



## Peer Health Outreach Program 2021

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### Background

The University of Saskatchewan is privileged to have a strong Peer Health outreach program for many years. Two years ago, through funding from the Ministry of Health, the Peer Health program extensively researched best practices in educating post-secondary students on cannabis education. They have also become the guidelines for all of the Peer Health outreach activity and resources, making the U of S Peer Health program a stronger and more evidence-based program. The University of Saskatchewan appears to be the sole Saskatchewan post-secondary institution that prioritizes health outreach. There is undoubtedly greater need than ever before for wellness knowledge, skills, and support in the student population.

### Mission

This project will use the Peer Health model developed by University of Saskatchewan to assist other post-secondary institutions – from the large to the very small – to develop their own student health promotion model and team. This peer-to-peer health education program will provide opportunities to enhance students' well-being, resilience, personal growth and individual capacity for health.

### Goals

Sharing all University of Saskatchewan health education resources with other campus including health, mental health, and substance education in addition to cannabis resources.

The aims of this initiative will be to establish partnerships and collaboration between Saskatchewan post-secondary institutions around health and wellness education, create and share health promotion resources, and support and sustain healthy campus communities across Saskatchewan.

## **Student Volunteer Job Description**

The peer-to-peer health outreach program consists of two student volunteers per campus committed to the well-being of fellow students. The program aims to provide students with current, relevant health information in a fun, easily understood and non-threatening manner. Health information is delivered in a variety of ways, including but not limited to interactive displays, news bulletins and videos.

## **Requirements, Benefits, and Commitment of the Student Volunteers**

### Requirements

- Have enthusiasm for student health and wellbeing.
- Able to motivate other students to participate in their own well-being.
- Have a good understanding of community and campus resources.
- Able to provide judgement-free, gains-messaging based health-related information to fellow students.

### Benefits

- Enhanced personal growth and development of leadership skills.
- Increased health knowledge; more responsibility taken for own health and health choices.
- Increased connection to institution and community through networking, partnerships and campus events.

### Time Commitment

- School term from January – April 30<sup>th</sup>, 2021
  - Approximately 30-35 hours per student in total for the duration of the contract with 5- 7 hours a month per student volunteer dedicated to outreach.
- Available for orientation and training; not included in the outreach hours
- Check-in with the Outreach Coordinator bi-weekly and contribute to a year-end report by keeping track of the events, evaluating them and number of attendees.
- Available at least one day a month to organize outreach events.
- Able to do at least two active outreach events and one passive event for the duration of the contract.

## **Examples of Outreach Events**

### Active Events

- Virtual presentations on a specific health topic
- Virtual meet-up event

### Passive Events

- Resharing social media posts from Healthy Campus Saskatchewan
- Editing, distributing available resources (i.e., pamphlets, posters, website)

If you have any questions, please contact:



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