Peer Mentor Training – “Take Home” Module. This is Module 6.  
Jonny Gieber/Kelly Fitzpatrick

December 2023 Edition

We meet for 30 hours “live” and this is your Take Home Module to earn the remaining 10 hours of the required 40 hour class. Please fill in all of the blanks in order to receive credit for the Take Home Module. Directions on how to complete the Dental Module are on the last page. Once you complete the Dental Module you will be sent an email that confirms you have completed it. Please send me this email and keep it for your records, you will eventually need it for your application to MHACBO for your CRM.

Your Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You need to complete this module by completing the various activities and recording the requested responses. Once it is done you can email it to Jonny at [jonnygieber@gmail.com](mailto:jonnygieber@gmail.com) or snail mail it to him at 24205 NE Alvas Road, BattleGround, WA – 98604. Do not send it via text or use formats other than docx.

**Smoking Cessation**

1. Go to https://www.lung.org/policy-advocacy/tobacco/cessation
   1. Click on Quit Smoking tab then click on tobacco facts
      1. How many Americans die each year related to tobacco use? \_\_\_\_\_\_\_\_\_\_
      2. How many chemicals are in tobacco smoke? \_\_\_\_\_\_\_\_\_\_\_
      3. What percentage of smokers have a behavioral health disorder? \_\_\_\_\_
      4. What percentage of youth with substance use disorders report current tobacco use? \_\_\_\_\_\_\_\_\_\_\_
      5. True or False: Tobacco use causes more deaths among individuals receiving substance use treatment than alcohol or other substance use.
      6. True or False: Participation in smoking cessation efforts while engaged in substance use treatment has been associated with a 25% greater likelihood of long-term abstinence.
   2. Click on Benefits of Quitting
      1. What drops to normal 20 minutes after quitting smoking? \_\_\_\_\_\_\_\_\_\_\_
      2. How long does it take to reduce the risk of having a heart attack? \_\_\_\_\_\_\_
      3. How long does it take to reduce your risk of a stroke to that of a nonsmoker? \_\_\_\_\_\_\_\_\_\_\_\_\_
      4. How long does it take to decrease your risk of coronary heart disease to that of a nonsmoker? \_\_\_\_\_\_\_\_\_\_\_\_
   3. Click on Helping Someone Quit Smoking. After reading this section please answer the following:
      1. Given your own relationship with nicotine, are you able to help someone else quit smoking?

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* + 1. Do you believe it is your duty as a Peer Mentor to be able to help people with any addiction they may have including Nicotine Addiction?

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* + 1. If you are currently addicted to nicotine, is it your ethical responsibility to create a path to your own nicotine addiction recovery in order to be better able to serve your mentees?

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* + 1. Is it appropriate to drink alcohol with your mentees? Is it appropriate to smoke marijuana with your mentees? Is it appropriate to smoke nicotine with your mentees?

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1. Watch the Movie about Pam Laffin that can be found at <https://vimeo.com/channels/227081/26971447> Please answer the following questions:
   * + - 1. What movie had a great impact on her deciding to start to smoke? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
         2. What did the tobacco industry executives say about the addictive nature of nicotine? \_\_\_\_\_\_\_\_\_\_\_\_\_\_
         3. Pam decided at one point she would quit smoking after she developed a particular disease. What was the disease? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
         4. What did Pam die of? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
         5. How old was she when she died?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Watch the following Australian Anti-Smoking Ads:
   1. <https://www.youtube.com/watch?v=ZgkwYyPUMsU>
   2. <https://www.youtube.com/watch?v=QKcMDEBEWlw>
   3. <https://www.youtube.com/watch?v=Pxr39SPC7rE>

Do you think these types of Ads would help or hinder someone’s progress towards quitting nicotine? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Family and Addiction –**

1. Watch the movie on Shattered Spirits – you will begiven information during class in order to answer these questions - <https://tubitv.com/movies/528865/shattered_spirits>
   1. Which family member portrayed the role of the Scapegoat?
   2. Which family member portrayed the role of the Hero child?
   3. Which family member portrayed the role of the Mascot?
   4. Describe Three examples of very poor boundaries displayed by Joyce.
      1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   5. Describe Three examples of healthy boundaries displayed by Joyce.
      1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Codependency** - Watch the video – “Are you CoDependent”? <https://www.youtube.com/watch?v=mc3gRqRPlJU>

After watching this video do you think you are codependent? If yes, what do you believe are your primary symptoms of codependency?

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Please read the following and decide if you are codependent? Codependency is treatable, and with the appropriate treatment there is hope for individuals that are struggling with this disorder.

**Checklist for Codependency – Please Complete**

1. Do you feel insecure and guilty when someone gives to you?  •
2. Do you feel compelled to help people solve their problems or by trying to take care of their feelings?
3. Do you feel responsible for other people - their feelings, thoughts, actions, choices, wants, needs, well- being and destiny?
4. Do you find it easier to feel and express anger about injustices done to others than about injustices done to you?
5. Do you feel empty, bored and worthless if you don’t have someone else to take care of, a problem to solve, or a crisis to deal with?
6. Are you often unable to stop talking, thinking and worrying about other people and their problems?
7. Do you lose interest in your own life when you are in love?
8. Do you stay in relationships that don’t work and tolerate abuse in order to keep people loving you?
9. Do you leave bad relationships only to form new ones that don’t work, either?

Codependency touches many of our lives to one degree or another. The codependent person **bases their identity and personal value on their ability to perform and please others** rather than on their own identity and destiny. Some characteristics of codependency include these:

1. Lack of objectivity - we avoid our own pain by pleasing others so they will love us. We are too busy rescuing or withdrawing to have time to acknowledge the truth about ourselves

2. A warped sense of responsibility - we play the roles of Savior or betrayer, rescuing to earn a sense of value or withdrawing to avoid the pain of rejection and failure

3. Controlled / controlling - we act almost like puppets, doing whatever others want us to do, or we try to control our own lives so we can avoid failure and we try to control others so they will contribute to our success and our ability to win approval.

4. Guilt and shame - when we fail we experience intense pangs of guilt or shame. We are driven to do better or more, to analyze every thought motion, action, or relationship to see if we can improve and be more pleasing.

5. Loneliness - We try hard to please so others will love us. But even when they love us we still live in fear that we might do something they may not like and end up being rejected. So we never experience security and settledness in relationships. *-* from Melody Beattie, author of *Codependent No More*

Do you believe you are CoDependent? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you are CoDependent, how do you think being codependent will affect your role as a Peer Mentor? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Boundaries**

Healthy and Unhealthy Boundaries. Individuals with clearly defined sense of boundaries will have a better sense of his/her identity, and an understanding of their self worth. Engaging in the process of an ongoing relationship that functions smoothly involves healthy boundaries that support and enhance the other person.

Setting and Enforcing Healthy Boundaries – watch movie <https://www.youtube.com/watch?v=P309v5grNdI>

Write down two examples of boundary violations she described:

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Watch How to Draw Boundareis as an Empath or a CoDependent – Terri Cole

<https://www.youtube.com/watch?v=_y7eY6WqSC4>

What personal significance, if any, does this video have for you or someone in your life? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Personal Boundaries – 5 ways to teach people how to treat us properly - <https://www.youtube.com/watch?v=KhW4g9urdXQ> - Katie Morton

Name the 5 Ways she described:

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you need any of these strategies in your life? Do you need help creating healthier boundaries? Consider the following list, circle the three Unhealthy Boundaries that are most relevant to you:



If you wish to create healthier boundaries for yourself, consider identifying just one boundary you would like to be better at. Name the boundary, create a plan of how to install that boundary in your life, activate the plan and see how it goes. Once you get better at one boundary, the next one will be easier!

Boundary that needs to be addressed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Plan to address it: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date to install new boundary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Important Ethical Boundaries for Peer Mentors – The Five Fs**

1.Teach your mentees to fish instead of giving them a fish. If you do for your mentees instead of teaching them how to do for themselves, they become dependent upon you. You could just give them a food basket (which could be OK the first time) or you could teach them where they can find free or low-cost food. You could teach them how to shop, store and prepare food and equip them with a life-long skill.

2.Be friendly to your mentees but they are not your friends. Your relationship with your mentee is imbalanced, it is about them and not about you. Your job is to understand their needs and their priorities and help them obtain skills and resources to get their needs met. Peer mentors need to turn to their own support systems to get their own need met.

3.No fornication with your mentees. While this sounds ridiculous to have to say, many Peer Mentors have lost their positions because they crossed this boundary. Any type of romantic or sexual relationship with a mentee is inappropriate and will result in your termination. This also applies to any mentee in the organization you work for even if you are not directly serving them! If you have had a prior relationship with someone receiving Peer Mentor services in the agency you work for, you must disclose this to your supervisor so appropriate boundaries can be set up for their and your safety.

4.Leave their families alone! Rule #3 extends to the family members of the mentees you serve. Any type of romantic or sexual relationship with a mentees family member, is also inappropriate and will result in your termination. If you have had a prior relationship with someone receiving Peer Mentor services in the agency you work for, you must disclose this to your supervisor so appropriate boundaries can be set up for there and your safety.

5.No financial entanglements with mentees. Under no circumstances are you to ever receive direct financial gifts, loans or payments from your mentees. One exception to this rule is if a mentee wants to express their gratitude in a symbolic way with a small gift at the conclusion of the mentor/mentee relationship. If this does occur, disclose this event to your supervisor.

What are the Five Fs? Knowing and following these will keep you out of most ethical problems with the mentees your serve. **Please be ready to recite the 5 Fs in class.**

**Empathy**: For a short youtube on Empathy by Brene Brown go to: <https://www.youtube.com/watch?v=1Evwgu369Jw>

According to Brene Brown what makes something better? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Empathy: The ability to understand and respond to the inner world of another. The ability to give empathy is the foundation of any healthy relationship. Empathy is a skill and way of being in the world in which we respond to the story, feelings and meanings being expressed by someone we have a connection with. By deep listening and responding we are able to provide a container where the other person feels heard, supported and likely to engage in deeper self-examination. Providing empathy facilitates the movement of grief, sadness, anxiety, etc through the body and opens up the possibility of identifying which needs of the person are being expressed. When one can recognize their meet and unmet needs they can make empowered choices to better create the life they want to live.

**Road Blocks to Empathy -** The following are ways to be in a state of **Not Empathy**. Most people have a tendency to use some of the following behaviors in times when giving empathy is what is actually needed. Being able to identify and then eliminate these behaviors will significantly help you become a more empathetic person. Which of the following (if any) prevent you from being fully present for another person? Observe your interactions with others and notice which ones you tend to use instead of Empathy.

**Check those that apply:**

\_\_\_\_**No Response**: Due to our own anxiety we give no response at all but perhaps a nod and a smile.  
\_\_\_\_ **Sympathy**: You share your internal reaction and thereby bringing attention back to yourself. “Oh, I am so sorry, I feel terrible for you.”  
\_\_\_\_\_**Explain**: Offer an explanation for their internal world. “Let me tell you what is going on here.”  
\_\_\_\_\_**Advice**: We interpret what they have to say as an invitation to give them advice. “This is what you can do to fix…”.  
\_\_\_\_\_**Correct**: We offer what we think is someone’s mistakes in their thinking.  
\_\_\_\_\_**Interrogate**: Emphasis is on asking questions and gathering data. “Why did you do what you did?”.  
\_\_\_\_\_**Console**: Trying to convince the person that everything is going to work out. “Its gonna be fine”, “it will work out.”  
\_\_\_\_\_**Deny Feelings**: Try to convince the other to not feel unpleasant feelings. “What do you have to be grateful for? This isn’t that bad”.  
\_\_\_\_\_ **Story Telling**: Stimulated by a similar occurrence in ones own life we share what we think is a helpful story. “No kidding! The same thing happened to me…”.  
\_\_\_\_\_ **Diagnose**: We offer our explanation of what happened. “Your experiencing grief due to the loss of your parents”.  
\_\_\_\_\_ **One Up**: Respond to their sharing by sharing something that is even more painful, sad, etc.

What are the three most common type of Not Empathy behaviors you tend to use?

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Watch the video at <https://www.youtube.com/watch?v=qZu0ukzidkM>

What were the 11 ways described to improve your empathy skills?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Watch the video – <https://www.youtube.com/watch?v=B0Bqy4D3N3c>

What were the 6 essential elements of empathy presented?

1.

2.

3.

4.

5.

6.

**Feelings and Needs** – It is very common for recovering people to have a significant trauma history. As a result of this trauma, they are often cut off from their own feeling world and from awareness of their needs being met or not met. Attached to this document is a sheet of feelings and needs that is intended to help expand one’s feeling vocabulary and then provide possibilities of what needs are being met or not meet.

Do you need to expand your feeling vocabulary and awareness of how feelings help indicate which of our needs are being met or not met?

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What specifically can you do to increase your empathy skills:

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**Self-Care and Burnout Prevention** – People with a trauma history often struggle with self-care and as a result they are very prone to burnout. People who are codependent seldom prioritize their own well-being and commonly believe that doing so is very selfish. The rate of burnout among peer mentors is very high and this is greatly compounded by the reality of the numbers of suicides and overdoses the people they serve will experience. Here is a very basic inventory to consider:

1. Do you get 7 to 9 hours of quality sleep most nights? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Do you exercise at least 150 minutes each week? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Are you at a healthy weight for you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Do you have people in your life to get your own connection needs met? \_\_\_\_\_
5. Do you live in gratitude most of the time? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Do you allow yourself brief periods of time to rest and recover on a daily basis where all demands are temporarily suspended for a nap, mediation, walk, etc?
7. Are you mindful of your use of nicotine/caffeine/power drinks to keep you artificially propped up instead of allowing yourself to use sleep, exercise, good nutrition and rest to manage your energy levels?

After considering these questions are you in a spiral into burnout or are your flourishing and growing? Do your answers to these questions suggest to you some issues for you to address?

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Dental Module

1. Go to - <https://www.mhacbo.org/en/certifications/>
2. Click on CRM
3. Scroll down to – “Approved Oral Health Training (use browsers other than Chrome) – Free Course Available Here.
4. Click on Free Course Available Here and complete the Course.
5. Once you complete the Course MHACBO will send you an email that you completed the course. Save this email – you will need to later submit it as part of your application for the CRM/PSS.
6. Forward Jonny the email you received from MHACBO.