Comparison of Mentoring Programs

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Introduction

- Aim: to show the differences in already existing mentoring programs
- Six questions were sent to 39 persons from 15 different countries, which were all over the world:
  1) Austria
  2) Germany
  3) Switzerland
  4) The Netherlands
  5) Finland
  6) Sweden
  7) United Kingdom
  8) Ireland
  9) Greece
  10) Italy
  11) Canada
  12) Japan
  13) Hong Kong
  14) Indonesia
  15) Brazil
- After a two week time limit we received answers from people of nine different countries
Results I

- Five organisations of those countries have a kind of mentoring program

- Not all Survivors have the possibility to attend a training before getting in contact with patients

- There are big differences in preparing the Survivors for meeting with patients
  - Some countries have a short introduction
  - Others offer a special mentoring program
First Question:

- Does an offer exist in your country/region/hospital, where Survivors visit patients in the children`s hospital or is there any possibility for patients to get in contact with Survivors?
Results III
Evaluation of the answers

Countries where Survivors visit patients in the children’s hospital

- **Austria**
  - Mentoring patients takes place in three Austrian hospitals (from six hospitals)

- **Finland**
  - In four of five university hospitals peer supporting takes place on a regular basis
  - 5th one in case of need

- **Germany**
  - Have mentors at 16 hospitals in Germany

- **Greece**
  - Visit patients in a weekly basis
  - At the oncological departments of pediatric hospitals and at the House of Children (in one city only)

- **The Netherlands**
  - Mentoring patients takes place in Dutch hospitals

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Countries where Survivors don’t visit patients in the children’s hospital

- **Canada**
  - Summer camps
  - No official way to meet a Survivor during treatment
  - The hospital fears that the patients are not ready

- **Japan**
  - It’s not easy to get in contact with patients
  - But some Survivors groups which core with hospitals have the chance to visit patients and do some arts and crafts or chatting with them

- **Sweden**
  - They don’t have this kind of offer in the hospitals yet
  - But it is in development and hopefully starts 2012

- **United Kingdom**
  - Not known, if a mentoring program exists at hospitals in UK
Second Question:

- If yes, do the Survivors get a special preparation/training/course for this activity? Does a special mentoring program exist?
Results VI
Evaluation of the answers

- **Austria**
  - Have a special mentoring program since 2005
  - Everyone who wants to visit patients in the hospital has to attend this
  - Obligatory Supervision

- **Finland**
  - In Finland there is a training for peer supporters since 2001
  - Follow up meetings are twice a year

- **Germany**
  - Workshop for one weekend as a basis training at the beginning
  - Since 2006
  - A second workshop for mentors will be offered 2012

- **Greece**
  - No special mentoring program
  - If requested will arrange group meetings
  - In addition, a young Survivor is accompanied by a more experienced

- **The Netherlands**
  - Have a mentor program since 2006
  - Have procedures to recruit, select, train and coach Survivors who want to become mentor
  - Besides annual training is mandatory for every mentor
Results VII
Evaluation of the answers

Third Question:

- If yes, how does this preparation/training/course look like?
Structure of the program
- Consists of eight weekends within one year
- Introduction module
- Self-awareness and psychosocial training
- Communication training

Requirements of participation
- 18 years old and 2 years after the end of the treatment → Preliminary talk
- Mandatory to participate at all weekends

Costs
- Mostly financed by the Austrian Childhood Cancer Organisation
- Local Childhood Cancer Organisations pay a fee for participating and the travel costs etc. for the Survivors who come from their district

More Information
- Two Mentoring Programs were held so far
- The third one for 10 participants has started in January 2011
- 20 mentors finished the program already
FINLAND

Structure of the program
- The training takes two weekends
- Psychological lectures
- Doctor lectures
- Follow up meetings twice a year

Requirements
- 18 years old

Costs
- The finish organization Sylva takes care of all the costs of the training weekends, including the travel costs of the participants

More Information
- Leaders are professionals: They have two leaders, one is a psychologist and the other one is a rehabilitation counselor
- Around 200 Survivors participated the training and 2/3 still work actively as peer supporters.
GERMANY

Structure of the program
- Program exists of one weekend workshop
- Start further workshop for active mentors in 2012
- Workshop includes the following topics:
  - Communication training
  - Self-awareness
  - Organisational questions

Requirements
- Former cancer patient
- 18 years old
- At least 2 years after the end of the treatment

Costs
- The costs for the mentoring weekends are accepted by the German Childhood Cancer Foundation
- But as soon as they are mentors the costs for getting to the hospital are paid by the local parent organisations

More Information
- Coordinated by the German Childhood Cancer Foundation
- One employee of the German Childhood Cancer Foundation and two experienced Survivors are leading the program
- 35 – 40 Survivors attended those workshops
THE NETHERLANDS

Structure of the program
- The Survivors get a training of two days. Subjects are:
  - Family systems
  - Role-playing
  - Individually evaluation of the training
  - Evaluate their perception of becoming a mentor

Costs
- Payed by the Dutch Childhood Cancer Organisation
- That’s about € 22,000 a year

Requirements
- Age of the Survivors is between 16 and 25
- They had cancer between the age of 8 and 18

More Information
- Leader of the program: Meike Naafs (Survivor), one of the office workers. There is a second trainer, Marian Potters
- About 27 Survivors have already attended the program
Results XII
Evaluation of the answers

Fourth Question:

- If not, why doesn`t such a preparation or mentoring program exist?

- If not, why isn`t there any offer, that Survivors visit patients in the children`s hospital or that patients get in contact with Survivors?
If not, why doesn`t such a preparation or mentoring program exist?

- Greece
  - The main reason seems to be that they never had so many "candidates".
  - They would have the resources and the time
  - Maybe the next step is to organise it better
If not, why isn’t there any offer, that Survivors visit patients in the children`s hospital or that patients get in contact with Survivors?

- **Japan**
  - One thing is that it is not easy for Survivors to contact or visit patients in hospitals
  - Japan has some problems of telling the truth of cancer.

- **Sweden**
  - Since last year Cecilia (Survivor), a person from the Swedish childhood cancer association and a nurse have been doing research of the needs of a program like that
  - Have been visiting the Finnish program twice to see how they have built up their courses and how it is working
  - Start a pilot course to try it in 2012
  - Swedish childhood cancer association will also finance it
Fifth Question:

- How and in what form Survivors get in contact with patients?
- How is the communication of this offer?
Results XVI
Evaluation of the answers

- **Austria**
  - Staff in hospital
  - Representatives of local Childhood Cancer Organisations

- **Finland**
  - The patient contacts the association
  - Different ways to get stay in contact with the patients

- **Germany**
  - Staff in hospital
  - Representatives of local Childhood Cancer Foundation

- **Greece**
  - Mainly get in contact
    - in the hospitals'
    - House of Children.
    - Meetings at association's offices / happenings

- **The Netherlands**
  - Different ways to get in contact with the patients
Sixth Question:

- Are there any other things, which you would like to tell us concerning your mentoring program?
Results XVIII
Evaluation of the answers

- **Austria**
  - Now the Survivors are very welcome at the hospital
  - Have Survivors, who might not be able to mentor

- **Finland**
  - Have a Guide Book for Peer Support Program
    - Role of peer supporter
    - Facts on cancer
    - Cooperation between the hospital and the family

- **Germany**
  - Dealing with difficult situations is not always easy

- **The Netherlands**
  - But it's really worth all the effort and money
  - All the existing and ‘closed’ contacts have been a great success!
Conclusion

- Only in a few countries exists the possibility for patients to meet Survivors
- In most of those countries exists a mentoring program
  - The practical experience shows the importance of such a preparation program
  - It is very useful for the individual growth/development of the Survivor
- Mentoring programs are very different
- It is visible that the support for the patients is regionally different, this depends e.g. on following factors:
  - How far the hospitals are
  - How many patients are there and at which age
  - Is the hospital willing to offer this for the patients
  - How many mentors are active
- This presentation should help other organisations, who want to establish a mentoring program to give an overview of already existing mentoring programs
Thank you and don’t hesitate to ask us!

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