



What is the role of the Peer Navigator or Mentor?

A Peer Navigator (or sometimes referred to as a Mentor) is an individual who has had experience with the mental health system and who has been trained to help people with a serious mental illness with their physical health care and wellness needs. A trained Peer Navigator can help make a meaningful difference in the lives of people with serious mental illness.

The role of the Peer Navigator is complex and critical. The Peer Navigator is the main link among clients, agency staff and medical care providers. The Peer Navigator may be responsible for a wide variety of tasks including:

- Working with agency staff and/or family members to decide which clients can work with the navigator
- Conducting an initial assessment with each participating consumer to assess his/her health and wellness status and experience with getting health care
- In collaboration with the consumer (and, in some cases his or her family and/or care team) set healthcare and wellness goals
- Acting as a coach, work with the consumer to help him/her achieve and maintain those goals through behavioral strategies such as shaping, reinforcement, modeling, and fading. Other strategies such as role playing and problem solving may be used.
- Navigate the medical system with the consumer including such things as helping the consumer make medical appointments, going with the consumer to appointments, helping the consumer communicate with medical personnel and/or coaching the consumer about ways to talk with medical personnel, helping with any follow-up necessary such as lab tests, getting prescriptions filled or taking paperwork to the consumer's mental health provider
- Coordinating the consumer's navigation and goals with appropriate agency staff
- Communicating with clients on a regular basis to keep them engaged and to assess progress
- Tracking the progress of clients including conducting follow-along assessments

For more information: **Sandy Steadman, Program Director**

SC SHARE
427 Meeting Street
West Cola, SC 29169
sandy@scshare.com
(803) 739-5712