

# LIVED EXPERIENCE WORKFORCE PROGRAM

## *Training for Line Managers of NGO Mental Health Lived Experience (Peer) Workforce*

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### **About Our Training**

The MHCSA in partnership with the Office of the Chief Psychiatrist, has developed training for leaders who directly supervise mental health Lived Experience (Peer) Workers within the NGO sector - or whose organisation is supporting them towards a role in which they will. These workshops are non-accredited and are based on needs identified by Managers and Leaders.<sup>1</sup>

Each workshop in the series is drawn from current best practice and evidence and has been co-produced by Lived Experience (Peer) Workers and Leaders from both sectors. A blend of information and interaction provides opportunity for leaders to share and unpack challenges, successes and consider strategies to take back to the workplace.

The aim of this training is to:

- Provide Leaders with an understanding of the values, principles and skill set that underpins Lived Experience (Peer) Work in the NGO mental health context
- Support understanding of the peer work role, how it differs to other support roles or simply having lived experience, and how it intersects with other roles
- Share ideas and develop strategies for implementing best practice, developing the Lived Experience (Peer) Workforce within organisations and embedding the role
- Increase confidence in leading and line managing Lived Experience (Peer) Workforce
- Promote an effective Lived Experience (Peer) Worker/Leader working relationship
- Provide opportunity for Leaders within organisations to connect and partner across programs
- Support organisations to be part of the development of a sustainable, skilled and qualified Lived Experience (Peer) Workforce within SA

### **Cost**

Each session runs for 4 ½ hours including a 30-minute break time for lunch. All costs include LEWP's delivery time, session resources, any post-session mail out with additional resources, travel and associated planning and administration costs.

#### ***Option a) Delivery at MHCSA organised venue***

<b>2 x 4.5-hour sessions:</b>	<b>\$1685.01 + GST</b>
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#### ***Option b) Delivery at a venue provided by the NGO***

<b>2 x 4.5-hour sessions:</b>	<b>\$1415.01 + GST</b>
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<sup>1</sup> 2015 LEWP Training Needs Analysis, CALHN Evaluation of the Lived Experience Workforce (2014), SA Health Lived Experience Workforce Project Management Consultation (2012) and ongoing session evaluations conducted by the LEWP (MHCSA) since 2017

## Overview of Sessions

### 1. Strengths-based Recruitment of Lived Experience (Peer) Workforce

- Designated lived experience (peer work) roles:
  - Foundations
  - The lived experience skill set
  - Peer work principles and values
- Workforce planning:
  - Challenges
  - Strategy for the NGO Lived Experience (Peer) Workforce
  - LEWP NGO Mental Health Lived Experience Workforce Standards and Guidelines
- Strengths-based recruitment:
  - Self-reflection: values, beliefs, assumptions
  - Recruiting for strengths in lived experience
- Workshop: small and large group activity
- Taking it back to your organisation

### 2. Supporting Lived Experience (Peer) Workforce and Resilience in the Workplace

- Lived experience practice support:
  - What Peer Workers say
  - Elephants in the room
  - Peer Supervision
  - Line Management Supervision
- Resilience at work:
  - Recap: strengths in lived experience
  - Healthy people, healthy workplace
- Self-reflection: values, beliefs and assumptions
- World café workshop and discussion:
  - Ideas for your organisation
- Take away

## We Provide

### Before the session:

- Collaboration with the organisation to plan the session
- Venue booking (unless organised by the NGO)

### At the session:

- Trainer
- Presentation on USB
- Copies of all handouts required on the day

### After the session:

- Post session mail out (link to Dropbox containing presentation slides, notes and other reading and resources)
- Report from collated Evaluation Forms

- Follow up support as required to continue developing your Lived Experience (Peer) Workforce e.g. through implementation of NGO Mental Health Lived Experience Workforce Standards and Guidelines

## **You Provide**

### **Before the session:**

- Collaboration with LEWP
- Venue (unless booked via MHCSA)
- Attendees – numbers to be provided to LEWP prior to each session

### **At the session:**

- Resources for workshops e.g. butcher's paper, markers, pens, post it notes
- Laptop
- Projector or TV with speakers
- Whiteboard and markers
- Tea, coffee, water and any refreshments you wish to have

### **After the session:**

- Any feedback to the LEWP that was not noted in Evaluation Forms
- Contact for any follow up support to continue developing your Lived Experience (Peer) Workforce

## **Further Information or to Book**

### **Lizzie Graham – Senior Project Officer**

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### **Belinda Brown – Program Manager**

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0423 213 080 (Mon-Thurs)

## **Cancellation Policy**

We request that if you choose not to go ahead with booked training that you give us reasonable notice – preferably one month but no less than one week. This will allow us to re-allocate resources to other activities and avoid a potential booking fee being charged.

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