



WAPSN

WA Peer Supporters' Network

Newsletter for June 2022

WAPSN acknowledges the Whadjuk Noongar Nation who are the Traditional Owners and Custodians of the land and recognizes their continued connection to land, water and community. We pay our respects to their culture and their elders both past, present.



Hello Members,

Welcome to this month's newsletter! We are excited to introduce our WINNING logo to all of our members! With blue winning only slightly over orange, we hope to incorporate all colouring into our WAPSN branding for a bright and colourful impact!

Next WAPSN Meeting

Our next meeting will be held on Thursday July 21st and you can keep up to date with what is happening [Here!](#) In the meantime, this month we have our [Speaker Series](#) on June 16th, with Rich Papais coming to speak with us in time for Men's Mental Health Week 2022 - see below for more details.

Member Survey

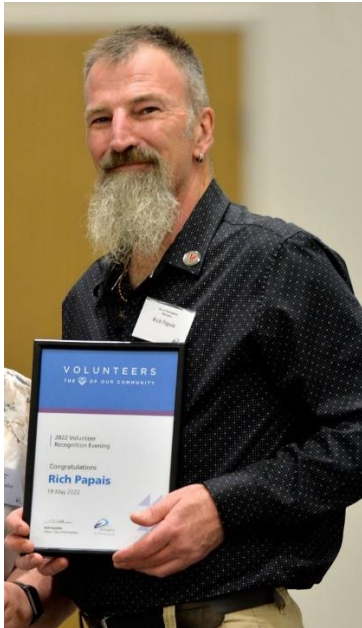
WA Peer Supporters' Network invites all members to let us know about your experience with WAPSN! Our Member Survey has been created as a feedback opportunity for those who may not be able to attend meetings or may like some anonymity with their suggestions. WAPSN hopes to grow and expand in the future and for this to successfully reflect the needs and wants of our members we need to hear from you! Head to our website to access the survey!

Thank you and kind regards,

WA Peer Supporters' Network

Peer Worker of the Month

Richard Papais



Rich spent 21 years in the Defence Force, since leaving the Defence Force he started his journey in mental health by completing his Cert IV in Mental Health, Cert IV in Mental Health Peer Work and has volunteered in the mental health area also being a speaker for Suicide Prevention. Rich also spent some time working at CoMHWA on the Peers4Wellbeing project which assisted people with mental health challenges during the Covid-19 pandemic.

Rich's passion is to provide individuals choices by showing them there are different pathways to make their lives better.

In 2022, WAPSN will be posting a Peer Supporter of the Month in each newsletter to highlight some of the amazing Peer Workers we have in the industry. If you would like to submit a nomination for yourself or someone you work with, please send us a short paragraph about the great work they're doing and an email address or phone number so we can contact them!



Online Opportunities

Speaker Series

In time for Men's Mental Health Week we have Richard P coming to speak with us about his experience in the Peer Sector as a Male living with mental health challenges.

When: 16 June, 2022, 10am – 12:30pm

Where: Online via Zoom -

<https://zoom.us/j/91471784474?pwd=NE9kaGx4RXNSNWpMZzVjVFJpQXljZz09>

RSVP: info@peersupportwa.org.au or call 9258 8911

What is a CAG? Self-paced learning

CAG stands for consumer advisory group. This session covers a detailed explanation of what a CAG is, what organisations have CAGs and why. How you can become part of a CAG and the benefits to you and others. Learn how being part of a CAG can impact the community with positive mental health reform.

Duration: 3 hours self-paced

Register: via admin@comhwa.org.au to receive the access details

Disability Awareness: FREE inclusion training – Live and ONLINE

Funded by the Department of Communities through the EMPOWER project and developed in consultation with people with disabilities, this insightful course provides participants with an understanding of different types of disability and looks at how we can go beyond compliance to create places, programs and communities that are universally accessible and celebrate diverse strengths.

Dates: 1pm-4pm Tuesday 19 July, AND 10am-1pm Tuesday 16 August

[Click Here for More](#)

Disability & Mental Health Rights (and wrongs) - FREE seminar: Live & ONLINE

Funded by the Department for Communities as part of the EMPOWER program, this accessible, "plain English" legal education seminar will explore a range of legal issues and protections. The seminar will look at laws relevant to all types of disabilities (such as physical, intellectual, learning and sensory) along with mental illness, along with neurodiversity.

The session explores a range of state and federal laws relating to disability and mental health along with associated legislation such as health, equal opportunity and discrimination, privacy, housing and employment.

Dates: 10am-1pm Thursday 28 Jul

[Click Here for More](#)

Perth & Peel Opportunities

ASPIRE Expressions of Interest for our July Round are NOW OPEN!

Advancing Successful Peer Inclusion and Readiness for Employment (ASPIRE) are getting ready for our next intake of students and have now opened EOI's for you to register your interest!

Who is ASPIRE for?

- Do you want to work as a Peer Worker?
- Have you got some experience of Peer Support already, through informal support, volunteering, or study?
- Are you looking for some extra support to help you get and keep a job?
- ASPIRE is for you!

ASPIRE is a 12-week program, combining six training modules, an eight-week work placement, and a debrief of your learning. It is an unpaid training and work experience program, and you will need to be available 16 hours per week during the program dates.

The ASPIRE Project is an innovative partnership program between people with psychosocial disability and employers to:

- boost employable skills and employment outcomes for individuals with psychosocial disability
- create new employment pathways for Peer Workers
- drive inclusive practices by employers
- increase the confidence and motivation of employers to employ Peer Workers.
- Individuals are supported through access to a new skills-based training pathway for Peer Work in disability settings, work-based placements and coaching in employment goals.

We are committed to helping to increase the diversity of the Peer Worker workforce, and strongly encourage applications from people from Aboriginal and Torres Strait Islander communities, culturally and linguistically diverse communities, people who identify as LGBTQIA+, and people with disabilities.

[Click HERE to apply](#)

Disability Awareness: FREE inclusion training – West Leederville/ONLINE

Funded by the Department of Communities through the EMPOWER project and developed in consultation with people with disabilities, this insightful course provides participants with an understanding of different types of disability and looks at how we can go beyond compliance to create places, programs and communities that are universally accessible and celebrate diverse strengths.

When:

1pm-4pm Thursday 23 June, West Leederville

10am-1pm Thursday 14 July, West Leederville

1pm-4pm Tuesday 19 July, live online

10am-1pm Tuesday 16 August, live online

Where: Evolve WA - 20 Southport St, West Leederville WA 6007

[Click Here for more](#)

Disability + Mental Health Rights (and wrongs): FREE legal seminar – West Leederville

Funded by the Department for Communities as part of the EMPOWER program, this accessible, "plain English" legal education seminar will explore a range of legal issues and protections. The seminar will look at laws relevant to all types of disabilities (such as physical, intellectual, learning, and sensory) along with mental illness, along with neurodiversity.

The session explores a range of state and federal laws relating to disability and mental health along with associated legislation such as health, equal opportunity and discrimination, privacy, housing, and employment.

Dates: 9.30am-12.30pm Thursday 23 June, OR 9.30am-12.30pm Thursday 14 July,

Where: Evolve WA - Level 1/20 Southport St, West Leederville WA 6007

[Click Here for More](#)

Confidence Towards Employment

Over four weeks we will examine the motivations, barriers, and skills related to finding employment, and provide you with an opportunity to learn practical skills like cover letter and resume writing. Starting a job or looking for a job can trigger emotions so this course will create a supportive environment while we cruise through the undefined waters of unemployment (or while seeking alternative employment). We will bring together students with a shared experience so that they may share and exchange where they are at, both normalising the journey of searching for employment, and provide you with contacts and resources sourced from the experiences of those in the room.

Date: Thursday 9, 16, 23 & 30 June | 1.30pm - 4.30pm

Location: Collective Hope, 96 Norwood Road, Rivervale, WA 6103

[Click Here for more](#)

Destigmatising Adult ADHD

In this workshop, we will examine and unpack stigma attached to ADHD, explore individuals' experiences of stigma and how it impacts the lives and the health of those with lived experience come together to strategise ways to combat this stigma in society, and be our own advocates!

Date: Saturday 11 June | 10am - 3pm

Location: Collective Hope, 96 Norwood Road, Rivervale, WA 6103

[Click Here for more](#)

Navigating Life with a Criminal Record

In this course we will reflect on how a criminal record can impact one's life, and together we will explore how to navigate through the challenges you may face. You will learn what opportunities and resources are available to support you and develop realistic goals for the future.

Date: Friday 17 June | 10am - 12pm

Location: Claisebrook Lotteries House, 33 Moore Street, East Perth, WA 6004

[Click Here for more](#)

Regional Opportunities

Integrating Mental Health Practice Skill Set (FREE Short Course) - Geraldton

This short course will provide those working in the community services sector with the skills to assist clients who are experiencing mental health concerns and respond to the increasing need for mental health awareness.

The community mental health sector values employees with strong 'soft' skills and the capacity to provide person-centered, recovery-focused care. This skill set provides people who are interested in working in the sector the opportunity to determine if it is the right fit for them and understand and develop foundational skills for entry into the sector.

Date: Begins Semester 2,

Duration: 9 Weeks

Place: Geraldton TAFE Campus

[Click Here for more](#)

Introduction to Goal Setting – Northam

Over four weeks we will explore goal setting and its importance to the recovery process. You will have the opportunity to learn and practice goal setting skills in a safe and supportive environment, and address the real-life barriers that are faced on the path to recovery as we work together towards finding ways to avoid or overcome these barriers.

Date: Tuesday 7, 14, 21 & 28 June | 12.30pm - 4.30pm

Location: Central Regional TAFE, Lot 1 Hutt Street, Northam, WA 6401 & Bilya Koort Boodja, 2 Grey Street, Northam, WA 6401

[Click Here for more](#)

Motivation and Self-Compassion – Northam

Over four weeks we will explore how motivation and self-compassion can help restore a sense of agency in a person's life. You will gain a deeper understanding of the challenges surrounding motivation and develop strategies to help you fully participate in your own life, and together we will discuss external factors and services that can assist you on the road to recovery.

Date: Thursday 9, 16, 23 & 30 June | 1.30pm - 4.30pm

Location: Collective Hope, 96 Norwood Road, Rivervale, WA 6103

[Click Here for more](#)



Perth & Peel Opportunities

Peer Education and Placement Coordinator

CoMHWA's Peer Education and Placement Coordinator will collaboratively create new Peer workforce pathways for individuals with mental health issues through training, placement support and capacity building for Peer Workers and employers.

This is a contract position to 31st January 2023. Full-time position – 75 hours per fortnight. Immediate start.

[Click Here for more](#)

Peer Network Facilitator – Consumers of Mental Health WA (Inc), Cloverdale

A position within the Life Launchpad Project: Peers building skills and supports to live equal, empowered lives. 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.

[Click Here for more](#)

Peer Support Worker - The Wellness Initiative Pty Ltd, Perth Inner City

This role will primarily be working alongside participants using their NDIS funds to access our services. The Peer Support Worker role is responsible for providing quality Peer Support to participants of The Wellness Initiative. Peer Support Workers support participants to develop their vision for wellness; and walk alongside them as they practice new skills to achieve a meaningful life. This position works in collaboration with the Founders to achieve the best possible outcomes for each participant whilst also upholding the Values and Ethics of WRAP Facilitation.

This role will be based in the community and participants' homes primarily in the North and East metropolitan area.

We are currently looking for two positions to be filled:

- *Permanent Peer Support Worker position*
- *Casual leave cover pool for our current team*

[Click Here for more](#)

Coach and Peer Facilitator - Carers WA, Perth Inner City

The Coach & Peer Facilitator is responsible for providing one-to-one coaching to carers and organising and facilitating peer support groups, both in-line with Carer Gateway Coaching and In Person Peer Support (IPPS) guidelines. The Carer Gateway is an Australian Government initiative funded by the Department of Social Services providing a mix of free online, telephone and in-person supports, services and advice, for carers in Australia. These services have been specifically designed and tested by carers to help reduce stress and build resilience in the caring role.

This is a full time permanent position.

[Click Here for more](#)

Regional Opportunities

Peer Worker - Hope Community Services Inc, Esperance

As a Peer Worker you will work closely with the Counsellor / Educator / Prevention Officer to distribute information/resources to Aboriginal and Torres Strait Islander communities about services that are available to them, and encourage uptake. The key outcome of this role is to encourage Aboriginal and Torres Strait Islander people access counselling and support for issues concerning Alcohol and Other Drugs. The Peer Support Worker helps to ensure that services are culturally competent, and they have strong links to the community they work in. In this role you would carry out non-clinical, practical support tasks such as helping patients to travel to their appointments and assist with filling out forms and understanding instructions. With support, you will be able to advocate and provide feedback to the Primary Health Networks regarding barriers to services for Aboriginal and Torres Strait Islander people.

This is Part Time position, 3 days a week, located in Esperance

[Click Here for more](#)

Mental Health Community Support Worker - Busselton

Lamp Inc. are currently seeking passionate, skilled, and experienced mental health support workers, to work within Busselton only. Providing supports to individuals with a primary Mental Health diagnosis accessing funding through the National Disability Insurance Scheme. The suitable candidate would be able to provide support through a recovery orientated framework including:

- Providing support in day-to-day living, ensuring that they have maximum opportunity for developing valued and valuing lifestyles.

- Providing opportunities for choice and control and participation in matters relating to the home, as well as facilitating access to community services and facilities
- Promoting and assisting in the creation of positive routines /duties/activities in a person centred and with a capacity building approach, which are meaningful and purposeful to the participant
- Facilitate community inclusion and participation to establish and maintain relationship and interests through access to community activities, venues and services

This is a Casual Position

[Click Here for more](#)

Senior Recovery Worker - Richmond Wellbeing, Busselton

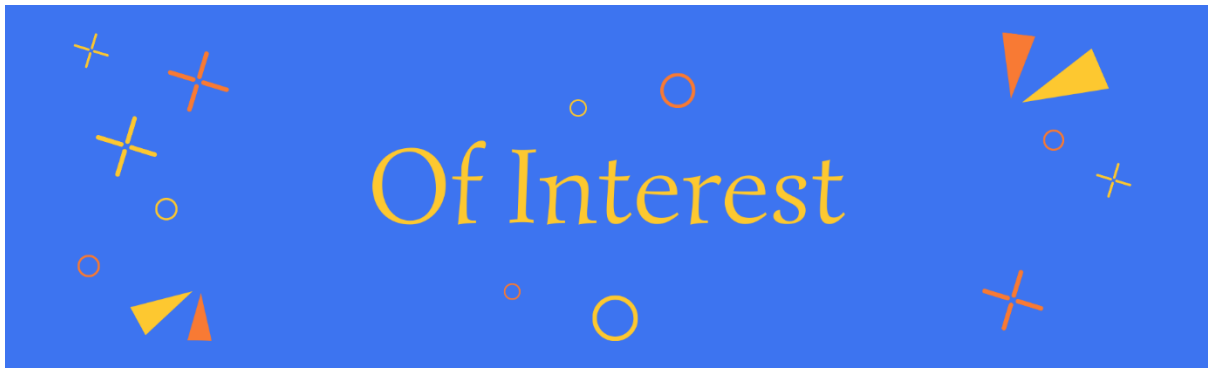
Reporting to the Busselton Service Manager, this role will be responsible for supporting and enabling consumers to confidentially embark on a journey of recovery and attain the kind of life they desire.

Other responsibilities include;

- Develop meaningful recovery plans and review on a regular basis.
- Provide basic person-centred 1:1 counselling to enable consumers in recovery
- Assist Recovery Workers and Recovery Support Workers with the implementation of actions towards goals as identified on the consumer's recovery plan.
- Contribute to the development of policies and procedures and best practice models.
- Participate in staff development programs as required.

This role is part time (60 hours a fortnight) and based in Busselton. This role is fixed term until July 2023, with the possibility for extension.

[Click Here for more](#)



WAPSN Event - Peer Network Conference

WA Peer Supporters' Network is excited to announce our Peer Network Conference for 2022!

After an interrupted couple of years, WAPSN will be holding a “Reconnection” conference event to bring the Peer community together at a 1 day conference to share stories on what is happening in the Peer space across the country and more importantly in our home state of WA.

The conference will include:

- Interstate expert keynote speakers including:
 - Mary O'Hagan (Executive Director of Lived Experience VIC Department of Health)
 - Tim Heffernan (Deputy Commissioner of Mental Health Commission NSW)
 - Eschleigh Balzamo (General Manager of Brook RED QLD).
- Expert WA Peer representatives
- Networking opportunities
- Regional scholarships available!
 - This scholarship is for Regional Members - Scholarship Recipients will have their travel and accommodation costs covered for the WAPSN conference.
 - [APPLY HERE](#)

Conference schedule to come soon!

[Click Here for more!](#)

People with lived experience of problem alcohol or other drug use

UNIMELB are inviting people with lived experience of problem alcohol or other drug use to complete online surveys.

You will be asked to complete three online surveys over about 4-6 months. The total estimated time commitment is approximately 2-3 hours.

Participants that complete all surveys will be offered an honorarium to the equivalent of AU\$200.

You will need to have a lived experience of problem alcohol or other drug use and consider yourself to be functioning well enough to participate OR identify as a family member or friend who has assisted a person with problem alcohol or other drug use.

And also be engaged in activities that give you a broader exposure to people's experiences of problem alcohol or other drug use, e.g. consumer advisory or advocacy group members, provide peer support.

If you are interested in participating, please contact the researchers:

Judith Wright wright.j@unimelb.edu.au

Kathryn Chalmers kchalmers1@unimelb.edu.au

Validation of the Narrative Enhancement Cognitive Therapy (NECT) treatment for Australian youth:

If you have a mental illness and are aged 18-24 years you are invited to participate in the research project.

Participation involves:

- Completing 4 weekly 60–90-minute online group sessions using Zoom software
- Participating in these sessions with 7-8 peers from across Australia
- In each session, a mental health nurse will discuss the NECT program and request for the participants to make comments and suggestions on the program's suitability for Australian youth with a mental illness

The NECT program aims to provide improvements in reducing self-stigma. Internalised stigma or self-stigma is the process of thinking negatively of oneself and one's future due to having a mental illness. The NECT has been extensively used internationally and this study aims to adapt the program for Australian youth.

The results of this study will be used in a larger project where a 12-session NECT program will be delivered to Australian youth in a clinical trial.

[Click here for more](#)



WAAMH Mental Health Awards – Showcasing excellence in mental health

SAVE the DATE: Join us in the Golden Ballroom of the Pan Pacific on Friday, 25 November where we will announce and celebrate all finalists and winners

Nominations NOW OPEN!!

The Western Australian Mental Health Awards 2022 will celebrate individuals and organisations that made an outstanding contribution to mental health in the calendar year of 2021 (January-December 2021)

The Awards aim to recognise and reward the achievements of those who demonstrate excellence, innovation, and initiative in supporting consumers of mental health services, their families, and carers; and showcase best practice in WA's mental health sector to inspire others.

The Awards are hosted by the Western Australian Association for Mental Health, with the support of the WA Mental Health Commission. The Awards aim to:

- Recognise and reward the achievements of those who demonstrate excellence, innovation, and initiative in supporting carers and consumers of mental health or their local community (including workplaces)

- Showcase the achievements of the mental health sector in WA
- Inspire others to strive for excellence
- Promote positive messaging around mental health, breaking down stigma and starting conversations for healing and recovery

Award Categories:

- Minister's Award
- Lifeline WA Promotion or Prevention Award
- WA Mental Health Commission Lived Experience Impact & Inspiration Award
- Roshana Care Group Diversity Award
- Mental Health Employee or Volunteer Excellence Award
- Chamber of Minerals and Energy of WA Mentally Healthy Workplace Award
- Commissioner for Children and Young People of WA Mentally Healthy Education Award
- WAAMH News Media Award
- Youth Focus Innovation for Change Award

[Click Here to Nominate](#)

Peer Support Groups & Services

13 YARN

Aboriginal and Torres Strait Islander Crisis Support Line 13 Yarn is the first national crisis support line by and for Aboriginal and Torres Strait Islander people who are feeling overwhelmed or are having difficulty coping.

Call 13 92 76 (13 YARN) to talk to a crisis supporter today, or see the link below!

[Click here for more information](#)



DISCHARGED: In-person Trans and Gender Diverse DISCHARGED

Suicide Peer Support Group

This is a weekly DISCHARGED suicide peer support group for trans and gender diverse people every Monday at 6:30pm in West Leederville, Perth Western Australia. The group is a space for people to talk about, vent, sit with, or make sense of suicidal experiences. We are also free to talk about our distress or the things which make us want to die, without fearing hospitalisation or the police being called.

When: Mondays 6.30pm-8pm

Cost: Free - No referral needed, new people welcome

We keep this group's details hidden off public pages to ensure it is safe for trans people to access.

Please send us an email at info@discharge.org.au to join this group.

Peer Support for those who have family or friends living with Mental Health Challenges

Talk with others who know what you're going through . . .



A peer-led informal support group for anyone with a family member or friend experiencing mental health challenges. Join us in a safe space where you can express yourself and listen to the experiences of other carers.

When: Every second Friday of the month | 10 June, 8 July, 12 August, 9 September, 14 October, 11 November

Who: Adults who are supporting a family member or a friend experiencing mental health challenges.

Where: HelpingMinds Office, 182 Lord Street, Perth

Cost: Free | Registration essential | Morning tea provided.

For more information contact us on (08) 9427 7100 or cyfs@helpingminds.org.au

Mission Australia: NDIS Peer Support groups

Mission Australia hosts NDIS peer support groups both in person and online across Perth in 4 locations. These groups come together frequently to talk about their experiences with NDIS and get support with any challenges that they may be facing.

[Click here for more information](#)



Grief Centre Support Groups

At the Grief Centre, our Support Groups allow you the opportunity to listen and/or share your feelings in a safe and supportive setting. They help reduce feelings of isolation and make it possible to recognise how grief is both universal and yet differs for everyone. Understanding grief and its effects can help you to cope more effectively and support those around you while still protecting your own grieving process.

Our Support Groups are for anyone who is grieving, no matter when or how the loss occurred.

[Click here for more information](#)

Family & Friends Carer Support Group | ONLINE

Join our monthly information session for the family and friends of young people who are experiencing a mental health challenge. This is an opportunity to meet others going through similar situations and speak about the challenges in supporting a young person with a mental illness. Discover effective ways to support your loved one on their recovery journey and learn to take care of yourself. This workshop is a collaboration between HelpingMinds and headspace.

When: Wednesday evenings | 5pm – 6pm | 27 April, 25 May, 29 June

Where: This session will take place online via Zoom/Teams. A link to join the session will be emailed after registration.

Who: Adults who are supporting a young person (12-25 years) experiencing a mental health challenge.

Cost: Free | Registration essential

Register your interest using the form below, or for more information call us on 9427 7100 or email cyfs@helpingminds.org.au

Rockingham Circle of Friends

a casual coffee group run by and for people with a lived experience of mental health issues. We have found that this style of group helps people to feel comfortable, form valuable social connections and gain confidence through supporting others. It will be held in the meeting room at Waikiki Dome on Saturdays 11.00am to 12.30pm.

Some important points to note are:

- Starts Saturday 14 May
- Private meeting room allows confidentiality and will suit those who experience social anxiety
- No paperwork or referral required

- On every single Saturday, no need to check
 - Accessible
- Carers, support people, and NDIS support workers welcome

Queries via text to Claire on 0439 935 703

Do you need help navigating and finding services near you? Call the Peer Pathways Team for help today!

PeerPathways

A free, confidential, statewide phone line for all West Australians experiencing mental health challenges.



9477 2809

Mon-Fri
9am-5pm

We Can Help!



Peer Pathways is not a crisis line.

If you are currently experiencing distress please call Lifeline on 13 11 14.

Are you receiving this in the mail?

Contact us if you would like us to provide you with the links featured in this newsletter or to switch to e-news to access where you will be able to access all links immediately.

News to Share?

WAPSPN welcomes guest articles from peer supporters and news from our networks on all things peer, if there is something you would like to submit for next month's newsletter please contact us at
info@peersupport.org.au

Contact us:

(08) 9258 8911

info@peersupportwa.org.au

12/275 Belmont Avenue, Cloverdale WA 6105