



INFORMATION FOR MENTEES

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
- Connection with a supportive community of people who understand EIs

Mentee Eligibility Criteria

- Aged 16 or over
- Have a current team of formal and informal supports for the eating issues (e.g. counsellor/therapist/GP/nutritionist/dietician)
- Have the capacity to make a six-month commitment to a mentoring relationship and attend all events in the program
- Have attended general intake session at EDQ
- Have read program information thoroughly and have a basic understanding of how the program works
- Feel confident and ready to take this next step in the recovery journey

Process for Mentee Application and Matching

- Step 1 - Thoroughly read this document
- Step 2 - Request, complete and submit Mentee Registration form before close of applicant round for next PMP round
- Step 3 - Attend mentee interview with PMP coordinator
- Step 4 - Your information will be placed on EDQ mentee register and you will be contacted when suitable mentor 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 are the time commitments for mentees?

Mentees are expected to attend three events held within the six-month program, as well as commit to regular contact with their mentor. Mentees can access one-off support from the program coordinator if necessary during the program.

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.

What events are held in the program?

Meet & Greet: initial meeting with your mentor 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.

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 or to be part of crisis management, but to offer an additional support for people between contact with professional medical and mental health support. Mentoring research indicates that participants involved 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 cannot 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 formal mentor/mentee relationship is limited to six 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 becoming a mentee please complete the Mentee 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 - admin@edq.org.au