

# CSA MENTORING PROGRAM

*A program designed to bring together members from the celiac support group and persons who have recently been diagnosed with celiac disease.*

**A program to personally come alongside, support, and to mentor, on a one-to-one basis, a newly diagnosed celiac.**

## **THE BENEFITS TO SUCH A PROGRAM CAN BE FAR REACHING FOR ALL PARTIES INVOLVED:**

- It involves more members from the support group in a hands-on effort to share their own knowledge and experience of celiac disease, and to promote awareness of the disease.
- It is a very rewarding experience to know that you are personally involved in helping another person get through; what can be, a very difficult time and transition period.
- You will, hopefully, be able to witness a renewal to improved health for the newly diagnosed celiac within your mentoring relationship time period.
- Mentoring relationships have the potential to develop into very meaningful and lasting friendships.

## Who can be a mentor?

- *The person who wishes to volunteer as a mentor should either have celiac disease, or be a parent to a celiac child.*
- The mentor should have been following the gluten free diet for at least one year.
- Have a willingness to reach out to another person with compassion, empathy, and to be nonjudgmental.
- Bring a positive attitude of hope and encouragement to the mentoring relationship.
- Have a willingness to share their knowledge of the disease, the diet, and the life style changes that accompany the diagnosis; yet, refrain from giving advice.
- Be willing to commit to mentoring someone for a period of six months with a minimum of at least one phone call per week. More contact if appropriate and acceptable by both parties. (email, snail mail, meeting in person...)
- Be willing to sign a statement of confidentiality stating that they will honor all information shared with them by their newly diagnosed celiac with the utmost confidentiality and privacy. That under no circumstances would they ever use their celiac friend's name when seeking assistance for them, or use their name and discuss their health or personal matters with anyone else.
- Be willing to share their own story and experience with celiac disease to the degree that they feel comfortable and is appropriate to the newly diagnosed celiac.
- Be mindful that the reason for this new mentoring relationship is to put the needs of the newly diagnosed celiac first. (Please do not use this relationship as a sounding board for your own troubles.)