GET INVOLVED

Who can become a peer mentor?
- Individuals 1-year post-inpatient discharge
- Family members of individuals 1-year post-inpatient discharge
- Caregivers of individuals 1-year post-inpatient discharge

Who can become a peer?
- Current or former patients
- Other individuals living with spinal cord and/or brain injury
- Families and/or caregivers of current or former patients
- Families or caregivers of individuals living with spinal cord and/or brain injury

Online Resources:
craighospital.org/peer-mentorship-at-craig

For more information, call 303.789.8017 or email peermentors@craighospital.org.

Want to learn more about becoming a peer mentor or connecting with a peer mentor in your area?

Contact:
Erik Hjeltnes
Craig Peer Mentor Coordinator
Phone: 303.789.8017

Allison Gipple
Community Transition Specialist
Phone: 303.789.8023

Email: peermentors@craighospital.org

3425 S. Clarkson Street
Englewood, CO 80113

craighospital.org
WHAT IS THE PEER MENTOR PROGRAM?

The Peer Mentor Program at Craig exists to foster connections between people in the community living with spinal cord injury and/or brain injury. After medical care and therapies, there can be a gap into the unknown for individuals who are re-entering the community. A peer mentor can bridge that gap by providing insight into what life may look like in the community and share stories of their life experience to offer a glimpse into living with a disability.

CONNECTION

Connection with peers looks different for everyone. Peers are matched based on geography, similar age, experiences, interests and stated needs.

Support is provided for individuals living with spinal cord injury and/or brain injury and also for their caregivers and families.

Peer mentors are people who have completed all required peer mentor training for this program and volunteer as a support system to others with spinal cord and/or brain injury, family members or caregivers. Peer mentors can live in state or out of state and can connect with peers in a variety of ways.

HOW PEERS CAN CONNECT

• Group activities and meetings
• Individual meetings
• During therapy sessions
• Education classes
• Through phone calls, FaceTime, email or social media

CONNECTION THROUGH THE PEER MENTOR PROGRAM CAN PROVIDE:

• Tips and tricks for activities of daily living
• Emotional support
• Companionship and friendship
• Social connection
• Opportunities to learn new recreational activities
• Connection to local resources and groups