

## What to Expect in a Peer Navigation/ One-on-one Meeting

A guide to set expectations for the participant and the peer navigator before engaging in a one-on-one meeting:

- **Meeting Purpose:**
  - The session is designed to provide guidance on available resources, community services, and strategies related to mental health and wellness.
  - This meeting is a single consultation aimed at helping the participant identify and connect with support options; it is not intended for ongoing counseling.
- **Session Duration and Time Boundaries:**
  - The meeting will last approximately 45-60 minutes, depending on the participant's needs and the navigator's availability.
  - Only one navigation meeting is permitted initially. If additional follow-up is needed, the participant may be referred to other ongoing resources or support systems.
- **Confidentiality:**
  - All information shared during the meeting is confidential and will only be used to assist in navigation and resource recommendations, within legal limits.
  - The participant may share as much or as little as they feel comfortable, knowing that this information helps the navigator better tailor their recommendations.
- **Preparation and Active Participation:**
  - Participants are encouraged to prepare by noting specific questions, current challenges, or any services they are interested in learning more about.
  - The navigator will guide the discussion, but active participation helps ensure the participants' specific needs are addressed.
- **Limitations of Peer Support:**
  - Peer navigators provide lived-experience-based guidance and resource recommendations, not clinical advice or therapy.
  - The navigator may share personal experiences relevant to the participant's situation but will maintain professional boundaries focused on support and navigation.
- **Follow-Up Resources and Self-Advocacy:**
  - After the meeting, the participant will receive a summary of suggested resources and next steps to connect with services directly.

- Participants are encouraged to follow up independently with recommended services. For additional support, other resources like counselling agencies and recovery college courses may be suggested.
- **Scope of Support:**
  - This session is structured to address immediate questions and clarify next steps for accessing ongoing mental health support, community resources, or peer support groups.
  - The navigator may help prioritize concerns and suggest services accordingly but may not provide comprehensive crisis intervention (crisis resources will be suggested if needed).

These guidelines help ensure participants receive structured, clear, and focused support during a peer navigation meeting, aligning expectations for a productive experience.

