



## WHAT IS PEER MENTORING?

Peer Mentoring is an authentic support for those who are seeking peer support and/or assistance with problem-solving as they move toward high school graduation and/or beyond. It is designed to assist individuals in exercising choices to maintain or increase their independence. Peer mentoring is also a process through which a more experienced individual encourages and assists a less experienced individual to develop their potential within an area of interest.

Peer mentors are individuals who traditionally have experience within a common area along with additional training in how to assist another in acquiring skills, knowledge, and attitudes to be more successful. Peer Mentors will be adequately compensated for their time and expertise.

## WHAT ARE THE SERVICE OBJECTIVES?

- 1. Empowerment:** Enhance the self-confidence and independence of Individuals in MAPs by providing relatable mentorship.
- 2. Guidance:** Offer practical advice and strategies for navigating personal and professional challenges.
- 3. Support:** Serve as a sounding board for individuals in MAPs, helping them articulate and address their concerns and aspirations.
- 4. Motivation:** Inspire individuals in MAPs to pursue their goals and overcome obstacles by sharing success stories and coping mechanisms.
- 5. Encourage:** The use of Enabling Technology to promote independence and self-reliance.
- 6. Impact:** Use shared experience to encourage, motivate and guide participants through navigating employment.

## I AM INTERESTED BECOMING A PEER MENTOR, WHAT DO I NEED TO KNOW?

- Having Lived Experience with ID/DD.
- Be 18 years or older.
- Demonstrated success in academic, volunteer, employment, and/or independent living settings.
- Capacity to ensure documentation/confirmation of delivery of peer mentoring supports are available.
- Demonstrated ability to address virtual connectivity and ability to travel for peer mentoring meetings, as desired by the person supported.
- Ability to convey empathy.
- Ability to collaboratively problem-solve.

## WHO CAN BE A PEER MENTOR OR MENTEE?

- **Mentees:** Anyone currently enrolled in the MAPs program who would benefit from peer-to-peer support.
- **Mentors:** If you have lived ID/DD experience, enjoying encouraging and supporting others, want to help others increase their independence at home, at work or in the community then you could apply to become a MAPs Peer Mentor. Please reach out to:

**Note:** Peer Mentors are paid staff that will be hired, receive training to ensure they are equipped to support mentees effectively.

## HOW DO I SIGN UP FOR PEER MENTORING SERVICES?

- **Mentees:** If you are currently receiving MAPs services, then complete the Peer Mentor Service Referral Link.
- **Mentors:** If Peer Mentoring Agencies are actively hiring you would apply online through their application links.

## WHAT DOES THE PEER MENTORING PROCESS LOOK LIKE THROUGH THE MAPS PROGRAM?

- Complete the Peer Mentoring Service Referral Form Link
- **Matching Process:** Once you have completed the referral link mentees will be matched with mentors based on interests, goals and experiences.