

UNDERSTANDING PEER MENTORSHIP PROGRAMS DELIVERED BY CANADIAN SCI COMMUNITY-BASED ORGANIZATIONS: MENTOR PERSPECTIVES

Background

SCI community-based spinal cord injury (SCI) organizations provide peer support/mentorship programs for individuals with SCI

Mentors play an important role and can provide us with information regarding how these programs function

Purpose

Understand the mentor perspectives of peer mentorship programs

Method

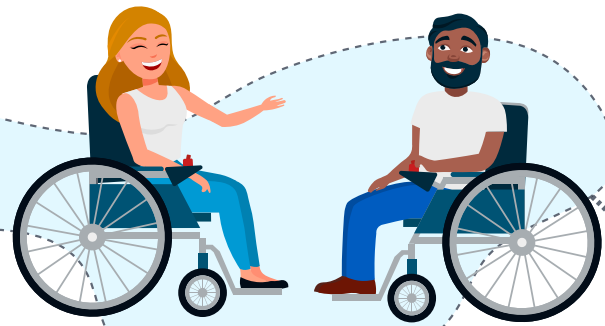
36 adults were interviewed

from four provincial SCI community-based organizations (Alberta, British Columbia, New Brunswick, Ontario)



- + Peer mentors (providing mentorship)
- + Mentees (receiving mentorship)
- + Family members of mentees
- + Organizational staff

Findings



Why do mentors join peer mentorship programs and what makes them effective?

E.g., "I still want to be able to pass on my experiences, knowledge, and try to help people." – Joseph (Mentor)



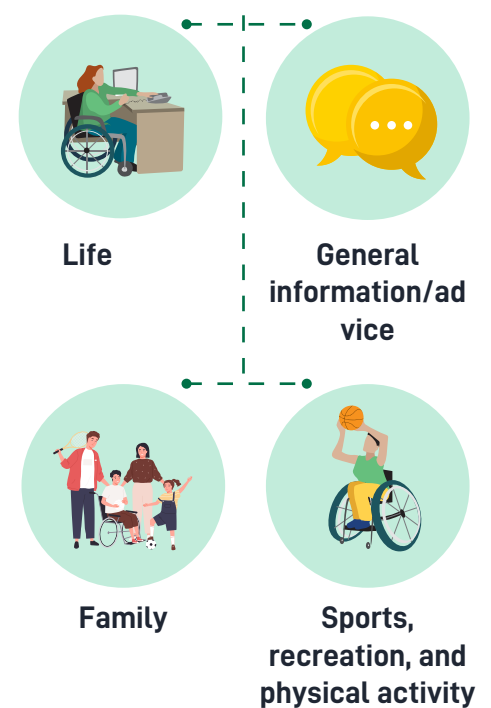
How do mentors and mentees form trusting relationships?

E.g., "When mentors come wheeling into your room, that speaks volumes as opposed to somebody comes walking into the room. You don't even have to say it, you're living it and they're seeing it." – Charles



What is discussed during mentorship?

E.g., "Tricks of transferring, the tricks of managing bladder, how to put clothes on, how to do buttons, how to engage in relationships, how to adjust a wheelchair." – Jeffrey (Staff)



Conclusions

✓ There are many things to consider from the mentor perspective including why they join peer support/mentorship programs and how they form trusting relationships with their mentees.

✓ This study helps to paint a better picture of mentor involvement and interactions with mentees in peer mentorship programs in Canadian SCI community-based organizations

Reference:

Sweet, S.N., Hennig, L., Pastore, O.L., Hawley, S., Clarke, T.Y., Flaro, H., Schaefer, L., & Gainforth, H.L. (2021). Understanding peer mentorship programs delivered by Canadian SCI community-based organizations: perspectives on mentors and organizational considerations. *Spinal Cord*, 59, 1285-1293 <https://doi.org/10.1038/s41393-021-00721-6>



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