



# Centre of Excellence in Peer Support

MENTAL HEALTH



## Centre of Excellence in Peer Support (CEPS) e-zine – December 2015

The e-zine of the Centre of Excellence in Peer Support (Mental Health) is sent out monthly, with past issues available on the Centre of Excellence website, [www.peersupportvic.org](http://www.peersupportvic.org).

Welcome to new subscribers. If you are not subscribed to receive the e-zine and would like to be, please email [peersupport@mindaustralia.org.au](mailto:peersupport@mindaustralia.org.au)

We invite contributions for future editions, including articles, news, events, positions vacant, publications and other items relevant to peer support work.

Welcome to the December edition of the CEPS e-zine.

It has been a little over a year since I joined Mind Australia as the project coordinator of the Centre of Excellence in Peer Support. Whilst I brought to the role knowledge and experience acquired over more than ten years in the mental health consumer engagement space, I was much less familiar with peer support. Over the last year, I have been completely immersed in all things peer support. This includes providing individual advice to consumers and carers interested in become peer workers, developing and facilitating training to consumers and carers, linking people in with existing supports, supporting organizations to develop peer workforces, presenting at conferences, providing peer support expertise on reference groups, as well as maintaining the CEPS website and e-zine. I was also honored to complete the Certificate IV in mental health peer work as part of the Champions of Mental Health initiative.

I'd like to take this time to thank everyone who has supported me in this role. The Centre of Excellence in Peer Support is a collaborative effort, and without your contributions, CEPS would not be possible. Thank you!

Further, I shall be taking some time off to spend with my family over Christmas and New Year, and will return to work late January. All correspondence received during my absence will be followed up on my return.

The Centre of Excellence in Peer Support wishes you peace and happiness over this festive season. Let's take the time to celebrate what this year has given us and what the new one is about to bring.

In this month's news:

- News and Events: Peer supervision and mentoring opportunities, CEPS Request
- News and Events: Charter of Peer Support Endorsements
- News and Events: The (Virtual) Australian Association of Mental Health Consumers
- Volunteer Positions: Council for Homeless Persons
- Volunteer Positions: Gambler's Help North, Peer Connection
- Employment: Youth Peer Support Worker, headspace, Southern Melbourne, Victoria
- Training: Carer Support Group Facilitator Training, Footscray, Victoria
- Training: Certificate IV in Mental Health Peer Work, Vicserv, Victoria
- Resource: So you want to be a peer worker? Pathways flyer
- Research: So if we like the idea of peer workers, why aren't we seeing more? Jacki Gordon, Simon Bradstreet

To share your peer support news, events, articles or resources for future editions, please email CEPS: [peersupport@mindaustralia.org.au](mailto:peersupport@mindaustralia.org.au). Don't forget to check the CEPS website regularly for information about training, events and employment as it is announced.

## News and Events

### **Peer supervision and mentoring opportunities CEPS Request**

We have had a few requests lately from peer workers around Australia who would like to be put in touch with experienced peer workers for external supervision and mentoring. These would be paid by arrangement between the peer worker and the mentor. If you are an experienced peer worker and would like to provide peer supervision to other peer workers, please send your preferred contact details through to [peersupport@mindaustralia.org.au](mailto:peersupport@mindaustralia.org.au).

### **Charter of Peer Support Mutual Support and Self-Help Network (MSSHN)**

The Charter of Peer Support has been developed and written by and for Consumers and Carers with the assistance and resources provided by the seven state-wide specialist Peer Support organisations listed on page 7 of this document. This document reflects the importance that the writers place on Peer Support and the value that this service provides in the continuum of care of consumers and carers experiencing mental health issues at any time in their life.

The Charter has been updated to reflect organisational changes within the Mutual Support and Self Help Network (MSSHN), as well as to include the more recent Charter endorsees. The Charter, along with instructions on how to endorse it, is available [here](#).

If your organisation would like to endorse the Charter of Peer Support, contact CEPS on 1300 237 199 or [peersupport@mindaustralia.org.au](mailto:peersupport@mindaustralia.org.au)

## **The (Virtual) Australian Association of Mental Health Consumers**

A new Australian mental health consumer association is in the process of forming, inviting the community to join and raise their voice. The Association is open to all Australian mental health consumers who wish to connect with other consumers, participate in forums, vote on decisions and exert influence. Membership is free and is available through their [website](#).

## **National Conference on Peer Support 2016 Peer Support Accreditation and Certification (Canada)**

Leading Recovery  
April 27-29, 2016 | Toronto, Ontario, Canada  
Toronto Marriott Downtown Eaton Centre

The National Conference on Peer Support (Canada) is hosted by Peer Support Accreditation and Certification Canada, (PSACC). PSACC, is a not-for-profit charitable organization borne out of the work of the Mental Health Commission of Canada's Peer Project. Planning is well underway to host peer support stakeholders from across Canada and around the world in Toronto next April to Connect, Grow, and Lead under the conference theme of Leading Recovery. Keynote speakers include Siken Laumenn (Olympian, Inspirational Speaker, Author), Pat Capponi (Peer Support & Mental Health Advocate, Author, Recipient of the Order of Canada) and Dr Ian Dawe (Physician-in-Chief & Recovery Champion of Ontario Shores Mental Health Sciences)

For more information, and to register, [click here](#).

## **Employment**

### **Youth Peer Support Worker Headspace, Southern Melbourne, Victoria**

This exciting new role has been developed specifically for people who have lived experience of mental health challenges. Through sharing wisdom from their own experiences, youth peer support workers will inspire hope and encouragement in the recovery journey of young people accessing headspace YEPP services. As an integral and highly valued member of the multi-disciplinary team, the youth peer support worker will provide peer support and practical assistance to young people, to support them to lead their own unique recovery process. The youth peer support worker will act as a recovery champion within the team and be involved in the ongoing development of volunteer peer support roles in the headspace YEPP program, including peer support training and evaluation. All youth peer support workers will receive training and supervision.

For further information on these positions and for instructions on how to apply, [click here](#).

## Volunteer Positions

### **Volunteer Opportunity**

#### **Peer Connection Program, Gambler's Help North and North Western, Victoria**

The Peer Connection Program is currently seeking volunteers who have previously had a problem with gambling. The Peer Connection Program is a telephone based peer support program that provides regular support for people who want to stop or reduce their gambling behaviour. Volunteers have successfully overcome their own gambling problem, and they use this experience and understanding to support others. Our volunteers are not counsellors, but know how difficult it can be to stop gambling and the difficult emotions that may surface along the way to recovery. Volunteers complete training before commencing calls, with the support of experienced volunteers and the program coordinator.

If you think that your experience may help somebody else to stop gambling, or for more information please contact Kathriye Strassnick on 03 9450 2007, or email [PCIntake@bchs.org.au](mailto:PCIntake@bchs.org.au)

[www.peerconnection.org.au](http://www.peerconnection.org.au)

### **Peer Education and Support Program (PESP) team members**

#### **The Council to Homeless Persons (CHP), Victoria**

If you have experienced homelessness and want to share your experience to educate the community, you may be eligible to become part of the CHP PESP team. The PESP team takes part in diverse activities which contribute to an improved and informed homelessness service sector, and includes:

- facilitating peer focus groups and interviews or surveys
- participating in working groups, steering groups or committees
- media activities and public speaking
- consultation with services and all levels of government
- training delivery to the specialist homelessness and allied sectors

Contact Cassandra on 03 8415 6210 or email [Cassandra@chp.org.au](mailto:Cassandra@chp.org.au). Cassandra will discuss the PESP, the training that is provided and key activities of the PESP team members. You will then be sent a PESP position description.

The closing date for applications is Friday 15 January 2016 at 4pm. Volunteers receive ongoing training and support and are reimbursed for out-of-pocket expenses, including childcare.

## Training

### **Carer Support Group Facilitator Training Carers Victoria, Footscray, Victoria**

Carers Victoria is running their Carer Support Group Facilitator Training again in 2016. A one-day comprehensive program, this training is suitable for new facilitators, a refresher for current facilitators or for those wanting to start up a carer peer support group.

Wednesday 23 March quote # 3328

Wednesday 20 April quote # 3329

Wednesday 15 June quote # 3330

Wednesday 17 August quote # 3331

Wednesday 19 October quote # 3332

Fee per carer is \$50; fee per worker is \$100

Where: Carers Victoria, Level 1, 37 Albert Street, Footscray

Booking Essential: Call 1800 242 636 or email: [education@carersvictoria.org.au](mailto:education@carersvictoria.org.au) to book your preferred session. To download the flyer, [click here](#).

### **Certificate IV in Mental Health Peer Work (CHC43515) VICSERV, various locations, Victoria**

VICSERV is pleased to announce that registrations are open for the first five programs of the Certificate IV in Mental Health Peer Work (CHC43515). [Click here](#) to view a printable flyer about this announcement.

This nationally recognised course is specifically designed for workers who:

1. Have lived experience as either a consumer or carer; and
2. Work in mental health services in a role that supports, mentors or advocates for consumers or carers.

Registrations forms, including program details, dates, pricing guides and registration requirements are now available. For more information and to download the paperwork to complete your registration click on the place names below.

- [Elsternwick](#) - commencing 29 February 2016
- [Bendigo](#) - commencing 16 March 2016
- [Mornington](#) - commencing 31 March 2016
- [Wodonga](#) - commencing 20 April 2016
- [Ringwood](#) - commencing 7 June 2016

Registrations will be processed in order of receipt. To enrol in this qualification through VICSERV, participants must be currently working in a peer work role (paid or unpaid) at least one day a week, for the duration of the course.

## Resources

### **So you want to be a peer worker? Pathways flyer Psychiatric Disability Services of Victoria (VICSERV)**

This paper outlines important knowledge, skills and experience required to become a mental health peer worker. As well as either experience of being a consumer or a carer, there are other knowledge, skills and experience that can assist peer workers in their role. These include job readiness skills, life skills, involvement in consumer and carer run programs, volunteering, previous studies, and previous work experience. These are covered briefly in this document.

To download this resource, [click here](#)

For more information on steps to assist you obtaining paid peer work, contact the Centre of Excellence in Peer Support at [peersupport@mindaustralia.org.au](mailto:peersupport@mindaustralia.org.au)

## Research

### **So if we like the idea of peer workers, why aren't we seeing more? Jacki Gordon, Simon Bradstreet**

The employment of peer support workers is widely encouraged in recovery-oriented mental health systems and services, providing a tangible example of how to translate recovery values and principles into actions. In Scotland, despite a long-term policy commitment to recovery approaches, the creation of peer worker roles has been slow and patchy. This paper describes findings from a study on the levers and barriers to the development of peer worker roles in two Scottish health board areas. Findings suggest that new evidence on effective implementation and cost effectiveness should be prioritised to support potentially complex role development in times of reduced resources. We argue that additional evidence on effectiveness is unlikely, by itself, to lead to country-wide employment of peer workers. We therefore suggest that a policy commitment to peer working would be reinforced by not only a strengthened evidence base but also strengthened accountability mechanisms. In the absence of such accountability, decision-makers and planners might reasonably continue to ask “why bother”?

To read this paper, [click here](#).

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