

Mentorship



At the core component of the Alberta College of Family Physicians' Collaborative Mentorship Network for Chronic Pain and Addiction (CMN) is the mentorship program. Funded by the Health Canada's Substance Use and Addictions Program (SUAP), the CMN mentorship program endeavored to build capacity for health professionals practising in the areas of chronic pain and substance use disorder in Alberta.

The formal mentorship program was implemented in 2020 where the ACFP staff matched mentors and mentees together based on a mentor's skillset and a mentee's learning objectives. Mentoring relationships were facilitated and on boarded by staff who provided

structured guidelines, workshops, and resources for mentors to share their skills with the peer they were matched with.

For each match made, the goal was to build skills and increase competency in chronic pain and substance use for health care professionals from all backgrounds.

Throughout the course of the program, there were a total of 44 mentors and 147 mentees. Many mentors and mentees met virtually while some mentees shadowed their mentors in clinic, and other mentors conducted group mentoring.

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“My mentor has given me confidence amidst the complex field of Chronic Pain. Clinical guidance, case studies, and discussing pain research were all beneficial activities we employed. Without my mentor, our program along with my own individual practice would not have grown to the level it currently is. Ultimately, the CMN has led to our chronic pain patients having increased education, self-management, and positive clinical outcomes.”

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“What I found amazing is that I put in exactly what I needed, and they matched me up with someone who provided exactly what I needed. I thought that was brilliant.”

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“My mentor was always available and encouraging.”

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44 mentors from a variety of disciplines

28

Family Physicians

6

Pharmacists

2

Nurses

2

Nurse Practitioners

2

Mental Health Professionals

2

Specialized Physicians

1

Anesthesiologist

1

Counsellor

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“[Mentor] was incredible. I only had a few sessions, but [they] greatly improved my confidence and knowledge base. I will forever be grateful to the program for this support.”

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ALBERTA COLLEGE of
FAMILY PHYSICIANS



COLLABORATIVE
MENTORSHIP NETWORK
for Chronic Pain and Addiction