



WA Peer Supporters' News

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Connecting a vibrant and valued network of peer supporters in WA

22nd June 2021

Hello Folks and welcome to the latest edition of the WA Peer Supporters Newsletter.
Apologies for cross-postings and please feel free to distribute to networks.

WAPSN Latest News

July WA Peer Supporters' Network Meeting

WAPSN invites members to come to the next WAPSN meeting. This meeting will focus on Peer Navigation and building the capacity of Peers in WA.

Pheobe Wilson and Louise Howe from the Mental Health Commission join us to discuss an exciting new project to build the capacity of Peers in Western Australia.

As always, this WAPSN meeting will provide the opportunity to connect, network, share updates and co-reflect with fellow Peer Workers in WA.

You are invited to join us for the next WAPSN meeting.

Date: Thursday 1st July 2021

Time: 10am - 12.30pm

Place: 14/275 Belmont Ave, Cloverdale, WA or online via Zoom

RSVP: [Click here to register on Zoom](#) or email info@peersupportwa.org.au



WA Peer Supporters Network

Your place to connect, learn and grow.

The Role and Value of Peer Work

On the 3rd of June CoMHWA, WA Peer Supporters Network and the Peer Work Champions Community of Practice held a joint meeting. Thank you to all who attended or actively reached out in regards to the meeting topic.

The purpose of this meeting was to discuss the recent comments made by First Secretary Mark Roddam at the Parliamentary Committee Inquiry into Mental Health & Suicide Prevention during which issues were raised regarding the nature and safety of Peer Work.

The meeting outcomes can be viewed below:

- “Insights on the Role and Value of Peer Work” briefing paper from the meeting on 3rd June.
view online: <https://bit.ly/3xmKOkG>
- Infographic on the importance of Peer Workers with quotes taken from participants at the meeting
view online: <https://bit.ly/3xwpcCk>

Please click here to complete the anonymous survey: <https://www.surveymonkey.com/r/peer-work-meeting>

Next steps:

1. CoMHWA will be writing to the Select Committee to request that the comment made by Mark Roddam be removed from the transcript.
2. CoMHWA will be lobbying for the Government to support a strong and effective Peer Workforce with a number of investment recommendations (as outlined in the “Insights on the Role and Value of Peer Work” page 4)
3. CoMHWA encourages you to share these documents with interested individuals to ensure a strong, united voice on the importance of a Peer Workforce.

If you have any questions, please do not hesitate to contact WAPSN or CoMHWA by phone or email

info@peersupportwa.org.au

admin@comhwa.org.au

(08) 9258 8911

ASPIRE & WAPSN Speaker Series

Inviting all Peer Support Workers and graduates of the Cert IV in Mental Health Peer Work to attend the ASPIRE Speaker Series. These events will be a wonderful opportunity to hear from an expert in their field and network with other Peer Support Workers.

The Speaker Series will be:

- Held bi-monthly (April, June, August, October)
- Covering topics tailored to Peer Support Work
- An opportunity to network
- Including light refreshments.

August's guest speaker: Kathy Logie – *Peer Practice Lead, RUAH*

Topic: Longevity in the role and professional pathways

Date: Tuesday 10th August 2021

Time: 10:00–11:30am

Location: CoMHWA Training Room 14, 2/275 Belmont Avenue, Cloverdale.

Please note, remote/regional participants can be linked in via Zoom.

RSVP: Registration essential – register your attendance by Monday 7th June to admin@comhwa.org.au

Events and Training

Upcoming Peer Work Training Courses at CoMHWA

What is Peer work?

This information session is designed for people who are exploring if being a Peer Worker is for them. It will cover the principles and values of Peer Work, discuss pathways for job opportunities and more.

Date: Wednesday, 7th July 2021

Time: 9.30am – 12.30pm

Location: 14/275 Belmont Ave, Cloverdale, WA

Register: admin@comhwa.org.au or call 9258 8911

Cost: This training is free for Individual Members of CoMHWA



Foundations of Peer Work

Are you ready for Peer Work? If you have a lived experience of mental health distress and feel you have progressed along your recovery pathway to contribute as a Peer and would like to know about Peer Work this session is suitable for you. You will be provided with an overview of the peer and consumer advocacy sectors and introduced to values and key aspects of what it means to be a Peer Worker.

Date: Tuesday 20th July

Time: 9.30am – 4.30pm

Register: admin@comhwa.org.au

Cost: This training is free for Individual Members of CoMHWA

Intentional Disclosure of Lived Experience for Peer Workers

This workshop addresses the importance of purposeful lived experience sharing in peer work roles and consumer representation. Key elements and aspects of sharing lived experience safely, ethically and effectively considering a trauma informed and recovery based approach are discussed.

Date: Wednesday, 4th August 2021

Time: 9.30am – 3.30pm

Location: 14/275 Belmont Ave, Cloverdale, WA

Register: admin@comhwa.org.au or call 9258 8911

Cost: This training is free for Individual Members of CoMHWA

PIF: How to Prepare a Small Grant Application

Connect Groups

Pay it Forward (PIF) is a great funding opportunity for your Support Group. If you would like to apply but do not feel confident, this workshop will provide all the necessary information and guidance to make it easy. It is also an opportunity to discuss your PIF project ideas with the grants team.

Date: Thursday 15th July 2021

Time: 9.30am – 11.00am

Location: Online

Register: Online <https://www.trybooking.com/book/sessions?eid=758119>

Cost: Free

Communication: Healthy Boundaries for Peer Specialists

Jane Winterling for Doors to Wellbeing

In this webinar, we will explore the dynamics of establishing healthy personal and professional boundaries through communication skills. The webinar will go over strategies and tools to maintain healthy boundaries between peer specialists and peers receiving services.

Learning Objectives:

- Describe the connection between communication and boundaries.
- List at least 3 ways to maintain professional boundaries through intentional communication.
- Name at least 3 ways to maintain healthy personal boundaries.

Listen to this free webinar online here: <https://register.gotowebinar.com/recording/383318756013414146>

Doors to Wellbeing is an American service that has a number of free resources and webinars available online you can review all their free webinars on <https://www.doorstowellbeing.org/webinars>

Consultations

Putting the Voice of Support Groups on State Government Agenda

ConnectGroups is calling all Peer Support Groups to contribute to identify priorities for the Support Group Sector by attending our upcoming consultations.

The consultations are an opportunity for Peer Support Groups to voice their needs, concerns, and visions so ConnectGroups can articulate the priorities of the Sector to State and Federal Government and advocate for action. A strong, united voice will help to shape Government's strategy regarding policy, direction and allocation of funding.

The in-person forum will also be an invaluable networking opportunity, creating a space for Peer Support Groups to hear about other groups and initiatives, to share challenges and best practice, and to identify

potential opportunities for collaboration.

Join us via Zoom or in-person to provide your input, experience, and recommendations.

Virtual Forum

Date: Wednesday 28 July 2021

Time: 9.30am – 11.30am

Platform: Zoom

RSVP: Register online <https://bit.ly/3vDDL5P>

In-Person Forum

Date: Thursday 29 July 2021

Time: 9.30am – 12.30pm

Venue: WA State Library, 25 Francis Street, Perth WA 6000

RSVP: Register online <https://bit.ly/3q3Oup5>

Light lunch provided



Peer Workers and Clinical Psychologists in Mental Health Services

Are you currently working as a Peer Worker or Clinical Psychologists? Do you have experience collaborating between lived experience and clinical services?

You are invited to take part in an online interview and contribute to our understanding of effective and beneficial mental health services.

This project is being completed by Grace Shuttleworth as a research project for the Master of Clinical Psychology. This research aims to explore the perceptions of psychologists and peer workers in relation to understanding each other's role and contribution to better outcomes for people accessing services. We aim to answer the question: What are the perceived barriers and facilitators to service improvement amongst clinical psychologists and peer workers?

Questions/ Further Information

If you have any questions about this project, please contact the Project Supervisor Jessica Paterson via jessica.paterson@cqu.edu.au or the student Grace Shuttleworth via grace.shuttleworth@cquemail.com

This study has obtained ethical approval through the CQU Office of Research (approval number 2021-011)

Peer Workforce Opportunities

CoMHWA Peer Navigators (Peer Pathways Project)

About the role

CoMHWA's Peer Navigators will support the Peer Pathways Project. The successful candidates will assist individuals to navigate appropriate services within psychosocial, clinical, and primary healthcare settings across Western Australia.

This is a contract to 31st December 2021. Part-time position – 60 hours per fortnight, however considerations for less hours will be made for preferred candidates. Immediate start.

Key responsibilities

- Assist individuals to navigate the health system and find appropriate services; including but not limited to mental health, alcohol and other drug, general health, sexual health, housing and financial supports.
- Operating the phone line and email account and responding to requests in an effective and timely manner.
- Build and maintain relationships with key stakeholders to support Project goals and outcomes.
- Assist with the development of the Service Navigation Database / resource.
- Assist to seek opportunities for future delivery beyond grant time frames.
- Assist with program reporting, dissemination and evaluation.

To view the JDF and full selection criteria visit: <https://comhwa.org.au/s/JDF-Peer-Navigator.pdf>

To apply: Applications should include a resume and a cover letter which addresses the selection criteria in the JDF. Please address your application to Shauna Gaebler, CEO and email to admin@comhwa.org.au

View the job on CoMHWA's website: <https://comhwa.org.au/opportunities-blog/comhwa-peer-navigators-peer-pathways>

CoMHWA Peer Network Facilitator (Life Launchpad)

About the role

CoMHWA's Peer Network Facilitator will predominantly **develop, implement and build local peer network facilitation and coaching activities**. Network facilitation activities and events will also be included in this role while using co-design to ensure effective skills building for people with lived experience of mental health issues. This is a contract to 31st January 2023. Full-time position – 75 hours per fortnight. Immediate start.

Key responsibilities

- Employ research, consultation and co-design methods to ensure effective skills building for people with lived experience of mental health issues.
- Collaboratively plan and participate in marketing and promotion of Life Launchpad Project.
- Develop, implement and build local peer network facilitation and coaching activities.
- Collaboratively develop and implement effective training programs and methods to build individual capacity.

- Develop, build and maintain productive local relationships with key stakeholders.
- Contribute to the on-going development evaluation and improvement of the Project.

To view the JDF and full selection criteria visit: <https://comhwa.org.au/s/Peer-Network-Facilitator-LLP-2021.pdf>

To apply: Applications should include a resume and a cover letter which addresses the selection criteria in the JDF. Please address your application to Shauna Gaebler, CEO and email to admin@comhwa.org.au

View the job on CoMHWA's website: <https://comhwa.org.au/opportunities-blog/life-launchpad-peer-network-facilitator>

Peer Support Worker – Black Swan Health

Perth – Northern Suburbs & Joondalup

About the role

The Peer Support Worker offers individual and group hope and recovery focussed support to young people aged 12–25 years who are currently engaged in the headspace Early Psychosis program and are experiencing, or at ultra-high risk (UHR) of first episode psychosis (FEP). The Peer Support Worker will have lived experience of FEP or mental health difficulties and will be in a stage of recovery.

The role involves the provision of peer support and information to young people who are current service users of the service, independent of the clinical services provided.

- The overall aims of peer support are to:
- Instill hope for recovery in young people experiencing mental illness;
- Support young people in their process of recovery from first episode psychosis or at ultra-high risk of first episode psychosis;
- Ensure that young people are advocated for and have opportunities for participating in service design and service delivery.

To view the job advert on [Seek.com.au](https://seek.com.au) visit <https://bit.ly/3cQiPBT>

Casual Peer Support Worker – Neami National

Geraldton, WA

About the role:

The Geraldton Step Up/Step Down Service is a 10 bed, maximum 28 day stay facility, that provides a Step Up/Step Down option for people who are becoming unwell or are still recovering from an acute illness and need a short period of additional support and consolidation to complement their treatment and support. The Geraldton Step Up/Step Down is operated by Neami in partnership with WA Country Health Service.

The Step Up/Step Down Service will accept referrals from the Mid West region. During their stay consumers are assisted to develop a wellness plan including relapse prevention. The staff team at Geraldton Step Up/Step Down will consist of a Manager, a Senior Practice Leader, Community Rehabilitation and Support Workers (CRSWs), an AOD Liaison Worker, Peer Support Worker (PSW), and Administration Support. The

facility is staffed 24 hours per day, 7 days per week and operates on a 7 day rotating roster consisting of morning and afternoon shifts.

Core duties

- Provide emotional support to consumers by applying lessons learnt through your own lived experience
- Maintain records and resources
- Engage consumers and develop trusting and professional relationships
- Collect, collate and maintain data on consumer contact
- Work within a collaborative team approach

To view the job listing on [Seek.com.au](https://www.seek.com.au) visit <https://bit.ly/3zukIDH>

Peer Support Worker – Vinnies

Perth – Eastern Suburbs

About the role:

Our Peer Support Workers (PSW's) are located at the The Village – a 28 unit residential facility located in Woodbridge and are integral members of the support team who report directly to the Mental Health Manager – Village.

Drawing on their lived experience of mental health challenges and recovery, PSWs assist others by focusing on a trauma-informed, strengths based approach by supporting them to achieve the goals as identified in their Recovery Plan.

The team is staffed by people who work with commitment, compassion, integrity and respect and who have a genuine passion for working with people who are experiencing mental health challenges. Does that sound like you?

You will need to have:

- Lived experience of mental health challenges and recovery
- Tertiary qualifications in a relevant field or extensive relevant experience complemented by quality in-service training
- Good written and verbal communication, including the ability to prepare concise and relevant written reports, maintain files and data requirements and the capacity to represent the program at both an agency and community level
- Values that are consistent with a recovery based model and proven capacity to apply these to work practices – in a range of contexts including crisis intervention, case management and a range of recovery focused approaches.
- Demonstrated ability to operate as an effective team member, with highly developed conflict resolution and interpersonal skills
- Knowledge of and an ability to access a range of relevant community resources, including experience of working with clinical mental health services as well as the not-for-profit sector.

To view the job listing on [Seek.com.au](https://www.seek.com.au) visit <https://bit.ly/2S6eEuG>

Psychosocial Recovery Coach – South West Aboriginal Medical Service

Bunbury – South West WA

The Psychosocial Recovery Coach will support participants to take more control of their lives and to better manage the complex challenges of day-to-day living. They will work collaboratively with participants, their families, carers and other services to design, plan and implement a recovery plan, and assist with the coordination of NDIS and other supports.

The National Disability Insurance Scheme (NDIS) has moved disability service funding to a model based upon tailored plans and support specific to each individual's needs. The NDIS can provide people with disability with information and connections to services in their communities. NDIS plans are a written agreement covering different areas of people with disabilities life, goals they would like to achieve and what kind of help and support they need. SWAMS has accreditation to provide NDIS Psychosocial Recovery Coach services to members of the community that have Psychosocial Recovery Coach as part of their NDIS plan. The Psychosocial Recovery Coach will help participants use their plans to achieve goals, live more independently, increase skills and be more included in their community and in employment.

To view the job listing on [Seek.com.au](https://www.seek.com.au) visit <https://bit.ly/3cQ36Db>

Community Disability Advocate – People with Disabilities WA

Perth – WA

The Community Disability Advocate (CDA) will be responsible to build on the current disability peer support groups and individual advocacy approach to *work with and involve the community* in identifying 'place-based' solutions to issues that negatively impact on self-determination, choice, and control of people with disability in that community.

The CDA would assist in building the capacity of people with disability to self-advocate on specific issues and in the process, identify what role and support the local community could play in addressing local systemic issues that have contributed to the need for advocacy support.

To view the job listing on [Ethical Jobs](https://www.ethicaljobs.com.au) visit <https://bit.ly/3gGZpk9>

Of Interest

Free support with NDIS Applications

The Wellness Initiative recognised applying for the NDIS can be an overwhelming and challenging experience and are offering support to make the process easier for people with psychosocial disabilities. This support is available until the 1st of October for anyone with mental health challenges in the Perth North Metro area who would like support applying for the NDIS.

This support is being provided by a Peer Support Worker studying social work and is available in groups or one-to-one.

View the [flyer online](https://www.wellnessinitiative.com.au) <https://bit.ly/3cMK5RJ>

The Wisdom of Trauma Movie

Featuring Dr. Gabor Mate

Trauma is the invisible force that shapes our lives. It shapes the way we live, the way we love and the way we make sense of the world. It is the root of our deepest wounds. Dr. Maté gives us a new vision: a trauma-informed society in which parents, teachers, physicians, policy-makers and legal personnel are not concerned with fixing behaviors, making diagnoses, suppressing symptoms and judging, but seek instead to understand the sources from which troubling behaviors and diseases spring in the wounded human soul.

* With this film, we hope to touch many people, begin a conversation, and develop a common understanding about how trauma impacts our individual lives, communities and society as a whole.

View the film free online for a limited time at <https://wisdomoftrauma.com/movie/>

Learn more about the film at <https://wisdomoftrauma.com/>

Nominations open for the 2021 Lived Experience Impact & Inspiration Award

For outstanding contribution to mental health in Western Australia by an individual who identifies as having a lived experience (consumer, carer or family member).

This award is open to any individual who identifies as having personally experience mental ill health or is a family member, carer or support person to someone who does.

Find out more online <https://bit.ly/3iLRm8p>

Are you receiving this in the mail?

Contact us and switch to e-news to access articles that we can't always print and send along with this newsletter.

News to Share?

WAPSPN welcomes guest articles from peer supporters and news from our networks on all things peer.

To request a news item phone us on (08) 9258 8911 or email info@peersupportwa.org.au