

LIVED EXPERIENCE WORKFORCE PROGRAM (LEWP)

Orientation to Mental Health Peer Work Program

Have you been thinking about Peer work but don't know whether it's the right career for you? Not sure whether you are ready to commit to study?

LEWP is pleased to offer a free Orientation to Mental Health Peer Work Program for people who may be thinking about a career in mental health Peer work within the non-government (NGO) mental health sector.

Just having Lived Experience doesn't make someone an effective Peer worker. This program is designed to help you understand what Peer work is and what it takes to be effective, support you to determine whether it is the right role for you and whether you are ready to undertake the required study to get there.

We will cover:

- The underpinning foundations and guiding frameworks of Peer work
- The characteristics, professional skills and knowledge needed to be an effective employee in an NGO Peer work role - including personal recovery/periods of healing
- Registered Training Organisation (RTO) application and selection processes, what is required to successfully undertake the Certificate IV in Mental Health Peer Work and potential course costs
- Connection with RTOs that are based in SA and deliver the qualification

The program is delivered over 4 days. You are free to jump on board at the start and leave at any point in the program if you feel Peer work is not for you. LEWP facilitators will support you by providing connections to other organisations and opportunities that you feel may better suit your needs e.g.:

- To help you build skills in Lived Experience advocacy e.g. to influence systemic change
- To help you build skills in Lived Experience representation e.g. sitting on committees and panels
- Personal recovery programs to continue building your own recovery skills

A Safe Space

We deliver the program in line with the values and principles of Lived Experience work. This includes being trauma informed. We do not discuss or disclose our traumas, stories and experiences. Rather, we provide a safe space for people with diverse experiences to think about the 'what' - *what* their experience has taught them and the strengths they've developed through this. The Certificate IV in Mental Health Peer Work teaches the 'how' - applying the 'what' to work practice.

The Process

When a program is scheduled and we open for registrations, the details will be upload to our website and sent to the people on our mailing list. The first step will be an online information session.

Step 1: Online Information Session – 90 minutes

We introduce you to various ways in which Lived Experience of mental health challenges and recovery/periods of healing can be utilised, to support you to think about the pathway that may be suited to you:

- Peer work
- Lived Experience advocacy, leadership, systemic change or representation

People who think Peer work might be for them and want to know more can then apply to attend the 4-day program.

The 4-day Orientation to Mental Health Peer Work Program:

Step 2: 3 x 4-hour sessions

An induction to the role of Peer work in the NGO mental health sector, with the aim of better preparing you for Peer work study and employment. Sessions include information and interaction, allowing you to explore the topics in detail and reflect on your current skills, knowledge and strengths.

We do not teach Peer work knowledge and skills; this is done through the Certificate IV in Mental Health Peer Work. We look at:

- The history of Lived Experience/Peer work
- Mental health Lived Experience as a skill set
- Personal recovery/periods of healing
- Managing the potential impact of the role
- Guest speakers: NGO Peer workers and Line Manager
- Mental health Peer work in the NGO sector

Step 3: 1 x 4-hour session

We introduce you to the Certificate IV in Mental Health Peer Work, as delivered within SA.

The focus is on preparing you for the realities of study by outlining the general expectations of students, providing an overview of the likely course content and the concept of Recognition of Prior Learning (RPL). Guest presenters from RTOs will discuss the qualification, requirements and expectations of students, supports available and the process for selection.

LEWP runs this program to coincide with RTO course intake periods. Where we run the program in partnership with an RTO, attendees will be offered the opportunity to proceed directly to the RTO's course selection process (this *does not* guarantee a place in the qualification). If we have not partnered with an RTO, attendees who wish to enrol in the qualification will have the opportunity to connect with RTOs to chat further.

Join Our Mailing List

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<https://mhcsa.org.au/lived-experience-workforce-program/>