



# Promoting Support from Family, Peers, and Mentors

## Module 9 Glossary Terms

---

**Allies:** People who provide support by joining and “walking with” a young person.

**Community support:** Material and resources (including people) that enable young people to pursue and actively engage in community activities of their choice.

**Conservator:** A person, often a parent, who is appointed by the court to make financial decisions for a person with disabilities who is unable to make these decisions for themselves after reaching the age of majority.

**Faith community:** A community of people who share the same religious beliefs. There are varying levels of commitment and participation in the activities of the faith community. Some faith communities have extensive outreach and social support programs to meet the needs of members and/or the wider community.

**Family support:** The emotional, social, practical, material, and financial assistance provided by parents and other family members to youth with mental health conditions in the transition years. This can include providing a home and facilitating

access to community and mental health resources.

**Formal mentor:** A community member who volunteers and is trained and assigned to provide mentoring and social support to a young person referred to a mentoring program usually because a parent or service provider has determined that this may help the young person to achieve positive goals.

**Guardianship:** A legal process in which the court assigns a parent or other responsible adult to make decisions on behalf of a person who is incapacitated because of illness or disability.

**Informal mentor:** A supportive non-parental adult from a young person’s pre-existing social network, such as a relative, neighbor, coach, or community member (Hurd & Zimmerman, 2014).

**Mentor:** A caring person who provides companionship, support and guidance to a young person, with a goal of developing their skills and character (Rhodes et al., 2006).

**Mentoring:** A caring and supportive relationship between a youth and an older, more experienced non-parental figure, with positive effects derived from the guidance, support, encouragement and role modeling received by the mentee (Schwartz & Rhodes et al., 2016).

**Mutuality:** The process of give and take in some relationships, in which young people receiving support also give support in return.

**Peer support:** Support provided to a young person by a near peer who has lived experience of mental health difficulties and who is further along in their recovery (Gopalan, et al., 2017).

**Peer support specialist:** A young adult who has had personal experience with the mental health system and who is trained and employed to provide support to youth and other young adults. Job responsibilities range from providing one-on-one support to advocacy at the national level.

**Resilience:** The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. Resilience involves behaviors, thoughts and actions that can be learned and developed (American Psychological Association).

**Self-actualization:** The capacity to be all that you can be, which is seen as the

highest level of psychological development that can be achieved when all basic and mental needs are fulfilled. Self-actualization can be seen as similar to self-discovery, self-reflection, self-realization and self-exploration.

**Social capital:** People, relationships, and tangible resources that impact a young person and may create access to opportunities for pathways to positive development.

**Social network:** The network of support persons with the resources youth need to transition into adulthood, including stable housing, employment and education, and personal support.

**Social support:** Friends, family, and other people a young person can turn to in times of need or crisis to provide a broader focus and positive self-image. Social support enhances quality of life and provides a buffer against adverse life events.

**Spirituality:** A system of religious beliefs and/or a heightened sense of perception, awareness, performance, or being that heals, connects, or liberates. Spirituality can sustain some young people through adversity and inspire them to make efforts toward recovery. This may be part of belonging to a faith community or the experience of sense of harmony, balance, centeredness, or serenity in ordinary life.

**Youth-initiated mentoring (YIM):** A new approach to mentorship to support young people in which youth nominate an adult from their existing social network with YIM staff providing screening, training, and supporting the nominated adult (Schwartz & Rhodes, 2016).