

## Building the Peer Support Workforce

### Facilitators:

**Shandy Arlidge**, Mental Health Coalition of SA

**Belinda Brown**, Mental Health Coalition of SA

### Featuring:

Scott Richards, Peer Support Worker, Neami National

Robyn Richards, Lived Experience Representative

Catherine House

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LIVED EXPERIENCE WORKFORCE PROGRAM

# Building the Peer Support Workforce

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Government of South Australia  
SA Health



# What is a Lived Experience/Peer Worker?

- Someone employed on the basis of their **personal lived experience** of mental illness and recovery (consumer)

**OR**

- **Experience of supporting family or friends** with mental illness (carer)

## Hope

Evidence of recovery (living well).

## Experience

Knowledge and experience - purposeful, intentional.

## Authenticity

Open, honest, empathetic.

## Responsibility

Wellbeing, integrity of role, respectfully challenging, supporting self-responsibility in others.

## Mutuality and reciprocity

No power imbalance, learning from each other.

## Empowerment

The person is in the driving seat. Dignity of risk, choice and control.

# Underpinning values

‘hearme’



# Lived Experience skill set

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## ○ **Experiential Knowledge:**

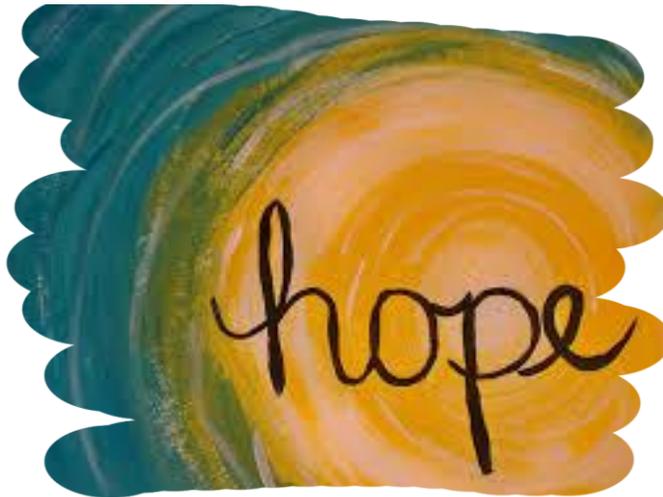
- information acquired through the process of one's own recovery

## ○ **Experiential Expertise:**

- the ability to transform this knowledge into the skill of helping others to achieve and sustain recovery



# Examples of learning from Mental Health Lived Experience



## Mental Illness/Challenges

- Mental health services
- Disempowerment
- Lack of choice
- Labelling
- Disability, deficits
- Violation of rights, discrimination
- Trauma
- Treatments
- Distress
- Harm e.g. self, others, systems
- Suicide (thoughts, attempts, caring for someone, bereavement)
- Risk
- Related issues e.g. homelessness, AoD
- Stigma, assumptions, judgements

## Recovery

- Hope
- Values
- Self-determination
- Empowerment
- Resilience, coping
- Self-care strategies
- Self-management
- Navigating systems, referral processes, language
- Advocacy
- Awareness and insight
- Boundaries, safe disclosure
- Trauma Informed Care and Practice
- Confidentiality
- Rights
- Triggers, warning signs
- Holistic approach to wellbeing
- Strengths
- Goal setting
- Dignity of risk
- Active listening
- Not judging

## **Scott Richards**

Peer Support Worker

*Street to Home, Neami National*



## **Robyn Richards**

*Catherine House*



# Contact us

## LEWP - MHCSA

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**Shandy Arlidge – Program Manager**

[shandy.arlidge@mhcsa.org.au](mailto:shandy.arlidge@mhcsa.org.au)

0423 552 664

**Belinda Brown – Senior Officer**

[belinda.brown@mhcsa.org.au](mailto:belinda.brown@mhcsa.org.au)

0423 213 080

**Mental Health Coalition of SA**

Level 1/80 Brougham Place, North Adelaide SA 5006

8212 8873

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



Thank you Workshop attendees.

Please make your way to the lectern  
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IN FOYER

## Deb King

Committee of Management, Don Dunstan Foundation

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