

### **5 YEARS OF SUCCESSFUL** Peer Mentor Survivor program

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### **HEALTH**<sub>®</sub>

### BACKGROUND

A FREE HIPAA COMPLIANT, VOLUNTEER RUN PROGRAM, **CONNECTING BREAST** CANCER SURVIVORS.

In August of 2013, a group of breast cancer survivors participated in a patient focus group exploring what services that would most benefit from. Overwhelming request was for a program that would connect them with someone to speak with who had experienced breast cancer.

\$30K

Funds raised by mentors in support of Embrace program and other programs including yearly survivor retreat



Contacts have been made between mentor to mentee, via phone, text, email, or in person

# CHANGES OVER TIME

| 2014: Start of Program                            | 2019: Curren   |
|---|--|
| Documentation conducted via Google forms          | Documentation conducted v<br>forms                         |
| Training conducted during bi-annual gatherings    | Training takes place individu<br>Nurse Navigator and mento |
| New mentors referred from HCP; no interview       | New mentors interviewed by<br>navigator                    |
| No support for mentors during biannual gatherings | Education and support focu gatherings                      |
| Partial funding through Komen Grant               | Fundraising by subgroups of                                |

## RESULTS

# 95%

Of mentors feel having a mentee creates a sense of well-being in their survivorship

# 52

Mentors have gone through mentor training and served over 100 patients





Scan the QR code to listen to our mentors share the reasons they fundraise and participate in the Peer Mentor program.

via Microsoft

ually between

by nurse

us of biannual

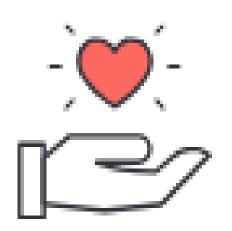
of mentors

# QUOTES

"Anytime I focus on another person I forget about my issues. It is a pleasure to help someone else."

> "Being a peer mentor has helped me to solidify my place as a survivor. It has helped to give my experience a purpose."

"I got far more out of helping them than they probably did! I felt such personal satisfaction being able to pay it forward. Seeing what they were going through reminded me how far I have come."



# MENTOR COMMUNITY

EMBRACE PEER IS A FOUNDATIONAL SURVIVOR **PROGRAM WHICH** FOSTERED A COMMUNITY WITHIN OUR **BREAST CANCER** SURVIVORS