we're doing effective work as a peer supporter when the support we're offering is aligned with these values.</p> <p>This may seem like a lot at first! Don't worry – we will spend time helping you figure out what this looks like in practice. Before we move on, what words or concepts still feel unclear at this point?</p>



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	<p>Values / Individual reflection (10 mins) Visual: N/A Resource: Journal</p>	<p><i>Ask students to reflect individually about the values based on their experiences with mental health support services</i></p> <p>Based on what I just presented, please take a minute to reflect silently on how you may have experienced or not experienced these values when accessing mental health support services.</p> <p>Have you had times when you felt clinicians/support workers were making choices for you? (not honouring self-determination)</p> <p>What reactions do you have to these values? When have you seen them at work or helping you?</p> <p><i>Introduce the journal and share how it can be used during their role as a peer supporter and why journaling could be a useful technique for them (if they like to write or draw)</i></p> <p>Debrief:</p> <p><i>Ask if anyone would like to share how they have seen these values at work (or how these would have helped them)</i></p> <p>Now consider how this relates to why you want to be a peer supporter? As pre-work for today, we asked you to complete a short questionnaire to reflect on why you want to be a peer supporter. It may be related to positive or negative experiences you've had - either is fine! The important point here is to get clear on the type of peer supporter you want to be and why!</p>
<p>Total: 5 mins</p>	<p>Energizer – get everyone to stand up/move around (play some music or just get everyone to stretch)</p>	



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	<p>Being seen and heard/ Group discussion, visual capture</p> <p>(20 mins)</p> <p>Visual: N/A</p> <p>Resources: Banner, markers, stickers/other art supplies</p>	<p><i>Invite students to discuss how to honour these values in everyday interactions with each other and with peers accessing services at your site</i></p> <p>Knowing that these are the values we need to keep in mind and demonstrate in our interactions with students accessing our services, we will use this program to practice and build our skills in each area. Let's discuss specific actions we can do as a group to demonstrate and live these values. And to remind us and hold ourselves accountable, let's create a banner we can display in our space.</p> <p><i>Ask for a couple of volunteers to capture the ideas in words and images on the banner (or have each student add one thing to the banner)</i></p> <ul style="list-style-type: none"> ● How can we commit to demonstrating the value of self determination ("We know what we need"?) ● How can we show our belief in mutuality ("we all have something to learn from each other")? ● What can we do to learn more and demonstrate our understanding of health, well-being and recovery ("we believe in harm reduction")? ● What can we do to consistently show that we value social inclusion ("we believe in connection and belonging")? <p><i>Add any additional ideas to make sure students are identifying tangible actions and ask students to add their names to the banner</i></p>



Timing	Topic / References	Facilitation Notes
<p>Total: 10 minutes</p>	<p>Summary / Presentation (5 mins) Visual: Summary slide</p>	<p><i>Summarize the key points from the discussion and highlight additional resources available</i></p> <p>Today we focused on the program and some key principles of peer support. In our next session we will discuss the role more specifically.</p> <p><i>Provide details of the next session and encourage students to review the self-directed activities and resources in the LMS.</i></p>
	<p>Check out / Partner activity (5 mins)</p>	<p><i>End the session with a check-out activity:</i></p> <p>Find a partner and share what you are taking away from the session today</p>