

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

Brought to you by



Building the Peer Support Workforce



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

- **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

Shandy Arlidge – Program Manager

shandy.arlidge@mhcsa.org.au

0423 552 664

Belinda Brown – Senior Officer

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



Thank you Workshop attendees.

Please make your way to the lectern
in the foyer.

Closing Address

IN FOYER

Deb King

Committee of Management, Don Dunstan Foundation

Post Conference Drinks

Brought to you by



PREVENTING HOMELESSNESS

#HomelessnessConference @dondunstanfoundation

2019 HOMELESSNESS CONFERENCE

Thank you to our sponsors

#HomelessnessConference @dondunstanfoundation

Presenting Sponsors

ANGLICARE SA

Collaborative Thinking. Positive Outcomes.

CAPITAL CITY
COMMITTEE
ADELAIDE



Government of
South Australia



CITY OF
ADELAIDE



Government of South Australia

Major Sponsors

CENTRE FOR
HOUSING, URBAN AND
REGIONAL PLANNING



THE UNIVERSITY
of ADELAIDE



Flinders
UNIVERSITY



Government of South Australia
SA Health

neami
national
Improving Mental Health
and Wellbeing

Event Sponsors

 **Bendigo Bank**
Bigger than a bank.

Junction

phn
ADELAIDE
An Australian Government Initiative

UCWB

breaking barriers, building lives
 **UnitingCare**
Wesley Bowden

 **UNITING**
COMMUNITIES


WYATT

Conference resources will be posted on our website at dunstan.org.au