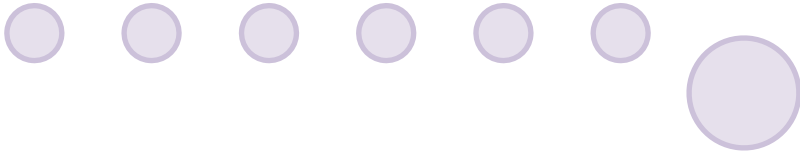


***Stories of Recovery:
Incorporating peer support into eating disorder
treatment services in Victoria***

Cathy Wyett
Client Services Manager
Eating Disorders Victoria

Overview of today's session

Who's involved?



Why do it?



Activities in 2015-16

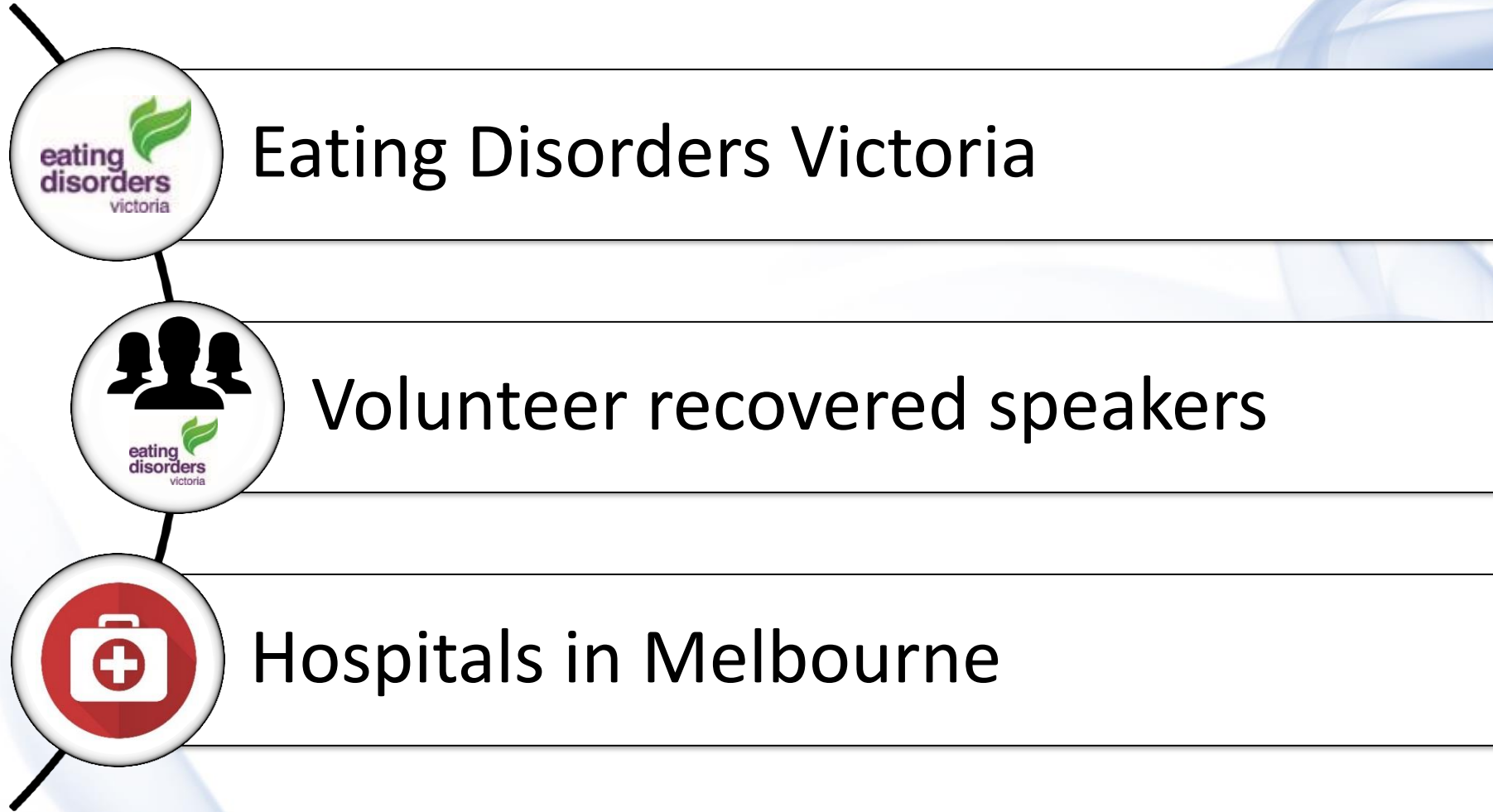


Benefits
and
challenges



*Would something
similar work
for your
organisation?*

Who's involved in Stories of Recovery?



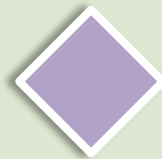
Why did we do it?

- ✓ *Feedback from previous similar program*
- ✓ *Organisational focus on peer support*
- ✓ *Demonstrated evidence base*
- ✓ *Greater choice for consumers*
- ✓ *Enhanced collaboration within sector*

Activities in 2015-16

Agreements with two major hospitals

~10 sessions for patients and staff



Recruitment of volunteer speakers

Training and preliminary speaking engagements for volunteers

Benefits



Patients

Volunteer
speakers

Hospital
staff

EDV

Challenges

Challenge	Impact	Possible solutions
[Redacted content]		

Challenges

Challenge	Impact	Possible solutions
1. Differing timeframes	<ul style="list-style-type: none">• Speakers lose interest or availability• Program loses momentum	<ul style="list-style-type: none">- Manage expectations for all- Work to conservative timeframes!- Maintain sense of urgency

Challenges

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2. Partner organisations wary of commencing new program	<ul style="list-style-type: none">• Difficult to get signoff on agreements• May feel need to take control of all program aspects	<ul style="list-style-type: none">- Discuss benefits of peer support- Outline training and recruitment processes- Discuss role of accompanying staff member- Adhere to partner organisation's policies- Provide contingencies

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3. Finding the right mix of speakers	<ul style="list-style-type: none">• May reinforce messages about what mental illness 'looks like'• Program is less attractive to partner organisations	<ul style="list-style-type: none">- Understand what partners need- Diversity and effectiveness in recruitment- Graded progression of speaking engagements

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4. Internal resourcing issues	<ul style="list-style-type: none">• Colleagues may not be invested in supporting new program	<ul style="list-style-type: none">- Share value and possibilities of program- Achieve buy in from colleagues- Find ways to benefit others within your organisation

Would something similar work for your organisation?

What do the mission, vision and values say about the voice of lived experience?

Do consumers have a choice to access this type of support in hospital?

Could a similar program support the other work that your organisation does?

Learning from our experiences

- Maintain regular contact
- Become a program champion
- Take whatever feedback and data you can get
- Address resourcing issues realistically
- Invest time and effort in volunteer recovered speakers

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