

# Eastern Peer Support Network



# Eastern Mental Health Service Coordination Alliance



*“Creating opportunities to work strategically across the region with Multi-Sectoral partners”*



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EASTERN MELBOURNE

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An Australian Government Initiative



# Eastern Melbourne Partners in Recovery Service System Framework



# Data for system change framework

The Eastern Melbourne PIR consortium identified a range of priority areas to address systematic barriers that negatively impact on PIR consumers.

The priority areas were based on analysis of data along with consultation with consumers, carers, support facilitators, the PIR Recovery Focused Advisory Committee, service delivery partners and other stakeholders

Recognised the critical importance of consumer and carer engagement in all aspects of service development, implementation and evaluation and co-production of projects.



# System Reform Priorities

\* increased opportunities and outcomes in meaningful, long-term **employment**

\* **Primary Mental Health support** for PIR consumers is more integrated and streamlined

\* increased engagement in **meaningful activities** that increase physical health and social connectedness

\* improved access to suitable and **affordable transport** to engage in the community and access services

\* Support to **peer workforce** is coordinated and pathway opportunities are supported across the region.

\* Improved access to, and supports to maintain, **sustainable accommodation**



# Eastern Peer Support Network



# Responding to a need

- Peer workers felt siloed and had no connections with other Peer Workers
- Lack of knowledge about other services
- Lack of recognition and understanding of our role in services
- Lack of training , mentoring and peer to peer supervision opportunities



Peer to Peer works!





# Definitions

## Peer Consultants

*People with lived experience who are employed with the purpose of providing peer focused advice at an executive level regarding organisational programs, policies and procedures*

## Peer Workers

*People with lived experience who are employed as front line staff to work with service users*

## Peer Advisors

*People with lived experience who are recruited periodically to provide peer focused advice as part of committees and focused service development activities*

## Peer Participants

*An overarching term for peer consultants, workers and advisors*



# Aims for Peer Participation

- Create a local network around the Peer space
- Become familiar with Eastern Metropolitan Regional services.
- Improved collaboration and understanding for both Peer Workers and local services
- Promote regional activities, opportunities and programs.
- Developing skills
- Receive Motivational Interview training from Helen Mentha in March 2016.
- Experience a Peer to Peer forum.
- Form professional relationships from within the Peer Network.
- Reduced isolation



# Intentional Peer Support

*“As peer support in mental health proliferates, we must be mindful of our intention: social change.*

*It is not about developing more effective services but rather about creating dialogue that have influence on all of our understandings, conversations and relationships.”*

(Shery Mead, SAMHSA Webcast 2010)



# Eastern Peer Support Network

## Co-design Model



# What we asked...

- What discussion topics would you like?
- What skills do you want to build?
- What speakers would you like to hear?
- Which services would you like to learn more about?
- How can the Eastern Peer Support Network assist you?



# Discussion Topics

Stigma

Training

Employment

Networking

Regional Service Information

Self care

Systemic Change

Skills

Speakers

