# **OUTCOMES OF PEER MENTORSHIP FOR** MENTEES LIVING WITH SPINAL CORD INJURY

PERSPECTIVES FROM MEMBERS OF CANADIAN COMMUNITY-BASED SCI ORGANIZATIONS



### Method



#### 36 adults were interviewed

from 4 provincial SCI organizations (Alberta, British Columbia, New Brunswick, Ontario).



## **Findings**

Thirteen outcomes have been identified:







Self reliance



Emotional/ **Psychological** 



Natalie (Family)



**Employment** 



Mobility



Loneliness and **Isolation** 



Self-confidence



**Sport Engagement** 



Housing/ **Finance** 



Medical **Field** 



**Belonging** 



Well, when a friendly face wheels up to your bedside and says, "Hello, I'm Sarah from a community-based organization, how are you doing?" I mean, you're desperate for visitors anyway when you're lying there. So a visitor who's been where you've been, it was just as I said, profound.

Mary (Mentee)



**Understanding** 



Knowledge



Inspiration/ Hope

But at this stage, he was married, had kids, he was working, and he was still continuing to mentor other people. So, he never gave up in life. He worked hard. He was on a power chair and had no movement. He could control everything with his mouth on that chair. That was very inspiring.

**Emily (Mentee)** 

Mutual outcomes for mentees and mentors

- Collective Benefit
- Problem Solving Skills
- Community Building
- No Negatives
- Lack of Connection Shared Learning - -

And you're learning from their experience just as much as they're learning from you. If I can learn something from them, that's worth it. **David (Mentee)** 

## **Conclusions**



Community-based peer support/mentorship programs can lead to positive outcomes for mentees.

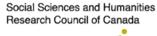


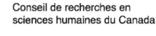
SCI organizations may consider measuring these outcomes to assess the positive impact of their peer support/mentorship programs.

#### Reference:

Sweet, S. N., Hennig, L., Shi, Z., Clarke, T., Flaro, H., Hawley, S., Schaefer, L., & Gainforth, H. L. (2021). Outcomes of peer mentorship for people living with spinal cord injury: perspectives from members of Canadian community-based SCI organizations. Spinal cord, 59(12), 1301-1308. https://doi.org/10.1038/s41393-021-00725-2













Spinal Cord Injury BC











