

PEER MENTORING:



Becoming a Peer Mentor?

Michigan Developmental Disabilities Council

What skills do I need?

In Michigan, Peer Mentors get certified through the Michigan Developmental Disabilities Council. The guidelines for becoming a Peer Mentor are:

- ✓ Must be 18 years of age
- ✓ Must have an intellectual or developmental disability
- ✓ Must be willing to share personal experiences to guide and support others
- ✓ 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
- ✓ Must have a serious intention to follow through once trained
- ✓ Must be able to devote the necessary hours to be trained as a peer and then the ongoing time to help a peer

What do people say about it?

"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

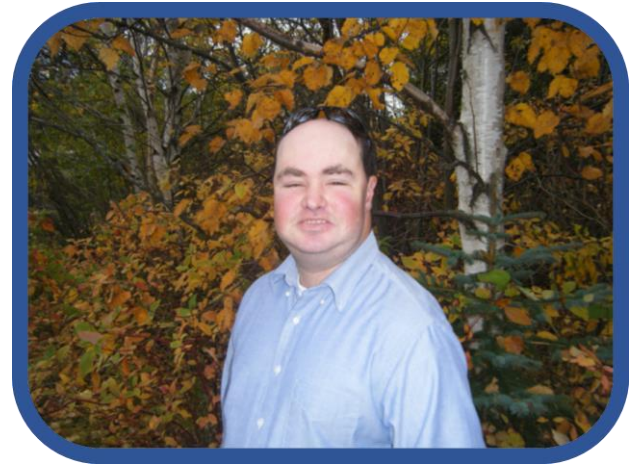
"Peer mentors are powerful advocates that create a path of partnership with people they support."

~PAM

"Peer mentoring builds self confidence for both the peer mentor and the person they are mentoring."

~PEER MENTOR

One Peer's Story



I always had a dream to mentor others! After I graduated from Alpena High School in 2003, I worked for a TV station and restaurants, but I knew this was not my passion as I wanted to help people! In 2012 the opportunity to become a Peer Mentor became a reality. I currently work at Northeast Michigan Community Mental Health Authority as a Peer Mentor and this has changed my life. Over the past few years as a Peer Mentor, the people I work with and I, have been empowered. I have also learned how to be patient and that things take time. I currently work with 4 amazing individuals. I have assisted my peers with building bridges, volunteering, transportation, community inclusion, learning to read and appropriate social interactions.

"Independence is the key to Success!"

Having this opportunity has helped me "find the light!" I have a reason to get out of bed every day knowing I will be helping my Peers live a fuller life.

Looking back I would have never dreamed of working for the best people ever! Dreams really do come true!

~Daniel Spaulding, Certified Peer Mentor