

## I want to become a Peer Mentor!

Great! Peer mentorship can be a rewarding opportunity. Research has shown that there are benefits to providing peer mentorship including personal growth, improved self-management, and social connection.

## Is Peer Mentorship right for me?

Becoming a Peer mentor is a big responsibility. It requires commitment and availability to provide support to someone likely going through a tough transition in their life. We ask that Peer Mentor candidates:

- Be roughly one year post-injury before applying.
- Demonstrate a healthy balance in current physical and emotional functioning.
- Have good interpersonal and social skills.
- Ability to maintain notes from your meetings and discussions with your supervisors.



For more information about the Adolescent and Young Adult Peer Support Program, or to learn more about becoming a Peer Mentor, please contact Pete Anziano:

[Pete.Anziano@shepherd.org](mailto:Pete.Anziano@shepherd.org)  
**404-350-7373**



Shepherd Center



Andee's ARMY

Child Brain & Spinal Cord Foundation



Shepherd Center

# Adolescent and Young Adult Peer Support

Keeping You Connected



**ADOLESCENT & YOUNG ADULT PEER SUPPORT**

# Shepherd Center Adolescent and Young Adult Peer Support Program

Shepherd's program offers recently injured/diagnosed individuals and those who have transitioned back in the community the chance to meet and talk with trained peer mentors with similar injuries and interests.

## Involvement in peer support programs has been shown to:

- Promote self-esteem, personal confidence, and self-efficacy (a personal belief in your ability to act and achieve your goals).
- Reduce hospital readmissions after discharge.
- Improve physical and mental health outcomes.

## What is a Peer Mentor?

A peer mentor is someone who has gone through something like you. Having had an SCI or TBI and living through similar challenges (and successes) to those you may be experiencing now, Shepherd Center's adolescent and young adult Peer Mentors have received training and are

certified through the Christopher & Dana Reeve Foundation Peer & Family Support Program.

Our Peer Mentors are former Shepherd Center patients who represent success in surmounting difficult life challenges and have a passion for providing support via sharing their experiences, helping you be successful. Our mentors come from broad back-grounds, and we attempt to match you with someone like you based on what factors matter most to you such as experiences, interests, age, gender, ethnicity, or level and type of injury.

## How do I meet with a Peer Mentor?

Once we learn about you and your interests, we will match you with a mentor who can address your interests as much as possible. The mentor will then reach out to you via phone, text, email, video chat, or even in person based on your needs and preferences.

Additionally, if you meet a peer mentor while at Shepherd Center or through social media, you can ask to be matched with that mentor.

## What do I discuss with my Mentor?

- School/work
- Dating/intimacy/sexuality
- Body Image
- Social/recreational
- Self-advocacy and resource management
- Managing complex care needs
- Parenting
- Coping skills and maintaining mental health
- Problem-solving and locating community resources
- Milestone transitions (e.g. grade school to college or to work, independent living, starting families, etc.)

