



Welcome to the Green Mountain Self-Advocates Person Centered Training: What is a Peer Mentor?

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What This Training is About: What is a Peer Mentor?

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What is Peer Mentor?



1. A person who helps someone learn new things



2. A role model who can show someone how their life can be different



3. A person who helps someone think of ways to solve problems in their life

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What is Peer Mentor?



4. A person someone trusts to give them good advice and support



5. A person who can be an advocate for someone when they need help saying what they need and want



6. A person who helps someone stay on track to reach their goals and dreams

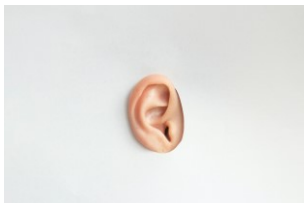
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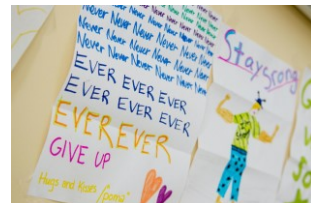
Who Can Be A Peer Mentor?



1. Someone who has experience with the same kind of problems.



2. Someone who is a good listener

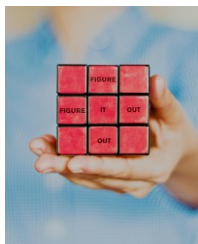


3. Someone who is positive and open minded

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Who Can Be A Peer Mentor?



4. Someone who is good at solving problems



5. Someone who is good at speaking up for themselves and other people



6. Someone who wants to help other people reach their goals and dreams

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Part 2: Peer Mentor Roles and Responsibilities

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What Do Peer Mentors Do?



1. Meets with the person they are helping to talk about their goals and dreams
2. Helps them plan how they will reach their goals and dreams
3. Helps them think about new ways to solve problems they are having
4. Supports them to share their goals and dreams with other people

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What are Peer Mentor Responsibilities?



1. Complete Peer Mentor Training
2. Respect confidentiality
3. Stay in contact with the person you are helping
4. Be a positive role model
5. Listen carefully to what the person is trying to share

6. Share new ideas on how to reach goals and dreams
7. Support the person at Person Centered Planning meetings
8. Follow-up to talk about how things went and what to do next

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David Eaton Person-Centered Planning

<https://youtu.be/5gHS5wSKv1k>

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Things to Think

About #1

A Peer Mentor is like a guide or a coach.

A Peer Mentor is someone who helps other people think about what their dreams and goals. A Peer Mentor listens carefully to what a person wants. A Peer Mentor helps other people come up with plans to reach their dreams and goals. A Peer Mentor helps someone share what they need and want with other people who can help them reach dreams and goals.

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**Break Out Room Session #1 (15 min):
(Please remember that what happens in the
breakout room stays in the breakout room.
Please respect everyone's privacy).**

During this first break out room...

Round Robin Listening: The first person says what is the most important thing they care about and picks the next person to talk. The next person repeats what the last person said and shares what they care about and then picks the next person. Keep sharing and picking until everyone has a turn.

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What Would You Do?



The person you are helping doesn't have anyone they can think of to invite to their meeting.

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What Would You Do?



People don't let the person you are helping talk at their meeting.

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What Would You Do?

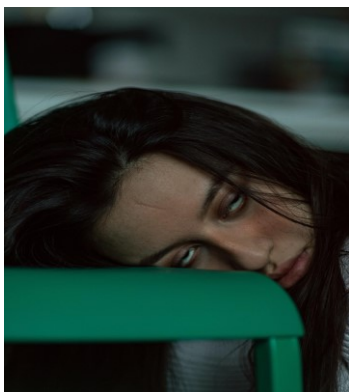


The person you are helping wants to lead their own meeting.

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What Would You Do?



The person you are helping is bored and unhappy in the job they have now.

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True or False?

| | | |
|--|--|---|
| Peer Mentors tell people what to do | Peer Mentors are good listeners | Peer Mentors tell everyone about your problems |
| Peer Mentors check in with the people they are helping | Peer Mentors yell at people who don't agree with you | Peer Mentors share their stories with you as examples |
| Peer Mentors point out mistakes you might be making | Peer Mentors come to meetings with you when you ask them | Peer Mentors tell you your problems are too hard to solve |

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Things to Think About

#2

Peer Mentors share their own experiences.

Peer Mentors are people who have had lots of experience in working on their dreams and goals. They share those experiences to help someone see what might be possible in their own life.

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Break Out Room Session #2 (15 min):
(Please remember that what happens in the
breakout room stays in the breakout room.
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During this second break out room...
 What is a big problem you have had to solve in your
 life? How did you solve it?

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Homework

Draw or write down **3**
 reasons why you want
 to be a Peer Mentor



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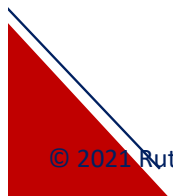
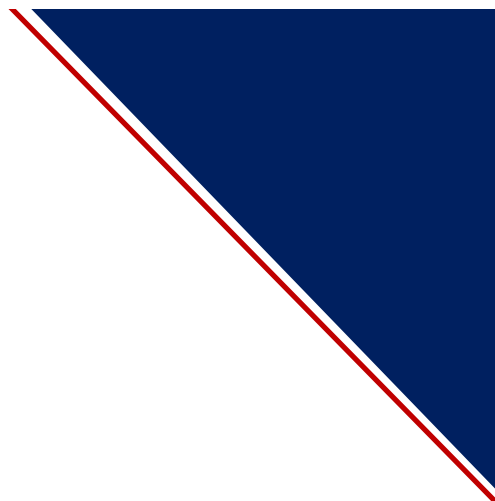
Post Three Words On How the Training Went For You in the Chat Box



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