

Campus Peer Support Training Program

Orientation



Canadian Mental
Health Association
Mental health for all



Land Acknowledgement



Canadian Mental
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Agenda

01

Overview &
requirements

02

Peer support
values

03

Group norms for
connecting





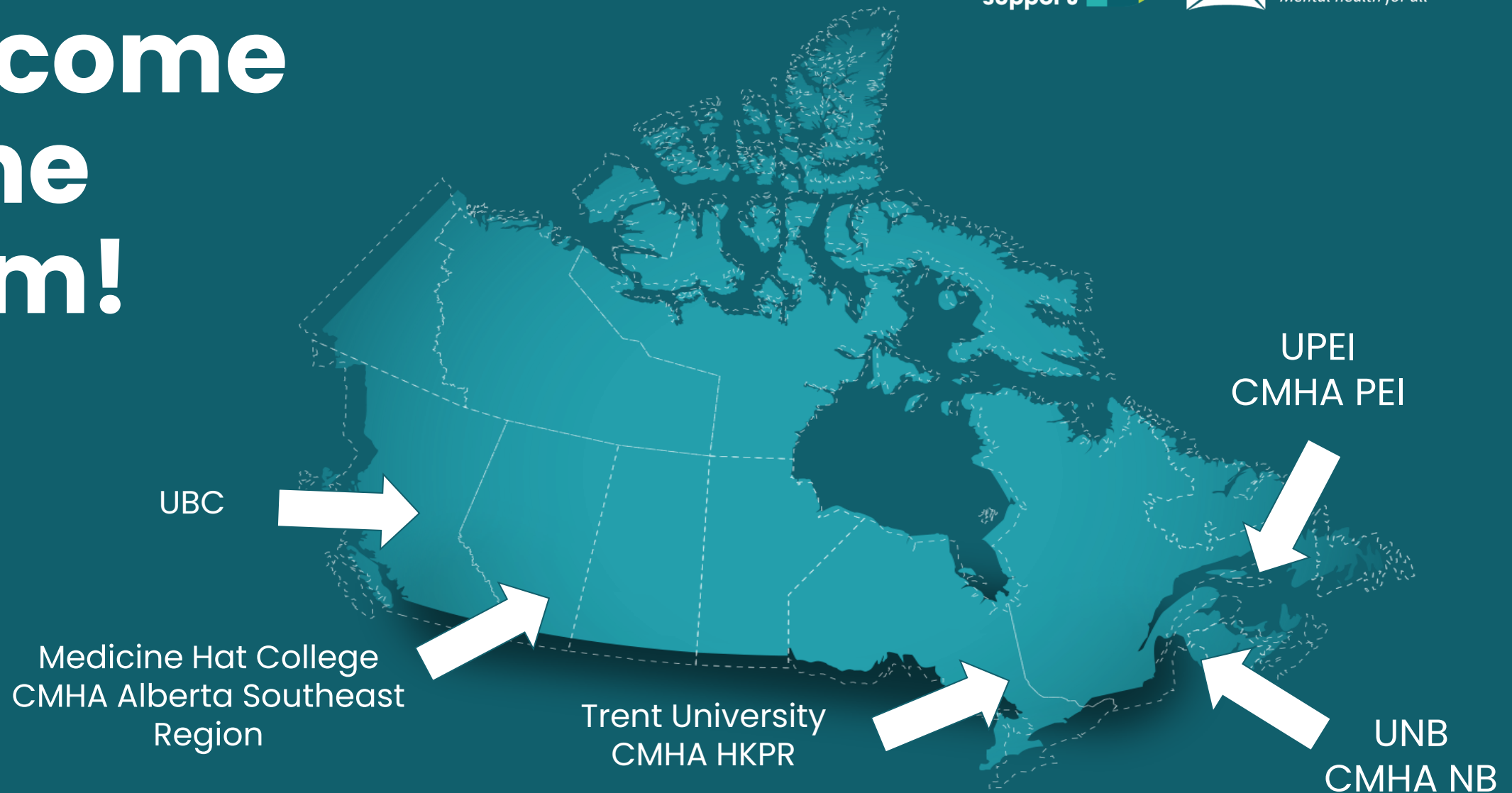
Introductions

- Name, program of study
- Dream vacation & why
- Peer support question you have

Welcome to the Team!



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Program Outcomes

In this program, you will learn:

- Roles & responsibilities of peer supporters
 - Ways to build connection with your peers
 - Effective communication strategies
 - Self-care strategies for your own wellbeing
 - Additional support for peers who may be struggling
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Program Overview



Learning

- Live facilitated sessions
- Self-directed activities

Working

- Service offerings participation
- On the job support & feedback

Growing

- National connections
- Further opportunities for learning



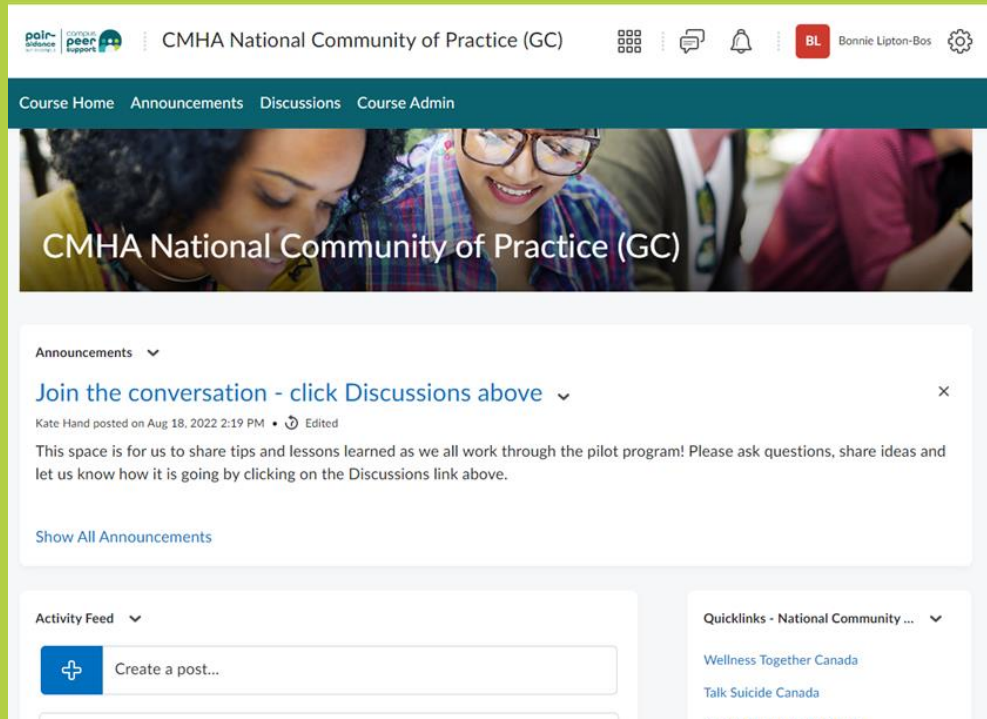
Program requirements

- 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



BrightSpace Orientation

- Handouts from live sessions
- Self-directed activities
- Community of Practice (local and national)



The screenshot shows the BrightSpace interface for the "CMHA National Community of Practice (GC)" course. At the top, there is a navigation bar with "Course Home", "Announcements", "Discussions", and "Course Admin". Below this is a header image with the text "CMHA National Community of Practice (GC)". The main content area features an "Announcements" section with a post titled "Join the conversation - click Discussions above" by Kate Hand, dated August 18, 2022. The post text reads: "This space is for us to share tips and lessons learned as we all work through the pilot program! Please ask questions, share ideas and let us know how it is going by clicking on the Discussions link above." Below the announcement is a "Show All Announcements" link. The "Activity Feed" section includes a "Create a post..." input field. On the right, a "Quicklinks - National Community ..." sidebar lists "Wellness Together Canada", "Talk Suicide Canada", and "CMHA National Field Me...".



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Summary

- Program overview & requirements
 - Peer support values
 - Group norms for connecting
-



Peer Support Values

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 & the power of hope

Social inclusion: We believe in connection and belonging

Lifelong learning: We value personal growth
