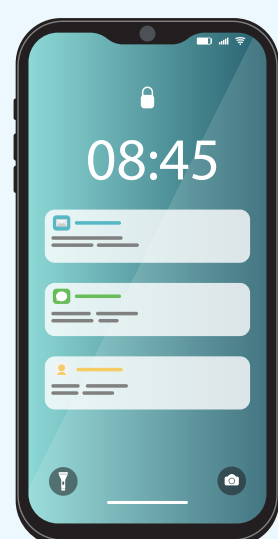


Mentors' Voices: Enhancing the iP2P Program for Mentors of Adolescent Thoracic Transplant Recipients

BACKGROUND



iPeer2Peer (iP2P) is an **online mentorship** program matching adolescent mentees to young adult peer mentors. Over 15 weeks, they connect via 5-10 video calls & text messages.

Peer mentors serve as **role models** who normalize the illness experience & motivate mentees to engage in self-management.

Despite mentors being integral to the program's sustainability & long-term success, **little research** has explored mentor insights.

STUDY AIMS

(1) To **explore** the experiences of peer mentors within the iP2P program; (2) To **inform** future implementations of iP2P & **enhance** our understanding of peer mentorship in youth with chronic illness



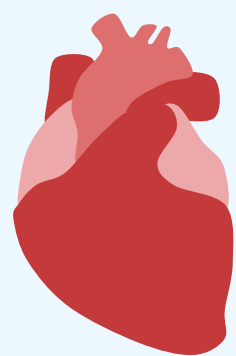
PARTICIPANTS

Recruited from two Canadian Transplant (Tx) Centres

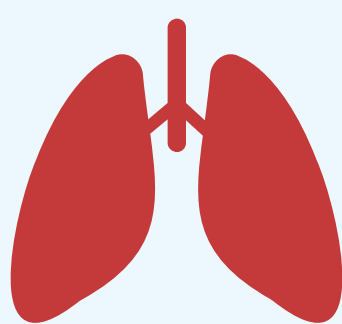
9 mentors

8 females : 1 male
ages 18-25

Mean time post-Tx:
8.5 ± 5.2 years



7 Heart Tx Mentors



2 Lung Tx Mentors

DATA COLLECTION

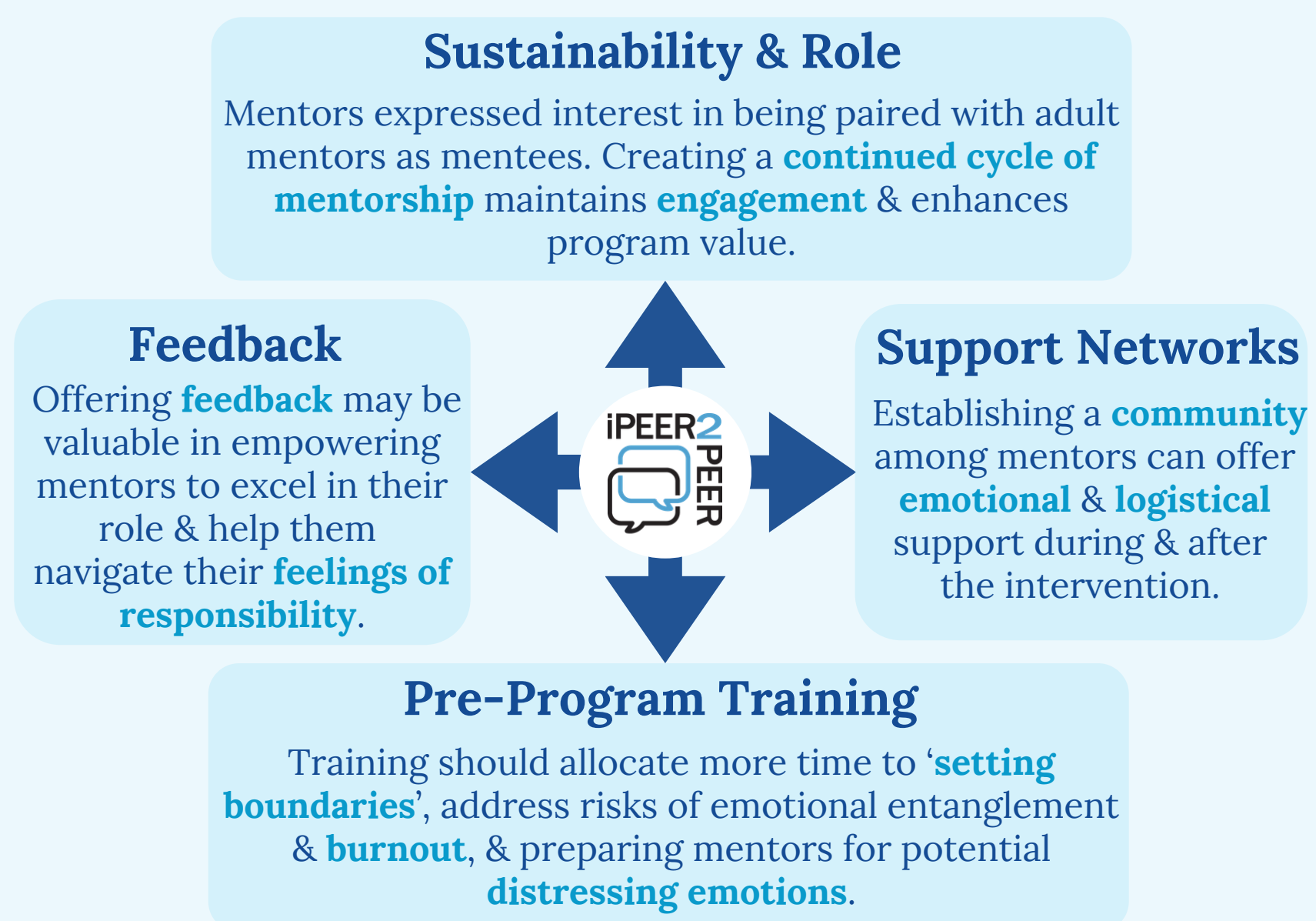


THEMES

Three overarching themes that described mentors' experience in the iP2P program:

- 1 Gaining connection & support through shared experiences**
 "... talking to the other mentors was **very impactful for me** knowing, like, what they go through and how they've...overcome some situations"
- 2 Carrying the responsibility of providing impactful mentorship**
 "I was definitely **thinking of her...** what she was feeling, what she experienced and how I dealt with it when I was at her age"
- 3 Nurturing reflection & positive growth through helping mentees**
 "I had to do a lot of **research on my own...** And I was able to **open my mind** and...**learn new things**"

IMPLICATIONS



CONCLUSION

By addressing the unique challenges and needs of mentors, iP2P can foster **meaningful connections** & ultimately improve outcomes for mentors & mentees.

This study provides insights into how mentorship programs can be designed to **balance** the emotional and logistical demands of mentorship while maximizing its mutual benefits.

