



Togetherall Trained Peers Program

Fall 2024

What is the Trained Peers Program?

The Trained Peers Program is an online, 10-week peer support training program designed to offer students the **experience and skills** to support others on Togetherall with 24/7 supervision from Clinicians.

The program is self-paced and remote to allow Trained Peers the flexibility to work through it anytime, anywhere.



Program Overview

Trained Peers begin with a 2-hour, virtual on-boarding consisting of direct learning modules on how to be a supportive peer. They then gain access to Togetherall for 10 weeks where they will:

1. Publish at least 50 supportive comments or log 10 hours of peer support
2. Participate in supervision sessions and other educational activities
3. Plan and complete 3 mental health advocacy activities in their community
4. Complete a final post-program evaluation

The program is an approximate 15 – 17 hour time commitment.



Students will receive...

Training and mentorship

From licensed and registered mental health professionals and more experienced peers

Real world experience

Applying their knowledge and training in a digital setting, testing one's interest in the mental health field

Resume-building opportunity

A way to distinguish oneself while pursuing careers and education in the field. Students receive a digital credential

Program Impact

97%

Felt more confident recommending others to seek mental health support.

98%

Learned person-centered communication skills that they can apply in their everyday life

97%

Felt more confident connecting with someone with a different life experience or concern.

Trained Peers report enjoying how the experience allows them to connect with people from different walks of life, helping them recognize the diverse range of struggles that people can face.





Recruiting Trained Peers



Who should you nominate for the program?

Those **passionate about mental health** and interested in contributing to a population approach to mental health on campus

Those interested in **career opportunities in the mental health field**, or testing their interest

Those with **lived experience they want to share** with others to support, engage, and inspire

Those **applying to degree programs, jobs, scholarships, or other opportunities** with experiential or volunteering requirements

Those in **Peer Education, Peer Counseling** or other campus wellness initiatives interested in practical experience in a digital environment



Requirements for baseline training

A baseline understanding of mental health **is suggested** before joining the program.

This can look like:

- Enrollment in a mental health or social science undergraduate program, such as psychology, social work, public health, mental health / psychiatric nursing, or counseling.
- Or completion of a mental health training such as NASPA CPE training, QPR training, Mental Health First Aid, Active Minds' VAR, or peer counseling training by the institution.

Interested students who do not have the above **can still participate and will be expected to complete additional online training** modules before the program begins. These modules will be provided by Togetherall.





Timelines and Next Steps



Fall 2024 Cohorts

Cohort	Recruitment Deadline	Registration Deadline	Start Date	End Date
1	August 23 rd	August 27 th	September 3 rd	November 3 rd
2	August 30 th	September 2 nd	September 9 th	November 10 th
3	September 6 th	September 9 th	September 16 th	November 17 th
4	September 13 th	September 16 th	September 23 rd	November 24 th
5	September 20 th	September 23 rd	September 30 th	December 1 st

- Please let your account manager know when you have identified a student for the program.
- There are spring and summer cohorts as well if you are unable to recruit a student in time for the fall

[Trained Peer Registration Form for identified candidates who are ready to begin.](#)



Promotional Resources

If you have identified possible candidates for the program, please feel free to share the below promotional resources with them to share about the opportunity.

- [US TP website](#)
- [UK TP website](#)
- [CA TP website](#)
- [Program overview, recruitment materials, and a case study about the experience](#)



Reporting and Follow-up

It is important that you **recruit peers that you feel are committed to the opportunity**. We anticipate that there will be some students that drop out, however, once a peer has completed their training and created an account, that license has been utilized.

- If any registered students do not complete onboarding and training, you'll be notified and given the option to recruit a replacement for the current term or use the spot in spring or summer.
- In week 4, students are notified if they look as though they are falling behind so they can catch up and offer additional support if needed.
- At the start of week 6, we will provide our first report and notify you if any student has fallen too far behind to complete the program.
- After week 10, we will provide a final report with information regarding your peers' completion and impact.





Questions?

Reach out to your Togetherall Account Manager or get in touch with us at peers@togetherall.com