

## Peer Connect Mentorship Role Description: Peer Learner

### Peer Connect Mentorship Program Description

Peer Connect provides an empowering space to learn through peer mentorship. Through this free, Mainpro+-certified program, you'll receive tailored support from a Peer Guide to skillfully respond to mental health issues, and address substance use disorders and/or chronic pain challenges in your practice, while also making space to prioritize and strengthen your own well-being.

**Peer Connect has been designed to provide educational support to family physicians across Ontario at any stage of their career. It is not clinical consultation support for specific patients.**

### Earn Mainpro+ Credits

Peer Connect has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 18 Mainpro+ credits.

- Peer Learners are eligible to earn 1-credit-per-hour (up to 18 credits) for the time they spend meeting with their Peer Guide.
- Credits are not awarded for any preparation or follow-up time.
- Your credits are directly uploaded by the OCFP to your Mainpro+ account quarterly.

### Overview of the Peer Learner Role

A Peer Learner is a family physician or family medicine resident who has identified a need for support in one of the clinical or practice areas of the mentorship program. They may be at any stage in their career and at any level of expertise in one or more of these areas.

As a Peer Learner you are matched with a Peer Guide (mentor) who will help you set and work towards your learning goals. Goals may be short-term and achieved over a few weeks or months, or longer term. Once a goal has been achieved, you may decide to set another.

### Example of Goals

Learning goals should follow SMART criteria (**S**pecific, **M**easurable, **A**chievable, **R**elevant and **T**ime-bound).

Some examples:

- Learning how to approach the management of ADHD.
- Getting better at assessing bipolar disorders
- I'm new to practicing and looking for resources/advice on early career and work-life balance.

### Participation Guidelines

- Peer Learners must spend a **minimum of 1 hour** with their Peer Guide within 3-months of joining the program.
- Peer Learners who have **not met with their Peer Guide in 3 months will be removed**

- **from the program**, with the option to rejoin later.
- Peer Learners can spend **a maximum of 18 hours per year** (April 1– March 31) working with their Peer Guide.

### Matching with Peer Guides

Peer Learners are invited to [submit their learning goals](#) directly to OCFP. OCFP staff will establish an appropriate match based on your learning goals and the experience of our Peer Guides.

Peer Learners are also welcome to [review the profiles](#) of available Peer Guides on the OCFP website and complete the short form attached to the Peer Guide biography to make a request.

Once a match has been made, you will receive an email from the OCFP connecting you to your Peer Guide.

### Participating in Peer Connect

Peer Learners will identify one or more learning goals by completing a learning plan. The learning plan is typically completed during your first meeting with your Peer Guide so you can work together on creating an achievable plan.

The learning plan is accessible on the Peer Connect mentorship platform. Once you are matched with a Peer Guide, the OCFP will create your account on the mentorship platform. You will receive a welcome email containing information on how to set your password and access the platform. The OCFP will also send you a user manual once you're ready to get started.

### Tracking your progress

Peer Learners track their individual progress towards meeting their goals through brief surveys that are used by the OCFP to refine the support offered by the program. These reports are completed quarterly. You will receive an email from the OCFP when it's time to submit your report using the mentorship platform.

### Program evaluation

You will be asked to provide feedback through short program evaluations. This will help OCFP to ensure the program is meeting your needs and offers you the opportunity to tell us what we could do differently.

Questions? Contact us at [practisingwell@ocfp.on.ca](mailto:practisingwell@ocfp.on.ca). Visit the [Peer Connect Mentorship Program](#) page for more information.