

From Participant to Peer Worker

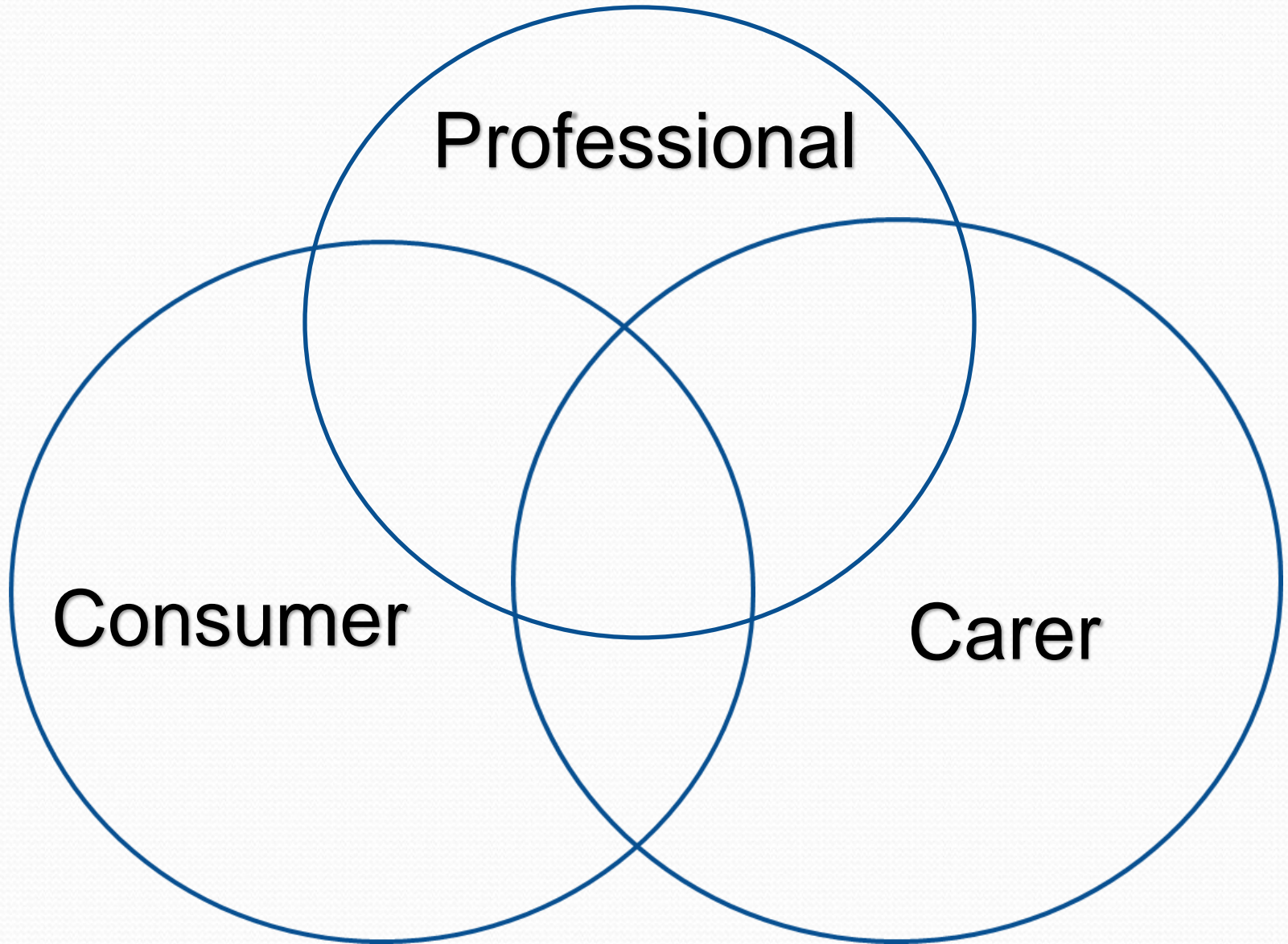
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Introduction

- History of twenty years lived experience of mental illness.
- Participant of a recovery service after mental breakdown in 2011.
- Asked to facilitate a 10 week recovery program.
- Past professional/life experience relevant to new peer position.

Context

- Transparency, subjective bias
- Context nationally, locally
- Aspiration peer workers, previous experience
- Sector –values/evidence based
- Same, same??



Professional

Consumer

Carer

Challenges of Transition

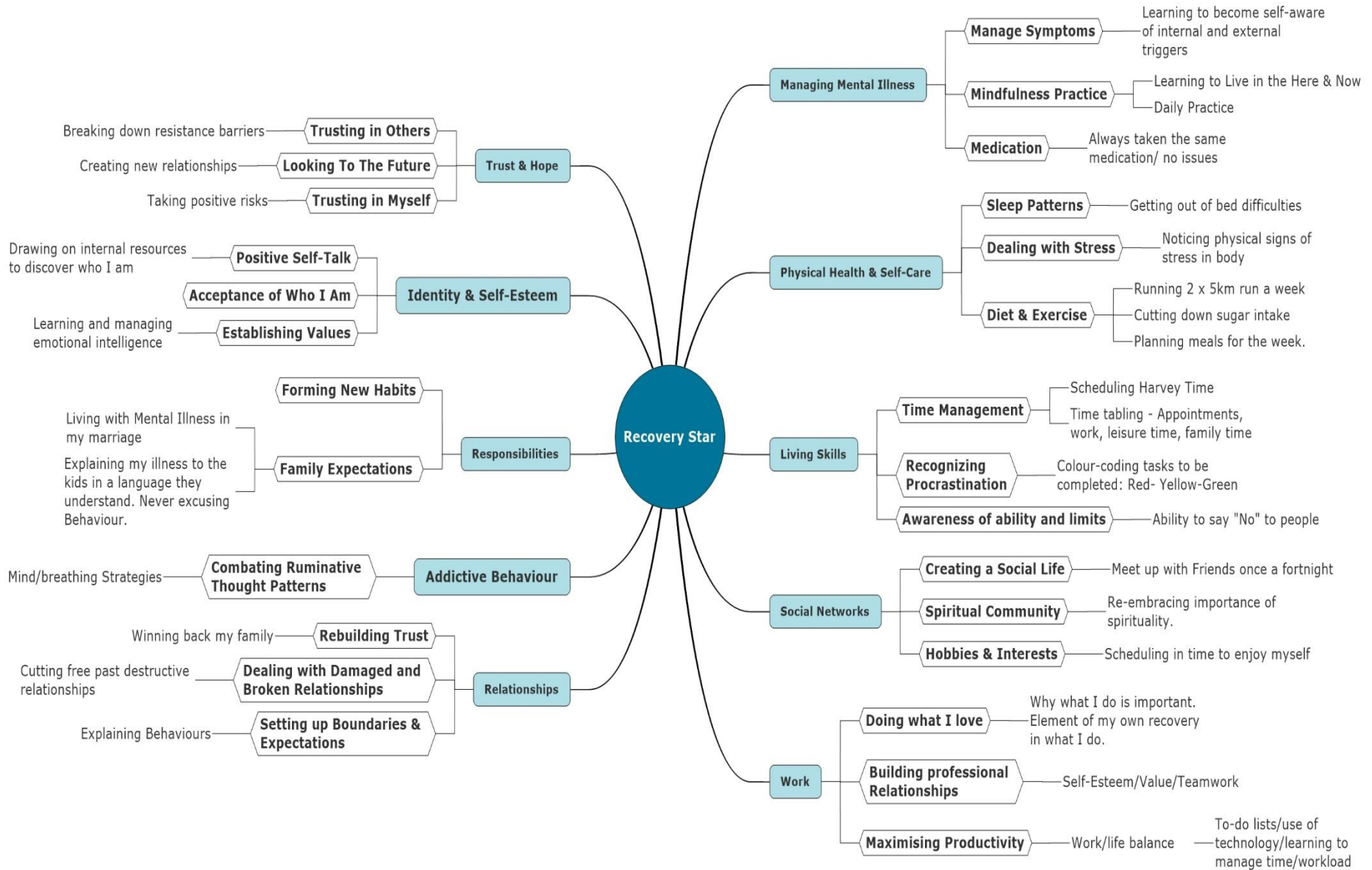
- Back into professional workforce
- No prior experience of community services
- Ambiguity around role definition.
- Transition from training into the practical day-to-day role.
- Evaluating my toolbox.
- Integrating into existing team.

Establishing mentor role relationship

- Transparency, trust, honesty, integrity
- Power
- Role Ambiguity
- Team integration, change
- Risk management, vulnerability, vicarious trauma

Qualities and Values of Effective Peer Work

- Understanding the ‘Intentional’ part of my role title – Recovery Peer Star.
- Self-reflection on practices.
- Self-Awareness round limits, triggers and stress.
- Relationship building skills - internal and external.



Supervision

- Nurturing/Directive/Developmental/Reflective
- Mentor
- Bi directional learning relationship
- Organisational values, intention into practice
- Understanding service environment
- Establishing identity internal/external relations

Self-Care

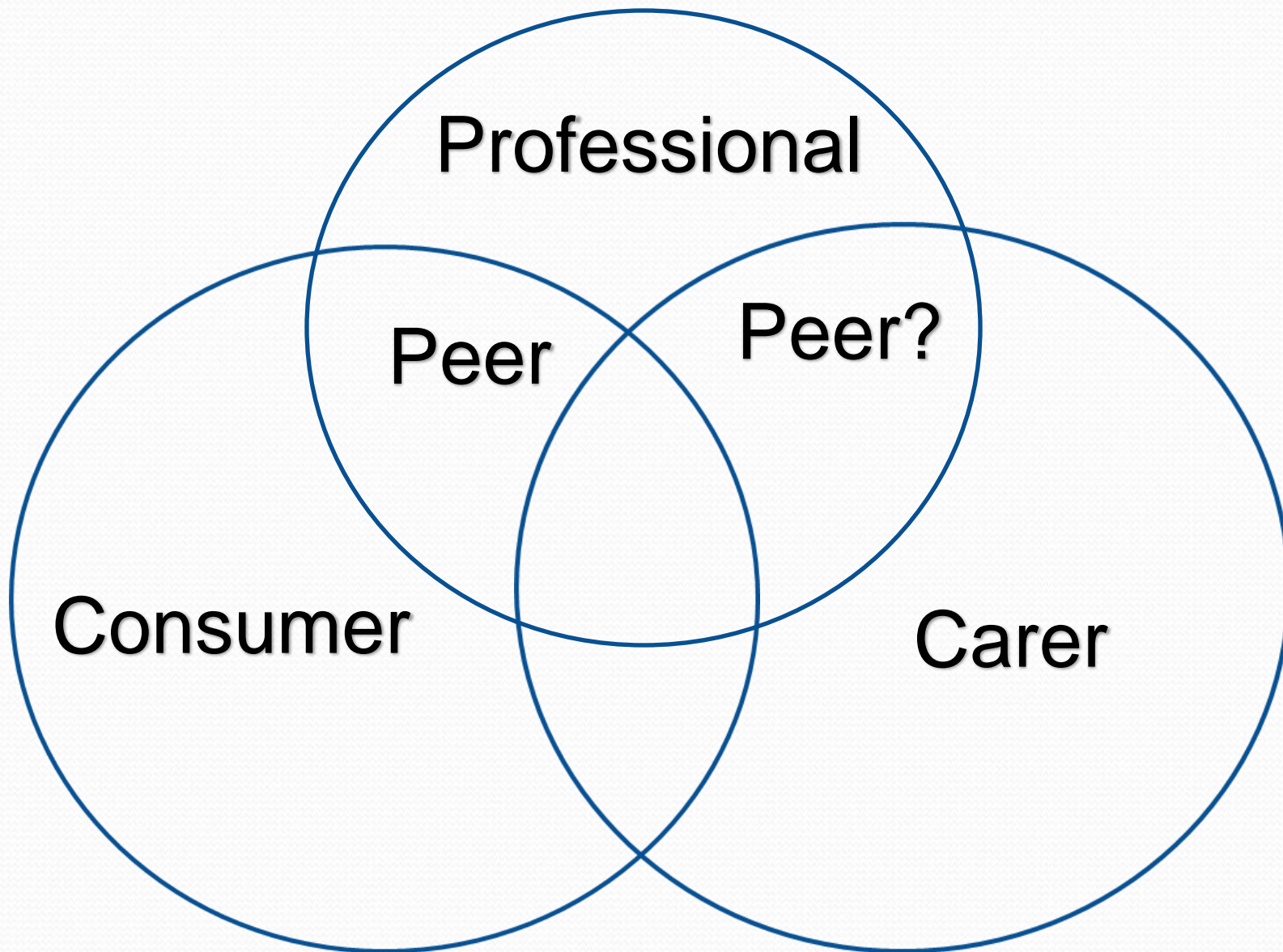
- Self care as a lifestyle rather than a response to situations
- Openness and honesty within supervision
- Self-care training for new workers.

Development of Professional Self

- Creating the space for development.
- Look objectively at the consumer space – what's my role?
- Carers perspective since commencing role.

Same, same... but different

- Peer framework for practice
- Supervision
- Qualities of a mentor
- Challenge to organisation
- Values into practice, becomes evidence
- Challenge to peer workers
- Professional, peer, carer, consumer



Professional

Peer

Peer?

Consumer

Carer