

## INFORMATION FOR MENTORS

*Mentoring for Recovery and Life Beyond Eating Issues...*

### **Peer Mentor Project (PMP) Aims to**

- Reduce social isolation and increase hope in the possibility of recovery for people with eating issues
- Provide links to a range of community connections for people in various stages of recovery
- Lead and enhance supportive recovery options for people recovering from eating issues and beyond

### **Predicted Outcomes**

- Increased community connection for people living with and recovering from EI
- Access to a support person outside of professional treatment team
- Social contact with a person/people who have recovered from eating issues
- Contact with a supportive community of people who understand the EI over an extended period
- Trained mentors will have the opportunity to be matched with a suitable mentee
- Opportunity to provide feedback on the training

### **Why Mentor?**

- The average time taken to recover from eating issues can vary from months to years
- People require a variety of support to recover from an eating issue
- Current services are stretched to capacity and the costs of providing the range of support needed is often greater than the capacity of most individuals and families
- People who experience eating issues naturally seek support from their peers.
- Those who have recovered from an eating issue know better than anyone how hard it can be to fully recover
- An opportunity to provide a mentee with tangible hope and reassurance that recovery is possible.
- Mentoring gives something to both persons involved.

### **Mentor Eligibility Criteria**

- Lived experience of an eating issue
- Aged 18 or over
- In stable recovery\*
- Hold/be eligible for Blue Card
- Have an interest or previous experience in mentoring
- Capacity to make a six-month commitment to the program and attend all events
- Willingness to participate in research and give feedback to this program
- Access to personal support network
- Access to letter supporting application from your current (or past) therapist/counsellor.

**\*Participants need to be currently well and have minimum of 24 months predominantly free of eating disorder thoughts and behaviours.**

**You will be ineligible for this program if you:**

- Have current drug or alcohol issues
- Currently engage in any self-harming behaviours and have had any recent suicide attempts.
- Are currently accessing EDQ services for therapeutic support\*

*\*Note:* EDQ reserves the right to discretion when assessing readiness for the mentor program. Applications from people currently accessing EDQ sessional counselling or other support programs at the time of application may be considered in certain circumstances (i.e. identify as being in recovery and utilising support as part of their recovery maintenance and ongoing personal development). If this applies to you, you will need to speak to your EDQ worker about boundaries of privacy and confidentiality.

**Process for Mentor Application and Matching**

Step 1 – Thoroughly read this document

Step 2 – Complete and submit online registration form

Step 3 – Attend mentor interview with program coordinator

Step 4 – Complete EDQ Mentor Training.

Step 5 – If you are still interested in becoming a mentor – your details will be held on EDQ’s Mentor register and you will be contacted when a suitable mentee becomes available.

Mentors and mentees will be requested to share an introductory paragraph about themselves and their preferences. In addition to information gathered during interviews, matching will be based on this introductory paragraph and mentees will be invited to rank their choice of mentor from their paragraph.

**FAQs**

**What is involved in the Mentor Training?**

Evening Session- Introduction to Mentoring (3 hours)

Full Day Session- Mentoring Skills Development (7.5 hours)

Evening Session- Top-Up Training/Mentor Connect (3 hours)

**What are the time commitments for mentors?**

New mentors are expected to attend all PMP events held within the program’s six-month period (total of five evenings and one full day).

Existing mentors are expected to attend all PMP events held except for the full day training session- Mentoring Skills Development- which they will have already completed.

**What support will I have as a mentor?**

All mentors will receive ongoing support and skills development opportunities by taking part in regular supervision with the program coordinator.

All active mentors will be linked with a senior mentor who has also completed the mentor program. There will be an opportunity to join a private Facebook group and to participate in peer group

## **What events are held during the program?**

**Meet & Greet:** initial meeting with your mentee and the program cohort.

**Mid-Point Review:** a time to consider achievements and explore any challenges arising.

**Final Celebration:** a chance to reflect on the program and the journey of the past six months.

## **How often will I meet with my mentor/mentee?**

It is recommended that you have contact weekly to fortnightly. Face to face contact is preferred, however it is also possible to utilise other mediums such as phone, email, Skype, etc. between face to face contact.

Both Mentors & Mentees will also meet as a group three times throughout the six-month program.

## **What is the evidence for this program?**

The design and structure of the PMP is based on best practice national and international standards from other mentoring programs. As with any new program EDQ will continue to evaluate program data with a view to making an ongoing contribution to the evidence.

## **Will I need to stop other forms of therapy?**

No. This program is not designed to replace therapeutic support but to offer an additional support for people between contact with professional medical and mental health support.

Initial data collected showed those people who participated in other forms of support such as individual and group therapy had better outcomes than those who had fewer support options.

## **What if I have other needs that can't be met through the mentor program?**

This program is not intended to meet every need of each person living with eating issues, but rather offers a unique opportunity to develop a supportive relationship that can be found through contact with someone who has lived through EI's and experienced recovery.

The mentor is not an expert on recovery and will not tell you what to do but may be able to share some of what has worked for them in similar situations. The mentor/mentee relationship is intended to be limited to 6 months. If both parties wish to extend the relationship beyond this time will be a matter for them to negotiate.

## **Where to from here?**

If you are ready to express your interest in either the training, please complete the Mentor Registration Form.

If you have any further questions, particularly if you are unsure about whether you are the right person for this program, please contact Eating Disorders Queensland on [admin@edq.org.au](mailto:admin@edq.org.au).