



# SCHOOL-BASED PEER-TO-PEER RESOURCE HUB

*A collection of articles, tools, resources, and perspectives that support the planning and implementation of School-Based Peer-to-Peer Programs that support the well-being of young people.*

**Purpose:**

This Resource Hub is designed to help schools and partner organizations as they seek to develop high quality, youth-centered, equity-focused peer-to-peer programs in schools. Our aim is to create a library of information and resources that can help schools easily access tools to advocate for, plan and implement peer-to-peer programs. These compiled resources showcase various approaches and models, illustrating the flexibility and adaptability of school-based peer-to-peer programs. Recognizing that there's no one-size-fits-all solution, we aim for this resource to empower your organization or school in delving deeper into peer-to-peer programs that bolster student well-being and strengthen the comprehensive school mental health system.

Do you have questions or have additional resources to add? Do you want to be notified of future peer-to-peer program training opportunities? Please email us at [peertopeer@schoolhealthcenters.org](mailto:peertopeer@schoolhealthcenters.org).

**Click on a section to get started!**

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## The Case for School-Based Peer-to-Peer Programs

[Peer-to-Peer Mental Health Support: Students Helping Students](#) California School-Based Health Alliance (CSHA website) Overview of rationale, models, planning and implementation.

[Youth-Centered Strategies for Hope, Healing and Health](#) The Children's Partnership and National Black Women's Justice Institute, May, 2022. Report from a youth-led policy council that developed a policy agenda that builds the capacity of youth-serving systems to provide effective, compassionate and trauma-responsive care to marginalized youth and their communities

[Youth and Young Adult Peer Support: Expanding Community-Driven Mental Health Resources](#) Mental Health America, 2022. Makes the case for peer and community-driven solutions that can provide effective support outside traditional health care systems and support culture change within health care systems.

[Students Helping Students: School-Based Peer Support Programs Enhance Student Well-Being](#) Child Health and Development Institute. Supports development of peer support programs, including key components, and relevant research.

[Youth Supporting Youth: Expanding Peer-to-Peer Programs in Schools to Address the Growing Youth Mental Health Crisis](#) California Children's Trust, February 2022. Makes the case for funding, planning and implementing youth peer-to-peer programs as a strategy to support youth mental health.

[The Case for Peer-to-Peer Mental Health & Wellness Support Programs](#) Youth and Family Collective, Education and Policy Brief, July 2022. Describes the need and strategies of peer support with local examples from the Sacramento region.



## Peer-to-Peer Models

[Peer-to-Peer Mental Health Supports: Students Helping Students](#) California School-Based Health Alliance Summary of the why and how of starting a peer program, including best practices, models to consider, and resources.

[Peer-to-Peer Models and the MTSS Framework - Infographic](#)

[Campus-Based and Youth-Led Program Summaries](#) Mental Health Services Oversight & Accountability Commission

[Building Effective Peer Mentoring Programs in Schools: An Introductory Guide](#) The Mentoring Center. Guide that includes program design considerations, peer recruitment, training, peer-to-peer activities, and resources.

[Peer Advocates in Action: A Step-By-Step Curricular Guide For Trainers and Coordinators of Peer Resource Programs](#), Peer Advocates Training & Consulting, Hilary Roberts, M.Ed.

[Active Minds](#) National organization with focus on young adults to promote mental health awareness and education

[PLUS - Peer Leaders Uniting Students](#)

A student voice and participatory action program to support school climate improvement and lead connectedness-building activities

[Sources of Strength](#) Suicide prevention program that uses peer leaders to enhance protective factors associated with reducing suicide in a school community.

[Bring Change to Mind](#) National organization with high school and middle school programs that empowers students to become mental health advocates and ambassadors

[Peer-to-Peer Support Programs Models - Infographic](#) Shows the continuum of peer programs from least intensive to programs with higher intensity and training

[Youth peer support 101](#) Brief video describing the pillars of youth peer support

[Wellness Peers Model - Ventura County Office of Education](#) Peer model that trains peers to work in and in partnership with school Wellness Centers

[Fostering Healthy Futures® for Teens](#), University of Denver 30-week mentoring program for 8th and 9th graders with current or previous child welfare involvement

[NAMI On Campus](#) Nationwide student-run clubs that raise awareness about mental health and wellness

[Center for Supportive Schools - Peer Group Connection](#) Peer leadership and mentoring program that taps into the power of older students to create nurturing environments for younger students

[Hope Squad](#) Peer-to-peer suicide prevention program that aims to reduce youth suicide through education, training and peer-support.

[A Brief Primer on Youth Participatory Action Research For Mentoring Programs](#) Overview of centering YPAR in mentoring programs to elevate youth voice and social change



## Planning and Implementation

### [Everything You Wanted to Know About Peer Program Development](#)

Slide deck from Peer Advocates Training and Consulting, Hilary Roberts

### [A Brief Primer on Youth Participatory Action Research for Mentoring Programs](#)

National Mentoring Resource Center. An overview of youth participatory action research (YPAR), a promising approach for elevating youth voices in mentoring programs to create positive change.

### [Recruiting and Retaining Youth Peer Support Specialists Implementation Guide](#)

Youth Move National Peer Center

### [Building Effective Peer Mentoring Programs in Schools: An Introductory Guide](#)

The Mentoring Center. Guide that includes program design considerations, peer recruitment, training, peer-to-peer activities, and resources.

### [Youth-Led Innovation Toolkit](#)

(MHSOAC) The youth-led Youth Innovation Project Planning Committee hosted Youth Innovation Labs across California to develop a model for how leaders in the behavioral health field can meaningfully engage youth in meaningful youth and adult partnership.

### [Life-Changing Schools For All Students](#)

California Partnership for the Future of Learning Community Schools Toolkit (p. 102-110)

## Funding Opportunities

### [Peer Power: Harnessing Workforce Dollars to Scale Youth Peer Support and Transform Schools](#)

California Children's Trust and The Los Angeles Trust for Children's Health, December 2023. Introduces opportunities to enhance youth mental health in schools by leveraging education investments to scale peer support programs and cultivate a more inclusive behavioral health workforce.

### [Webinar recording](#)

### [Children and Youth Behavioral Health Initiative Multi-Payer Fee Schedule](#)

New fee schedule for school-linked behavioral health that provides reimbursement for schools and school partners for specific services. Could provide additional funding that can be utilized for clinical support from peer mentoring/counseling programs

### [Certified Wellness Coaches](#)

New provider type in California to support the growing behavioral health needs of youth, designed to offer non-clinical services which can include supporting school-based peer programs and health promotion. Some services will be reimbursable under the CYBHI Multi-Payer Fee Schedule

### [Children and Youth Behavioral Health Initiative](#)

Partnership & Capacity Grants potentially could be accessed to recruit, hire and train personnel to support behavioral health supports on campus, including peer-to-peer program implementation.

## Peer-to-Peer Training Guides and Curricula

[Peer Advocates in Action: A Step-By-Step Curricular Guide For Trainers and Coordinators of Peer Resource Programs](#), Peer Advocates Training & Consulting, Hilary Roberts, M.Ed. Preview of book that provides curricula for peer resource programs, including peer counseling, peer education, conflict mediation

[Cultural Identity Development: MPA Mentoring Program Curriculum](#), Madison Park Academy, Oakland Unified culturally-rooted, year-long mentoring course for 11th and 12th graders mentoring middle school students

[Peer-to-Peer Impact: High School Mental Health Toolkit Arizona State University](#) Toolkit that can be used to train students to do peer education and initiate student-led initiatives to supplement mental health initiatives on campus

[Youth Mentee Guide: Grow Your Mentor Relationship, National Mentoring Resource Center](#) Guide targeted to youth mentees in preparing for and thriving in their mentoring relationship

[Conflict Resolution Manual for Peer Counselors/Peer Mediators](#) Stronger2gether, Poly High School, Long Beach, Michael L. Gray, Provides guidelines for peer conflict resolution programs that supports students finding peaceful solutions to problems.

[Core and Supplemental Skills Training Outline](#) Detailed outline of Communication Skills training for peers from [Peer Advocates in Action](#)

[Miramonte Peer Mediation Conflict Resolution Training Handbook for Students Peer Counseling Student Reader](#) Created by Clovis USD to train students at various levels to be peer mediators

[The Mentoring Partnership of Southwestern Pennsylvania Peer Mentor Handbook](#) Guide to support peer mentors' understanding of the peer mentor role, boundaries, establishing trust, communication skills, activities, and cultural issues.

[Moorpark Wellness Center Wellness Peer Handbook](#) Student Guide for high school Wellness Peers, including duties, logistics, peer counseling skills, and resources



## Sample Documents, Forms, Websites, and Videos from School-Based Peer Programs

<p>Syllabi/Course Descriptions for Peer-to-Peer Program Academic Course</p> <p><a href="#">Peer Counseling Class Syllabus Clovis</a></p> <p><a href="#">Peer Counseling Class Syllabus Pomona High School</a></p> <p><a href="#">Peer Leadership Course Description Jurupa Hills High School</a></p> <p><a href="#">Peer Resource Class Course of Study Tamalpais Union High School District</a></p> <p><a href="#">Peer CTE Class Social Work and Health Advocacy Long Beach Unified</a></p> <p><a href="#">Peer CTE Class Mental Health Professionals Long Beach Unified</a></p>	<p>Sample Documents to certify peers that have met training requirements</p> <p><a href="#">Peer Counseling Certification Checklist - Clovis</a></p> <p><a href="#">Tiered Certification Requirements For Peer Counseling - Clovis</a></p> <p><a href="#">Clovis Peer Counseling Certificate of Completion</a></p>
<p>Sample Descriptions for Approval for Peer Course to meet A-G Requirements</p> <p><a href="#">A-G Elective Course Description - Peer Leadership Antioch High School</a></p> <p><a href="#">A-G Elective Course Description - PLUS Peers</a></p> <p><a href="#">A-G Elective Course Description - Pomona Unified</a></p>	<p>Sample Documents for Peer Programs</p> <p><a href="#">Peer Counseling Participant Contract</a></p> <p><a href="#">Peer Counselor Code of Ethics Pomona USD</a></p> <p><a href="#">Google Folder - Assorted Sample Forms</a></p>
<p>Samples to Guide Peer Counseling 1:1 Sessions</p> <p><a href="#">Peer Counseling Sample Introduction &amp; Communication Guidelines</a></p> <p><a href="#">Peer Counseling: Procedures for Sessions slides Clovis USD</a></p>	<p>Peer Program Short Videos</p> <p><a href="#">Peer Counseling at Walnut High School - peer video orientation</a></p> <p><a href="#">Peer Counseling video Clovis East HS - short demo of peer session</a></p> <p><a href="#">Peer Counseling at Oak Park HS, IL - short peer program orientation</a></p>

## Peer-to-Peer Program Webinars

<p><a href="#">Youth-Driven Change: High School Peer Leaders Speak on Their Experiences</a> California School-Based Health Alliance, Feb 7, 2024</p>	<p><a href="#">Fostering Student Well-Being Through School-Based Peer-to-Peer Support Programs</a> California School-Based Health Alliance, November 16, 2023</p>
<p><a href="#">Peer Mentoring: Creating a Culture of Youth Empowerment</a> California School-Based Health Alliance, Dec 8, 2022</p>	<p><a href="#">Peer Mentoring: Youth Resilience and Community Building</a> California School-Based Health Alliance, April 21, 2021</p>
<p><a href="#">Empowering Youth in Leadership and Peer Support</a> Copeland Center for Wellness and Recovery, Sept 2019</p>	<p><a href="#">S.U.P.E.R Peer Counseling - Riverside Unified School District Program</a> - San Diego Office of Education February 11, 2021</p>
<p><a href="#">Young Mental Health Leaders Series: Peer Support and Youth Mental Health</a> Mental Health America, May 2021</p>	



## School-Based Peer-to-Peer Programs in the News

[When the Biggest Student Mental Health Advocates Are the Students](#) New York Times, Feb 6, 2024

[Students Tackle Life’s Challenges Together](#) Edutopia, January 2020

[Oakland School's Peer-to-Peer Counseling Program Helps Students Cope With Trauma](#) KQED, Jan 3, 2023

[Loss—and Hope—After a Cluster of Student Suicides](#) Edutopia January 2020

[America's youth mental health crisis: Peer counseling](#) KCAL News, Feb 27, 2023 featuring Pomona High School Peer Counselors

[Peer counseling gains popularity as California schools beef up student mental health services.](#) EdSource Feb 2022

[Peer-to-Peer Counseling Can Help Schools Address the Youth Mental Health Crisis](#), The 74, June 5, 2023

[Amid a youth mental health crisis, teens help one another](#), Los Angeles Times, December 20, 2021

[Mental Health Monday: Pomona High School Peers Counseling Program](#) KCAL News, Jan 24, 2022 featuring Pomona High School Peer Counselors

[Peer Programs Helping Schools Tackle Student Depression, Anxiety](#), NEA Today, Nov 2019

## Voices of Peer Leaders

[Youth-Driven Change: High School Peer Leaders Speak on Their Experiences](#) California School-Based Health Alliance, Feb 7, 2024

[Peer Group Connection: Tapping Into the Power of Peers](#) Center for Supportive Schools - Central Park East High School 2023

[Peer Counseling at Walnut High School](#) - Video orientation with the voices of Peer Counselors

[Youth Supporting Youth: Expanding Peer-to-Peer Programs in School](#) California Children’s Trust - Video presentation

[Stories of Hope Shorts: A Place for Everyone](#) - Video highlighting Livermore High School Wellness Center and Culture Keeper peer support program





## Research and other Publications

<p><a href="#">Elements of Effective Practice for Mentoring: Research Informed and Practitioner-Approved Best Practices for Creating and Sustaining Impactful Mentoring Relationships and Strong Program Services</a> Mentoring.org, 2020.</p>	<p><a href="#">Peer Mentoring: Supplement to the Elements of Effective Practice for Mentoring</a> Mentoring.org, 2020.</p>
<p><a href="#">Advancing the Youth MOVEment Through Evaluation and Best Practice</a> Youth Best Practice Committee Roundtable 2016</p>	<p><a href="#">Texas Youth Peer Support Roundtable</a> Texas Institute for Excellence in Mental Health 2018</p>
<p><a href="#">Examining the mental health outcomes of school-based peer-led interventions on young people: A scoping review of range and a systematic review of effectiveness</a> King T, Fazel M (2021) PLoS One</p>	<p><a href="#">Can peer counseling programs bridge access gaps for youth? Experts say it's complicated</a> The Hechinger Report, June 29, 2022</p>
<p><a href="#">Peer-Peer Relationships: A Key Factor in Enhancing School Connectedness and Belonging</a> Gowing, Annie, Educational &amp; Child Psychology, June 2019</p>	<p><a href="#">An Emerging Framework for Fostering Peer Relationships.</a> The Search Institute</p>
<p><a href="#">Peers: Their Roles and The Research</a>, Mental Health America.</p>	<p><a href="#">One-to-One Cross-Age Mentoring: National Mentoring Resource Center Model Review</a>, Michael J. Karcher &amp; Joshua R. M. Berger, September 2017</p>
<p><a href="#">A Qualitative Study of the Impact of Peer Networks and Peer Support Arrangements in Project Pilot Schools</a>, Human Development Institute, 2018.</p>	<p><a href="#">Emotional Peer Support Interventions for Students With SEND: A Systematic Review</a>, Van der Meulen, Frontiers in Psychology, December, 2021</p>
<p><a href="#">Peer Education and Peer Counselling for Health and Well-Being: A Review of Reviews</a>, International Journal of Environmental Research and Public Health, 2022.</p>	<p><a href="#">Perspectives in Peer Programs</a>, National Association of Peer Program Professionals, Winter 2018.</p>
<p><a href="#">A Brief History of Youth Peer Support</a> Youth Move National Peer Center Issue Brief. Youth MOVE National Peer Center</p>	<p><a href="#">Peers Supporting Youth and Young Adult Recovery</a> C4 Innovations, Substance Abuse and Mental Health Services Administration</p>



## Policy related to Peer Programs

[Youth-Centered Strategies for Hope, Healing and Health](#) The Children's Partnership and National Black Women's Justice Institute, May, 2022. Report from a youth-led policy council that developed a policy agenda that builds the capacity of youth-serving systems to provide effective, compassionate and trauma-responsive care to marginalized youth and their communities

[The School Counselor and Peer Support Programs](#). Position of the American School Counselor Association on school-counselor role when peer-support programs are implemented, including ensuring students are properly trained, supervised and supported in their role.

[Giving the \(Young\) People What They Want: A Policy Framework for Youth Peer Support](#) The Center for Law and Social Policy, July 2023. Policy Framework based on interviews with stakeholders and experts, with focus on state-level guidance.

[Youth Supporting Youth: Expanding Peer-to-Peer Programs in Schools to Address the Growing Youth Mental Health Crisis](#) California Children's Trust, February 2022. Makes the case for funding, planning and implementing youth peer-to-peer programs as a strategy to support youth mental health.

[Youth at the Center: Calls-to-action for a reimagined behavioral health ecosystem from children, youth, and families across California](#) CalHSS CYBHI. Summary of CYBHI vision to build a new children and youth behavioral health ecosystem in California.

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