

## Guidelines for Nominating a Peer Mentor

The individual:

- ◆ Must be 18 years of age.
- ◆ Must have a developmental disability.
- ◆ Must have a serious intention to follow through as a peer mentor once trained.
- ◆ Should have personal experience and/or general knowledge in one or more of the Medicaid covered services.
- ◆ Should have good people skills including the ability to listen and get along with different personalities.
- ◆ Should have the ability to assess the types of needs of the peer they are mentoring.
- ◆ Should be able to help prioritize needs based on urgency or peer desire.
- ◆ Should display good judgment including knowing when to seek help.
- ◆ Will need to have enthusiasm about being a peer and helping others.
- ◆ Must be able to devote the necessary hours to be trained as a peer and then the ongoing time to help a peer.



*The power of peer to peer learning is one of the greatest resources available in our communities. Peer mentoring may very well be the key to systems change as it gently cultivates personal transformation one person at a time.”*

Ron

*“When we meet peer to peer we relate to each other because we understand what each other is going through.”*

Peer Mentor

*“Peer Mentors are powerful advocates that create a path of partnership with the people they support.”*

Pam

*“Peer Mentoring builds self-confidence for both the peer mentor and the person they are mentoring.”*

Peer Mentor

## Peer Mentoring



## Michigan Developmental Disabilities Council



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### ***What is a Peer Mentor:***

A Peer Mentor is a person with a developmental disability who has learned problem solving strategies, how to be a self-advocate, how to live a self-determined life, and knows how to access services and resources in the community.

A Peer Mentor does not tell their peers how to live their lives. Instead, a Peer Mentor offers the benefit of their experiences, passing along encouragement and support to help others construct their own advocacy to bring about the changes they want for their lives. A Peer Mentor works in partnership with the Case Manager. Through their combined and varied experience, Peer Mentors and Case Managers are able to provide a wealth of assistance and information for the individuals they serve.

### ***Role of a Peer Mentor***

Peer Mentors:

- ◆ Help people with disabilities advocate for their own goals
- ◆ Assist others in building their own independent lives
- ◆ Assist with person-centered planning goals
- ◆ Build bridges to people and resources within the community
- ◆ Involve the person's circle of support
- ◆ Are guided by the principle of self-determination for all

### ***Peer Mentor 101 Training***

The Michigan Developmental Disabilities Council (DD Council) provides an annual Peer Mentoring 101 workshop for the purpose of training people with developmental disabilities to become effective peer mentors to others with developmental disabilities. The training provides Peer Mentors with tools to guide peers to become better self-advocates, make their own choices, and develop leadership skills so, that they may lead self-directed and more autonomous, satisfying lives.

The Community Mental Health (CMH) Agency nominates individuals to attend Peer Mentoring 101. Once trained, the CMH would provide the individual with an internship of approximately six weeks. Internships are a supervised 90-120 hour program where the Peer Mentor works with an assigned supervisor and one person receiving services. Upon successful completion of the internship, the Peer Mentor will be recommended for certification by the DD Council.

### ***Medicaid Covered Service***

Peer Mentoring is a Medicaid covered service when it is written in an individual's plan of service. During a Person-Centered Planning Meeting, an individual's goals are covered by Medicaid as medically necessary if they fall within the guidelines of community inclusion, participation, independence, and/or productivity.

A Peer Mentor's unique skills may be utilized to assist a person in reaching their individualized goals at a CMH Agency as part of community living supports.

Medicaid covered services may include:

- ◆ Benefits Planning
- ◆ Housing
- ◆ Transportation
- ◆ Supported Employment
- ◆ Person-Centered Planning
- ◆ Recreation
- ◆ Independent Facilitation
- ◆ Post-Secondary Education
- ◆ Moving towards independence

Medicaid Reporting can occur after a Peer Mentor has completed their training and internship and is certified by the DD Council.