

PEER WORK

CaMHW



WHAT
POLITICIANS
SHOULD
ACTUALLY
BE TALKING
ABOUT.



THE VALUE OF PEER WORK

*"The Peer Worker is an **inspiration** and **role model** for recovery and wellbeing"*

- Incorporating Peer Work as part of the whole model of mental health care
- Seeing Peer Workers as equals
- Listening to people with lived experience
- The unique ability of Peer Workers to connect with consumers
- The broader Peer Workforce
 - Peer advisors
 - Peer educators
 - Peer researchers
 - Peer Support Workers
- Understanding lived experience as a qualification in itself
- The importance of Peer-informed care
 - Unique understanding of recovery options and referral pathways

*"Politicians should be more **accountable** to us – act on the advice and expertise coming from the voices of **lived experience**!"*

INVESTING IN PEER WORK DEVELOPMENT

- Funding for appropriate Peer supervision
- Flexible Peer Work training
- National Peer Work Association
- Research to demonstrate the value of Peer Workers
- Opportunities to progress in Peer Work roles
- Legislative protections for Peer Workers

THE IMPACT OF PEER WORK

- Breaking down of stigma
- Better health outcomes
- Empowerment
- Informed choices
- Creation of meaning and purpose from lived experience
- Non-judgemental, safe & informed mental health care

*"Peer Work is **empowering** for all. It provides space for people to grow through **mutuality**."*



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WHY LIVED EXPERIENCE IS NECESSARY



VALIDATING EXPERIENCES

*"Peer Workers share with **courage**. They are **not separate**. They recognise themselves in the other person."*

- Peer Workers are safe to talk to without shame or stigma
- It removed the power difference – both parties are equals
- Peers validate your experiences
- Peer Workers give meaning to a journey that has often been hard and stigmatised
- Mutual lived experience creates authentic connection and genuine rapport
- Peer Workers are uniquely placed to build trust quickly and support people in a holistic way.

*"Peer Workers provide a **human voice** – they are **advocates** in the purest sense of the word. "*

KNOWLEDGE & EXPERTISE

- Peers are best positioned to understand recovery-oriented practice
- Tips and knowledge from those who have survived – not something a clinician would know or offer if they did
- Lived experience and learned experience combine to make a whole
- Peers give insight to clinical teams that would be missed without lived experience

HOLDING HOPE

- The real recovery story you cannot get from clinicians
- Peers are role models and inspirations for recovery
- When lived experience is respected it shows consumers they too are respected
- Seeing a Peer flourish is hope

*"Peer Work is **empowering** for all. It provides space for people to grow through **mutuality**."*

