



Peer Mentoring Services – DDA MAPs Program Support. Skills. Confidence. Independence.

What is Peer Mentoring?

Peer mentoring is a supportive relationship where a trained mentor uses personal experience to listen, encourage, share ideas, and help a mentee work toward their goals. Meetings can happen **in person, by phone, or online (virtually)**, depending on your needs and preferences.

What a Mentor Can Help You With?

- Setting goals and breaking them into small steps
- Speaking up for yourself
- Making choices and solving problems
- Finding community activities and resources
- Building social and communication skills
- Exploring education, training, work, or volunteer options
- Practicing skills for greater independence
- Celebrating progress and planning next steps

What Peer Mentoring Is Not

Peer mentoring does not provide;

Therapy, counseling, medical care, case management, personal care, crisis support, or romantic relationships. A mentor will never make decisions for you.

Being a Mentee (MAPs Participant)

As the center of the mentoring relationship, mentees are expected to:

- Share interests, goals, and concerns
- Take part in planning and mentoring activities
- Ask questions when things are unclear
- Speak up if support isn't working
- Practice skills and make choices
- Attend meetings or communicate if plans need to change
- Being Respectful to your Mentor

The Peer Mentor's Role

Peer mentors are trained and supervised by the program. Mentors will:

- Listen respectfully
- Support goals chosen with you

Family Members & Supporters

A family member or supporter may be involved if you want them included or if required by law. They may help with:

- Understanding information and making informed choices
- Scheduling, transportation, or communication
- Sharing helpful information with your permission
- Encouraging you to speak and decide for yourself
- Raising concerns with program staff

What Mentoring Meetings Look Like

Meetings are planned around your goals. They may include:

- Checking in
- Reviewing steps toward a goal (Not your Milestones)
- Practice Soft Skills (Whatever those may look like for each Mentee.)
- Visiting an approved community activity
- Talking through choices or problems
- Finding information or resources
- Planning next steps

Sample Meeting Routine:

1. Say hello and check in
2. Review what happened since the last meeting
3. Choose what to discuss
4. Complete the activity or skill practice
5. Discuss what worked and what's needed next
6. Plan the next step and confirm the next meeting

Meeting Locations as Applicable:

Safe, accessible, approved places such as libraries, community centers, schools, workplaces, coffee shops, parks, or other program-approved settings.