

WA Peer Supporters' Network Newsletter of May 2022

Connecting a vibrant and valued network of Peer Supporters in WA



Post: c/o 12/275 Belmont Avenue, Cloverdale WA 6105 **Email:** info@peersupportwa.org.au

Web: www.wapsn.org.au **Phone:** (08) 9258 8911

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.



A note from WAPSN

Hi everyone,

Welcome to this month's newsletter!

WAPSN Logo Vote



a)



b)

Thank you to everyone who has participated in the online Vote for our new WAPSN Logo! The vote is currently sitting at a tie between the above 2 designs, and we will be adding the Logo vote to the agenda of our next meeting to count a final vote. In addition to the above 2 logos, we will also have option B in 2 additional colours to reflect the feedback provided.

Should you want to submit your own logo design or suggest colours for logo, please submit these by Thursday May 12.

Next WAPSN Meeting

Our next meeting will be held on Thursday May 19th and we will be taking some time to discuss what's going on in the sector for peer workers. If you would like to prepare a short statement about the work you are currently doing to share with members, please make contact and we will add you to the agenda.

We will be holding this Online, and should you like to attend just RSVP to info@peersupportwa.org.au to receive the link!

Member Survey

WAPSN 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! [Click Here](#) to access the survey!

Thank you and kind regards,

WA Peer Supporters' Network

Events and Training

Online Opportunities

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.

Date Available: 29 April 2022

Duration: 3 hours self-paced

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

Alternatives to Suicide – Group Facilitator Training EOI

We are pleased to announce an Alternatives to Suicide Group Facilitator training will be offered in June 2022. The twenty-four-hour training will be on zoom and is scheduled on two afternoons/week over three weeks on the following dates. Alternatives to Suicide group facilitator training is available to people with lived experience of suicide attempts or suicidal distress, who want to facilitate Alternatives to Suicide groups. Facilitators need to be willing to openly identify as such in the groups.

Dates: Tuesday and Wednesday from 1:00 pm to 5:00 pm AEST on:

7th/8th June

14th/15th June

21st/22nd June

*Attendance at all sessions is required to successfully complete the training.

Cost: Self-funded rate: \$560.00 (6 places available) or Low-income rate: \$free (2 places available)

[Click Here for More](#)

NDIS Psychosocial Service Providers Sector Forum

Join the WAAMH NDIS Sector Readiness team for a morning of engagement, learning and networking at our NDIS Psychosocial Service Providers Sector Forum in the beautiful outdoor setting of Kings Park. Samantha Jenkinson, NDIS State Director Western Australia, will be joining us, her session includes Q&A. After a Welcome to Country, the program includes a Lived Experience speaker and best practice in psychosocial disability talk. A positive behaviour support and restrictive practices panel will also be held.

Date : 16 May, 9am – 1:30pm

Duration: 4.5 hours

Register: [Here](#)

Perth & Peel Opportunities

My Medicines & Me - CoMHWA

Attend a practical workshop that gives you information and skills to confidentially talk about your mental health medication and their side effects in a safe and supportive environment.

[Click Here for more](#)

When: Wednesday 18th May, 9:30am – 3:30pm

Where: 12/275 Belmont Avenue Cloverdale, WA, 6105Australia

RSVP is necessary to access Zoom Link, please contact admin@comhwa.org.au

WAPSN Meeting

For anyone with an interest in learning about Peer Support and developing their Peer Work practice skills.

[Click Here for more](#)

When: 19 May 2022, 10am – 12:30pm

Where: 12/275 Belmont Avenue Cloverdale, WA, 6105Australia

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

SafeTALK – MIFWA

Join us for Schizophrenia Awareness Week 2022 to learn:

- how to identify the signs of people who may have thoughts of suicide
- the simple yet effective TALK steps: Tell, Ask, Listen, and Keep Safe
- how to connect people to life-saving resources and supports.

When: 9.00am —1:00pm, 25 May 2022

Where: MIFWA Midland

Cost: \$40 + Booking fee – morning tea included (usually \$160+ to attend)

For further information, call 9237 8900 or email us at training@mifwa.org.au

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-centred, recovery-focussed 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](#)

Job Board

Perth and Peel Opportunities

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

position withing 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](#)

Parent Peer Support Worker - MIFWA (Mental Illness Fellowship of WA), Northern Suburbs & Joondalup

We are seeking a genuine person, who is passionate about supporting parents experiencing mental health challenges. It is a casual position for 16 hours per week, on a level 2.1 SCHADS. The position is based out of our Kingsley Office.

This role will see you promote, encourage, facilitate, and support effective information provision, recovery activities and access to local community services which support and/or assist parents who have a mental illness to thrive in life and increase their resilience.

[Click Here for more](#)

Peer Worker – Wungening Aboriginal Corporation, Perth CBD

PEER WORKER (Part-time), Aboriginal and Torres Strait Islander people are strongly encouraged to apply

Reporting to the Program Coordinator, Peer Workers provide a range of engagement, support, and information to both GCIP participants and Case Workers through the perspective of relatable lived experiences. These roles enhance the facilitation of GCIP and aim to assist participants to meaningfully engage in the program and improve the experience by drawing on the knowledge and experience of living with and through their own social and cultural identities and/or experiences.

[Click Here for more](#)

NSEP Support Worker – Peer Based Harm Reduction WA, Perth CBD

Peer Based Harm Reduction WA (PBHRWA) is a state-wide, peer-based community organisation that aims to improve the health and social circumstances of people who use drugs (PWUD) in WA. PBHRWA is staffed and governed by people who may have/have had personal experience of substance use and people who have an interest in substance use issues and who support PBHRWA's practice and principles.

Position Objective: To provide a consumer focused NSEP service at PBHRWA's fixed site Perth to facilitate access to harm reduction equipment, information, and education services for PWID in Western Australia.

[Click Here for more](#)

Carer Peer Support Worker – Helping Minds, Rockingham

Part-time – (Monday, Wednesday & Friday)

The Carer Peer Support Worker provides emotional and practical support to carers on an individual and group basis. Assisting with identifying their needs for support and helping them to navigate their way through mental health services and discharge processes. Promoting hope for recovery of their loved one, choice and self-determination, they emphasise the importance of maintaining health using shared experiential knowledge, skills, and strategies for caring for a person experiencing a mental health challenge.

[Click Here for more](#)

Regional Opportunities

Peer Support Worker - Step up Step Down

The Kalgoorlie Step Up/Step Down Service will accept referrals from the Goldfields region. During their stay consumers are assisted to develop a wellness plan including relapse prevention. The staff team at Kalgoorlie 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.

This position will remain open until successfully filled position.

[Click Here for more](#)

NSEP Support Worker – Peer Based Harm Reduction WA, Bunbury & South West

Peer Based Harm Reduction WA (PBHRWA) is a state-wide, peer-based community organisation that aims to improve the health and social circumstances of people who use drugs (PWUD) in WA. PBHRWA is staffed and governed by people who may have/have had personal experience of substance use and people who have an interest in substance use issues and who support PBHRWA's practice and principles.

Position Objective: To provide a consumer focused NSEP service at PBHRWA's fixed site Bunbury to facilitate access to harm reduction equipment, information, and education services for PWID in Western Australia.

[Click Here for more](#)

Of Interest

Keep worry at bay - managing COVID-19 anxiety

As COVID-19 becomes a part of our everyday life, it's normal to be concerned about the health and safety of yourself, your friends, and your family during these uncertain times.

While some anxiety is normal, and even helpful (as it reminds us to take care and take precautions), it can be unhelpful if these emotions become overwhelming. Focusing on health-specific actions that are within our control can help us to navigate difficult situations and gain a sense of control:

- **Put in place physical safety measures.** This includes hand washing, physical distancing, staying home when unwell and mask wearing when required. These are messages that we've all heard before and are simple things we can do to feel more in control.
- **Stay informed from credible sources.** Keep an eye on what you watch, read, and follow. It's worrying to read statistics of infections, deaths, and outbreaks near you and it's tiring to be bombarded with people's arguments and opinions on social media. Seek good quality information from credible and reliable sources, such as official Western Australian advice.
- **Balance your media intake.** Try to strike a healthy balance where you consume enough so you can keep up to date, follow health advice, and modify your plans if needed, but not so much that you feel completely drained and overwhelmed every time you turn on the TV or pick up your phone. Too much negative news can increase our feelings of stress and anxiety. Put a limit on the amount of news you consume, and mute/unfollow accounts that are unhelpful.
- **Look after your health.** Focus on eating a healthy balanced diet, sleeping well, exercising, limiting your alcohol intake, and staying socially connected.
- **Seek support.** It's normal to feel anxious, but if your anxiety is overwhelming or getting in the way of normal tasks, it's important to seek help. Speak to your GP if you're unsure of where to start or find what works for you on the mental health support services page.
- **If you are in isolation,** it is important to look after yourself. Head to [THIS WAY UP](#) for a free self-isolation program to keep you on track.

For more tips on coping with anxiety and worry, visit THIS WAY UP [for tips on getting through the COVID-19 marathon](#) or [helpful ways to manage anxiety around contracting COVID-19](#).

[Read the full article from Think Mental Health WA Here](#)

Have Your Say: Peer Supervision within the WA Mental Health Sector

CoMHWA is seeking to advance professional development for Peers and consumer workers who are currently providing, or are interested in learning how to provide, quality Peer Supervision to the mental health Peer Workforce in WA.

Peer Supervision in this context is understood as:

- Discipline specific supervision (provided to Peer Workers, by Peers who are, or have been Peer Workers)
- Provided to deepen professional practice; and
- Has connection to Peer movement and literature.

Peer Supervision in this context **is not** managerial supervision.

This survey is relevant to you if you have received, or currently receive Peer Supervision as part of a Peer Work role within the WA Mental Health Sector.

If you have any queries about this survey you are welcome to email us at admin@comhwa.org.au

This survey will only take around 10 minutes of your time and your answers will remain anonymous.

Complete the survey here: <https://www.surveymonkey.com/r/peer-supervision-survey>



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](#)

Peer and Mental Health News

Congratulations to the Peer Work Skill Set Students!

CoMHWA sends congratulations to the 40 students who were successful applicants to the Peer Work Skill Set program, being delivered by North Metro TAFE Leederville!

These four Peer Work specific units are being delivered online, via a scholarship funded by the Mental Health Commission of WA, recognising the importance of the growing Peer Workforce in our State.

The beauty in delivering these four units completely online, is that this great opportunity was able to be opened up to consumers, carers and family members all around WA and we are pleased to report that there are a number of rural and regional students in this cohort.

If you would like to find out more about Peer Work, or the WA Peer Workforce, please get in touch:

- info@peersupportwa.org.au
 - aspire@comhwa.org.au
 - admin@comhwa.org.au
-

WAAMH Mental Health Awards – Nominations NOW OPEN

Showcasing excellence in mental health

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

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 and Services

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

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! <https://www.13yarn.org.au/>

[Click here for more information](#)

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.

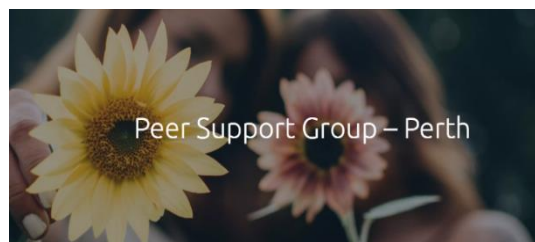
The group is a space for people to talk about, vent, sit with, or make sense of suicidal experiences. We are also free to talk about our distress or the things which make us want to die, without fearing hospitalisation or the police being called.

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, *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](#)

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](tel:94277100) 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.

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 or using this email address.

DO YOU NEED HELP NAVIGATING SERVICES IN WA?

PeerPathways

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



9477 2809

Mon-Fri
9am-5pm

We Can Help!



Supported by
**WA Primary
Health Alliance**

phn
PERTH NORTH, PERTH SOUTH,
COUNTRY WA
An Australian Government Initiative

CaM^HWA



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

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