

# PEER MENTOR TRAINING ONLINE

## COURSE OUTLINE

*Peer Mentor Training Online* has been designed for individuals who have been pre-screened by the SCI organization and will be volunteering as Peer Mentors within their communities. Through completion of this course, participants will learn about their role and responsibilities as Peer Mentors; the procedures they must follow as volunteers; and strategies they can use to establish positive, productive relationships with their peers.

## LEARNING OBJECTIVES

Upon completion of the course, participants will be able to:

- Define the role of the Peer Mentor
- Know the general safety precautions for volunteers
- Recognize acceptable and unacceptable Peer Mentor attitudes and behaviours
- Know the rules and procedures that must be followed to comply with the standards of the SCI organization, including those related to confidentiality
- Identify the stages of grief and appropriate ways of dealing with peers who are grieving
- Identify suicide risk factors and appropriate responses in situations involving the risk of suicide
- Describe ways to improve interpersonal communication including attending and active listening strategies
- Have appropriate, realistic expectations for first meetings

## EVALUATION

This course is presented in three modules, each including a mandatory test. To progress from one module to the next and complete the training, participants must verify their understanding of the material by achieving 100% on each test. Those who fail can re-test until the required outcome is obtained. Questions are selected from a 'test bank' to ensure that retests are unique. Upon successful completion of the course, participants will be able to download/print a *Certificate of Completion*. This document will include the participants name and the date of training.

## TIMELINE FOR COMPLETION

This is a self-paced learning experience. Participants can exit and re-enter the course at any time. The time required to complete the course will vary, depending on the learning style and prior knowledge of the individual. On average, most participants will be able to complete the course in 1-2 hours.

## LEARNING MATERIALS AND TECHNICAL REQUIREMENTS

The course has a responsive design. This means that participants can take their training on a computer, mobile phone, or tablet. The only requirement is internet access. All required learning materials are within the course, including a **Resource Library** where participants may go to view/download supplemental documents including sample policies, manuals, etc. After completion of the course, participants continue to have full access to course content and to all materials within the resource library.

For more information:

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