

# USU COUNSELING AND PREVENTION SERVICES

## REACH PEER PROGRAM

**Who are REACH Peers?** (for details see <https://www.usu.edu/aggiwellness/caps/training/reach>)

- Volunteer undergraduate students seeking experience working in a university counseling center.
- RPs conduct both 1:1 mental health skills training sessions and campus outreach events.
- REACH Peers are academically strong, non-freshman, undergraduate students. Selected Peers must be **available and registered as students for the entire academic year (Logan campus only)**. Peers will be background checked prior to working with clients.
- Credit is often available for Psychology, HDFS, Social Work, and related majors/minors.
- Note: CAPS staff value individuals participating in their own therapy; however, a student cannot be both a REACH Peer and a CAPS client in the same semester.

### Training Expectations:

- Summer: self-directed, 6-part online **Stress and Anxiety Management workshop, mental health module training, and monthly Zoom training/organizational meetings.**
- **Mandatory daylong retreat the week prior to the start of fall classes.**
- **Mandatory weekly classes** will be held throughout the **fall and spring semester for 2 hours on Wednesdays 9:30–11:30AM.** Class will cover mental health skill training, outreach prep, and a variety of other related trainings such as suicide prevention, confidential designated resource, ethics, preparing for graduate school, professional development, inclusive excellence, and self-care.
- REACH Peers volunteer an average of 6-8 hours per week, which includes:
  - 2 hours: weekly training/planning class
  - 1 hour: weekly individual supervision with a CAPS staff member
  - 2-3 hours: mental health skills coaching with clients
  - 1 hour: planning and providing outreach to the campus
  - 1.5 hours: homework, practicing skills, doing session notes, preparing for supervision

### All applicants must provide:

- 1 This completed application with typed answers.
- 2 Your resume/VITA.
- 3 One academic/professional letter of recommendation from an individual who knows you well enough to comment on work habits, dependability, teamwork, and interpersonal skills.

Applications and letters of recommendation should be emailed to: [capsinfo@usu.edu](mailto:capsinfo@usu.edu)

With the **subject line**: “REACH Peer application, *First Name, Last Name*”

**Questions** about the program or application process can be directed to our REACH Peer Coordinator, Dr. Monique Frazier, at: [monique.frazier@usu.edu](mailto:monique.frazier@usu.edu)

- We will invite select applicants for interviews (the 2 weeks after Spring Break). Of those, up to 10 will be selected for the REACH Peer team prior to the end of spring semester.
- Applicants will be evaluated on their aptitude for: communication skills, listening ability, teaching mental health skills, ability to be flexible and think on your feet, dedication to mental health advocacy, outreach work, teamwork, trainability, and time and commitment to fulfilling the role the entire academic year.

**Completed Applications and Letter due March 1 at noon.**

# REACH PEER APPLICATION

Please complete the following basic questions and essay questions.

## Basics:

1. Name:
2. A#:
3. Phone #:
4. Major:
5. Anticipated Graduation Date:
6. Long-term career goal: (e.g., MFT, psychologist, social worker, community health, don't know)
7. Can you commit to being a REACH Peer for the full academic year? (yes/no):
8. Will you have the Wednesday 9:30-11:30AM class time available for the full year? (yes/no):

**Type answers to the following essay questions (Please limit essays to 1 page, double-spaced, 12 font for questions 1, 2, and 5 and limit to ½ page for questions 3 & 4.)**

1. We want to know who you are! Please provide a brief personal and professional autobiographical statement (less than 500 words).
2. Compare and contrast your interest level and skill set (established and hoping to develop) in working with individual clients in 1:1 mental health skills coaching versus organizing/providing group presentations and campus outreach events.
3. Speak to your ability to fit in a 6-8 hour per week commitment to the REACH Peer program for the full year while maintaining your other commitments, life balance, and your own mental health.
4. One growth element we hope to provide in REACH Peer is the ongoing development of your professionalism. What aspect of professionalism do you feel is a strength and what area could use improvement?
5. Describe your experiences, approach, and challenges you may face relating to individuals from different cultures and backgrounds.

**Please turn in 1)application, 2)resume, and 3)letter to [capsinfo@usu.edu](mailto:capsinfo@usu.edu) with the subject line: “REACH Peer Application, *First Name, Last Name*”  
by March 1 at noon**