



WA Peer Supporters' News

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Connecting a vibrant and valued network of peer supporters in WA

1st February 2022

Hi everyone and welcome to the first edition of the WA Peer Supporters' newsletter for 2022!
Apologies for cross-postings and please feel free to distribute to networks.

WAPSN Latest News

WAPSN Strategic Planning

Earlier this month a number of our valuable members came together to look at the strategic plan one more time. It was such an inspirational space to sit in with passionate individuals all providing valuable input into the future and growth of the WA Peer Support Network.

We hope to have the next steps and a final plan for review available soon! Stay tuned!

Speaker Series

Trish Owens from the AODCCC, see above for Bio. We kick things off for the Speaker Series 2022, with Trish speaking about her work at the AODCCC.

Date: 17 Feb

Time: 10am-12.30pm

Place: 14/257 Belmont Avenue, Cloverdale 6105

RSVP: is necessary, please contact info@peersupportwa.org.au to register your interest

January Member of the Month

Trish Owen at the AODCCC



Trish Owen is a passionate lived experience advocate, having worked across various sectors for the past 3 years. With her own personal lived experience in the alcohol

and other drug sector as well as a learned experience as a primary and early years teacher, Trish is fervent about advancing the voices of those who have valuable lived experience expertise.

The combination of her lived and learned experiences makes her a compassionate and fair facilitator when engaging with stakeholders, including those with personal lived experiences.

Trish is enthusiastic about making sure that consumers voices are heard through all levels of the system and is excited about working directly with the membership of the AODCCC to advance their collective voice.

In 2022, WAPSN will be posting a member of the month 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 forward a photo of the nominee and a small paragraph about the great work they're doing!

Events and Training

Upcoming Peer Work Training Courses at CoMHWA

Life Launch Pad

We speak about:

Self Awareness – Knowing why you do things or thinking about things the way that you do

Goals – Something you want as part of your life or want to achieve

Wellbeing – Feeling good, positive, and able to get what you want from life

Supports – The things that help you live the life you want to live

Rights – Rules about what you are able to have and do that can't be ignored or taken away

Overcoming Barriers – Something that gets in the way or makes it difficult to do the things you want to do in your life

Self-Advocacy – Saying what you need or want in your life for you

Recovery Planning – Feeling able to create and live a meaningful life

Date: From 15th February 2022 for 8 weeks

Time: 9.30am – 1.30pm

RSVP essential: admin@comhwa.org.au

Peer Workforce Opportunities

Peer Support Mentor – Freedom X : WAAC – CBD

With the recent grant award from the Mental Health Commission to lead the regionally focused LGBTIQ+ pilot program in Kalgoorlie, Geraldton and Bunbury, we are seeking a talented and capable Peer Support Mentor to join our growing team.

Reporting to the Coordinator – Freedom X, you will provide mentoring support to our team of Peer Educators, who are involved in providing peer support, information and referrals for LGBTIQ+ young people or otherwise diverse in their sexuality or gender.

[Click here to view the full advert](#)

Peer Practitioner – MHC – CBD

As part of a multi-disciplinary team, the Peer Practitioner is responsible for assisting callers to identify their needs for wellness, options for service provision and system navigation, and bring empowerment, hope and connection to support better mental health and/or AOD outcomes. The occupant of this position

will promote hope, choice, self-determination, and the importance of living well, using shared experiential knowledge, skills and strategies.

There are currently 2 full-time roles available, with the possibility of part-time arrangements being discussed.

[Click here to view the full advert](#)

Peer Worker – Vinnies – Eastern Suburbs

Peer Support Workers (PSW's) are located at the Vincentian Village and work across Vinnies Mental health Services. PSW's are integral members of the support team and report directly to the Coordinator Consumer Services

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

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?

- 2 x Part-time positions available
- 18.6 hours per week (includes weekend work)

[Click here to view the full advert](#)

Peer Worker – MIFWA – Armadale

We are seeking multiple peer workers to be a part of our Active Recovery Team (ART). ART is a short-term program to link people who are experiencing mental health challenges into continuing care teams and services across Perth metro. This role will be based within a clinical setting of a community mental health team. Experience in similar environments desirable.

[Click here to view the full advert](#)

Of Interest

Lived Experience (Peer) Workforce Development Guidelines – Now Launched

The National Lived Experience (Peer) Workforce Development Guidelines are primarily intended to inform decision makers, including employers and funding bodies and to support change across the mental health sector by improving understanding of the benefits of the Lived Experience workforce and by supporting employers to assess their local readiness and prioritise activities that support successful implementation.

[Click here to read the full article](#)

Peer Support Groups

If you know of a Peer Support group that you'd like to share, please forward all information to info@peersupportwa.org.au

DISCHARGED: In-person Trans and Gender Diverse DISCHARGED Suicide Peer Support Group



When: Mondays 6.30pm–8pm

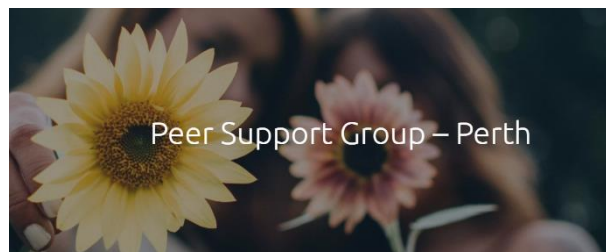
Cost: Free – No referral needed – New people welcome

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.

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 | 10am – 12pm

11 February, 11 March, 8 April, 13 May, 10 June, 8 July, 12 August, 9 September, 14 October, 11 November

Where: HelpingMinds Office, 182 Lord Street, Perth

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

Cost: Free | Registration essential | Morning tea provided

For more information contact us on [\(08\) 9427 7100](tel:0894277100) 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](#)

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