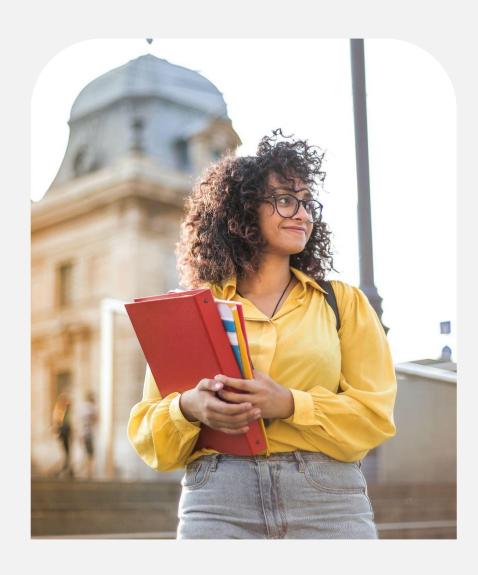
# Campus Peer Support SITE NAME

Training Program Overview











### Welcome

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

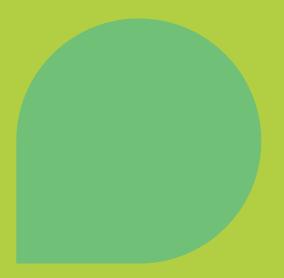
This document outlines the training program you will complete before starting your role.

Please review **before** our Orientation session.



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





## Training Content

#### **Modules**

#### **01 Peer Support Overview**

- Principles of peer support
- Role & responsibilities of peer support

#### 02 Connection & Belonging

- Personal experiences & biases
- Trust building
- Welcoming spaces

#### 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 selfdetermination



## 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





## 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





## Training Schedule

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





## Training Schedule

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





Campus Peer Support Training Program Start Date

DATE | TIME | LOCATION

**Campus Contact Information** 

**EMAIL | PHONE** 



## Meet Our Team







Name CMHA Role



Name Role