

PEER MENTORING



What's it all about?

Michigan Developmental Disabilities Council

What is a Peer Mentor?

Peer Mentors are individuals with intellectual or developmental disabilities (I/DD), who have a unique skill level from their lived experiences, passing along encouragement and support to help others construct their own advocacy. A Peer Mentor offers first hand experiences on how to use community mental health services and resources available to people with I/DD. Peer Mentors can help guide individuals towards greater self-advocacy, empowerment and personal responsibility for their own success.

Role of a Peer Mentor

Peer Mentors:

- ✓ Help people with I/DD 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
- ✓ Are guided by the principle of self-determination for all

Peer Mentor 101 Training

The DD Council provides an annual Peer Mentoring 101 training designed for individuals with I/DD, to become effective peer mentors to others with I/DD. 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 Service Provider (CMHSP) agency nominates individuals to attend the training. Once trained, the CMHSP would provide the individual with a supervised 90-hour internship. 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. A Peer Mentor's unique skills may be utilized to assist a person in reaching their individualized goals at a CMHSP. Medicaid reporting can occur after the Peer Mentor completes their internship and is certified by the DD Council.



What types of supports are covered?

The types of supports peers provide that are covered by Medicaid are assistance with:

- ✓ Sharing personal stories of advocacy for the purpose of supporting self-advocacy and independence, person-centered planning and arrangements that support self direction
- ✓ Housing
- ✓ Transportation
- ✓ Supported Employment
- ✓ Community Inclusion & Recreation
- ✓ Post-Secondary Education
- ✓ Providing information on entitlements
- ✓ Moving towards independence

For information or questions contact the Developmental Disabilities Council at: (517) 335-3158, or on the web at: www.michigan.gov/ddcouncil