

# CoMHWA



**Consumers of Mental Health WA (Inc)**

## **Pathways to Mental Health Peer Work**

**2022 WA Guide**

Please note the following is for information only. It is not a recommendation or endorsement of any particular pathway, program or organisation. If your group or organisation assists with pathways to Peer Work but is not listed here, please contact CoMHWA.

**Want to stay in touch with Peer Work news and opportunities?**

**Contact WAPSN and CoMHWA to subscribe to our newsletters on [admin@comhwa.org.au](mailto:admin@comhwa.org.au) or [info@peersupportwa.org.au](mailto:info@peersupportwa.org.au) or (08) 9258 8911**

## 1. Volunteering

Volunteering to assist others can help to build confidence, skills and experience for Peer Work, such as:

- Joining and contributing to a peer support group such as GROW Groups - a directory of groups is available by Connect Groups at [www.connectgroups.org.au](http://www.connectgroups.org.au) or 9364 6909. Carers WA and Helping Minds offers additional peer support groups for families and carers.
- Befriending / social programs for mental health consumers, such as Facebook groups, Compeer by St Vincent De Paul Ph: (08) 9475 5400; Community Connections by Uniting Care West Ph: 1300 663 298.
- A range of other volunteering roles can be found at local Volunteer Resource Centres, at Volunteering WA <http://www.volunteeringwa.org.au> or Ph: 1800 678 114 or with organisations such as Befriend [www.befriend.org.au/](http://www.befriend.org.au/)
- Local community groups are also a way of volunteering within your community, these can be accessed through your local council or the My Community Directory [www.mycommunitydirectory.com.au/Western\\_Australia/Perth](http://www.mycommunitydirectory.com.au/Western_Australia/Perth)

## 2. Short Courses and Groups

There are a variety of short training workshops and groups offered in WA that can help to build knowledge and skills for Peer Work. For example:

- **WA Peer Supporters Network** - An ongoing group hosted by CoMHWA that meets every 2 months for peer supporters to learn and network together. Join the Network via CoMHWA [www.wapsn.org.au](http://www.wapsn.org.au) or (08) 9258 8911
- **Rise Community Network** - Introduction to Peer Work program [www.risenetwork.com.au](http://www.risenetwork.com.au) (08) 6274 3700
- **CoMHWA** - A range of peer education short courses, such as intentional disclosure, sharing your recovery story, consumer advocacy and group facilitation skills. [www.comhwa.org.au](http://www.comhwa.org.au) or (08) 9258 8911
- **Lorikeet Centre** - A member centre for consumers featuring peer support and regular guest speakers about topics such as employment, advocacy and housing. [www.mifwa.org.au](http://www.mifwa.org.au) or (08) 9237 8951
- **MIFWA** - A range of recovery short courses and groups for consumers, families and carers. [www.mifwa.org.au](http://www.mifwa.org.au) or (08) 9237 8900
- **Richmond Wellbeing** - A range of mental health and recovery short courses. [www.rw.org.au](http://www.rw.org.au) or (08) 9350 8800
- **Peer Zone** - A recovery education program offered by and for consumers. [Note: Peer Zone is a program offered by various groups. Visit their website for further information <https://www.peerzone.info/>
- **WAAMH** - A range of mental health recovery short courses. [www.waamh.org.au](http://www.waamh.org.au) or (08) 6246 3000

- **Recovery College** is new to WA to find out more about courses and opportunities as they become available keep connected with networks such as CoMHWa and WAAMH or visit [www.warecoverycollege.org.au](http://www.warecoverycollege.org.au)
- **Intentional Peer Support Training** is available in Australia through an Eastern States provider the Self Help Addiction Resource Centre [www.sharc.org.au/peer-support/intentional-peer-support/](http://www.sharc.org.au/peer-support/intentional-peer-support/) They offer face to face courses over East or online courses.
- **Mental Health Professional Online Development (MHPOD)** is a government funded, free online training which covers [many topics](#), [frequently asked questions](#), sign up [here](#)
- **NDIS Free [Online Training](#)**
- **WA Recovery College Alliance** also offer free [courses](#)
- **Curtin University** also has a free [MOOC](#) (online learning) about how to talk to young people who are suicidal or wanting to self-injure

### 3. Applying Directly for Paid Work

Some Peer Workers still successfully secure jobs in the industry without the Cert IV Mental Health Peer Work; employers will often consider candidates who have other qualifications, related work experience or relevant skills. Volunteering and industry relevant short courses (above) are helpful for those wishing to enter paid work prior to Cert IV attainment.

### 4. Dual Cert IV Pathway

Completing a Certificate IV in related qualifications (e.g. Alcohol and Other Drugs, Community Services, Mental Health) can assist with units of attainment towards the Cert IV Mental Health Peer Work (MHPW) course. It can also assist with gaining work in the industry as you move towards a vocation in Peer Work.

The Cert IV Mental Health shares more units with the Cert IV MHPW than other Cert IV qualifications. We recommend you discuss these alternative pathway options with current Cert IV MHPW provider, the North Metropolitan TAFE contact is Tracey Hennessy Ph: 9233 1102 or [tracey.hennessy@nmtafe.wa.edu.au](mailto:tracey.hennessy@nmtafe.wa.edu.au)

### 5. Recognition of Prior Learning Pathway

North Metropolitan TAFE is still in process of developing its recognition of prior learning arrangements for this Peer Work course. If you have relevant qualifications and/or work experience, these may contribute to some or all units of attainment to the Cert IV Mental Health Peer Work.

### 6. Cert IV Mental Health Peer Work Providers

In WA North Metropolitan TAFE is the only one current course provider for people wishing to undertake face to face course delivery. There are no enrolments open for this course at this other than those allocated to recipients of the

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CoMHWA scholarship. There are other training providers offering Certificate IV Mental Health Peer Work within WA and Nationally. A list of training providers can be found at <https://www.myskills.gov.au/>

Other information about available training can be found here:

- **AMA Training** (Carer Peer Work) [www.amatraining.edu.au](http://www.amatraining.edu.au) or 1800 248 292
- **Health Industry Training** <http://www.healthindustrytraining.org> or 1300 381 415
- **Spectrum Training** <http://www.spectrumtraining.edu.au> or (07) 3881 3310

## 7. ASPIRE: Advancing Successful Peer Inclusion and Readiness for Employment



CoMHWA's ASPIRE Project is an innovative partnership program between individuals with a lived experience of mental health challenges and employers.

The project is running until February 2023 and will:

- Boost employable skills and employment outcomes for individuals with psychosocial disability;
- Create new employment pathways for Peer Workers;
- Drive inclusive practices by employers; and
- Increase confidence and motivation of employers to employ Peer Workers.

Do you want to work as a Peer Support Worker? Have you got experience already through volunteering or studying? Are you looking for extra support to help you get and keep a job?

ASPIRE is a 12-week program, combining six training modules; an eight-week work placement and a debrief of your learning. This is an unpaid training and work experience program, generously funded by the Department of Social Services.

There will be four rounds of the ASPIRE project running in 2022 – become a CoMHWA member to receive regular updates via [www.comhwa.org.au/become-a-member](http://www.comhwa.org.au/become-a-member)

Find out more by contacting the ASPIRE team: [aspire@comhwa.org.au](mailto:aspire@comhwa.org.au)

## 8. Useful resources

- Check out our [Website](#) for our upcoming training and workshops and consider joining CoMHWA as a [member](#) to receive our newsletter and keep up to date with any upcoming opportunities
- Consider joining the [WAAMH \(Western Australian Association for Mental Health\) Care Hub](#) which has lots of great resources and conversations
- If you are on Facebook, join the Group “[Peer Workers Network](#)”, this will give you access to conversations with other peer workers in Australia
- Office of Chief Psychiatrist WA [Website](#) is great to get an understanding of the Mental Health Legislation impacting Service Users
- WA [Mental Health Law Centre](#) is also a good website to be aware of
- Knowledge about [Complaint Pathways](#) is also essential knowledge for Peer Workers

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