Decision tree for deciding whether a peer-based program is right for your target group and for your organisation

Practice and application areas

- Drug and alcohol education and prevention
- Adolescent sexual health education
- Chronic illness management
- Peer support
- Peer education
- HIV/AIDS prevention and support
- Sexual identity issues
- Domestic violence
- Respite
- Cultural/social integration and inclusion

Examples:
- *Teenage parents*
- *Youth of diverse sexuality and gender*
- *Socially or culturally isolated*
- *Children of parents with a mental illness*
- *Siblings of children with cancer or disabilities*
- *Youth at risk of depression, self harm or suicide*
- *Young carers*
- *Children with disabilities*
- *Young women in crisis*
- *Refugees/new migrants*
- *Youth involved in substance abuse*

Target Group

NO →
- Young people aged 12-25 years affected by serious mental health issues, in crisis or requiring counselling/ treatment

YES →
- Young people aged 12-25 years who are marginalised or at risk of developing mental health problems

Strategic Goals

NO →
- Therapeutic
- Crisis services
- Professional advice
- Treatment

YES →
- Increased social connectedness
- Increased self esteem
- Increased confidence
- Improved social skills
- Positive role model for peers
- Improved problem-solving skills
- Improved help-seeking behaviour
- Improved coping skills

Program Objectives

NO →
- Focus on therapeutic outcomes
- Primary focus on knowledge transfer or education
- Treatment of mental health problems
- Suicide prevention
- Specialist knowledge and education

YES →
- Early intervention
- Mental health promotion
- Positive youth development
- Peer Support
- Skills development
- Help-seeking skills

Program Model

YES →
- Active youth involvement
- Meaningful roles are available for youth e.g. peer education, peer supporters, peer leaders, peer mentors
- Significant opportunities for young people to interact informally with their peers and develop networks

NO →
- Mainly adult led/facilitated
- Low level of active youth participation, i.e. youth are mainly intended to be recipients of services
- limited opportunities for young people to interact informally with their peers

Organisational Culture
- *Culture is supportive of youth empowerment models, e.g. medium to high level of youth participation; young people are actively involved in program planning, implementation or evaluation*
- *Organisation has good knowledge of and access to youth networks*
- *Youth friendly approach*

Program Setting

YES →
- Community
- Online
- Informal school settings

NO →
- Formal school or health care settings;
- Primary health care settings e.g. GP, specialist health services; counselling, psychologist, other therapeutic services

Program Types

YES →
- Outreach programs
- Community programs
- Weekend camps/retreats
- Informal drop-in spaces
- Structured peer support groups
- Peer education programs
- Skills building programs
- Online support services
- School-based programs
- Mentoring programs

NO →
- Formal education and training programs

MY-PEER toolkit [1.0]