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is changing...

Same great services...  
just a different name

**wellways**

mental health | disability | rehabilitation

# Aligning Consumer and Carer Peer Workers in Parallel Work Practice

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# Changing landscape for the peer workforce

In recent years, with the growth of the ‘consumer’ peer workforce, and additional knowledge and research about what enables and supports ‘recovery’, Wellways has identified the need for ‘carer’ peer workers to practice, not only in systemic, but also in direct ways.

This takes into account the need to identify the importance of the ‘carer’ journey – including support, education and resources, so that they can be well positioned to support their ‘loved one’s’ recovery and sustain their own wellbeing.

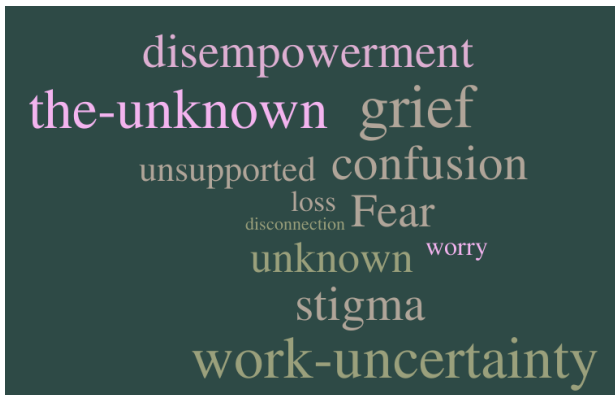
# The journeys around parallel mental health challenges

In the early days of mental health crisis, 'consumers' as well as 'carers' are impacted by parallel experiences of despair, including:

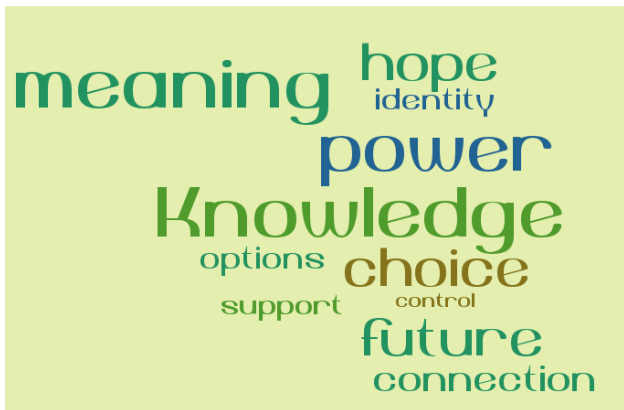
- disconnection
- loss of hope
- loss of identity
- disruption of the meaning in their lives
- disempowerment

In saying this, it is important to acknowledge that while these experiences are similar, they are also profoundly different.

What happens when people living with mental ill health and carers **do not** receive adequate individualised support, resources and knowledge



What happens when people living with mental ill health and carers **do** receive adequate individualised support, resources and knowledge



# Role of peer workers

- Personalised recovery
- Psychological recovery
- Community recovery
- Family recovery



# The CHIME Model of Recovery

The CHIME recovery model (Leamy et al, 2011) offers guidance on establishing environments and relationships that can affirm and support recovery. The model identifies the five key areas of ***Connectedness, Hope, Identity, Meaningful life*** and ***Empowerment***. It empowers people to take the steps towards having the life they choose, to rebuild a sense of who they are and what is important to them.

# Peer workforce development

- Intentional Peer Support (IPS)
  - Organisational approach:
    - peer workers
    - people with lived experience not in designed peer roles
- Systems of support
  - peer hubs
  - Supervisor/management training

# What have we learnt? positive outcomes

- Aligning 'consumer' and 'carer' peer work to the principles of IPS
- Sharing of lived experience knowledge from 'consumer' and 'carer' perspectives
- Acknowledging 'consumer' and 'carer' peers who have a lived experience as allies around recovery and hope.

# What have we learnt? challenges

- Lack of development of the carer peer workforce
- Distinguishing ‘consumer’ and ‘carer’ practice in certain contexts
- Systemic barriers to inclusive ‘consumer’ and ‘carer’ peer workforce development
- ‘Consumer’ disempowerment

# A changing landscape

- Audience reflections
- Strengths
- Moving forward