

Peer work framework

Easy Read



This book tells you all about

- Peer work
- The way we do peer work at Mind
- The way we help peer workers at Mind

About peer work



A peer worker is a person who has their own **lived experience** of mental ill health

Sometimes a peer worker is called a peer practitioner

A peer worker uses their lived experience in their work



A peer worker is paid to help clients



A peer worker has the right qualifications like all the workers at Mind

For example

- Certificate IV in Mental health peer work
- Certificate IV in Mental health
- A degree of certificate in Alcohol and other drugs
- A degree in Social work

The way we do peer work at Mind



Mind is a big organisation that helps people with mental ill health in lots of different ways.

We believe people with their own lived experience can be a great help to others who have mental ill health.

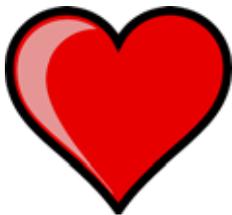
Peer work is very important to us.

The way we do peer work at Mind is called our **Model of Peer Work**.

We will now tell you about this model. You will find out:



- The things a peer worker knows



- The things a peer worker values



- The things a peer worker does

Model of peer work



The things a peer worker knows

You know about your own lived experience

- You learn a lot through your own lived experience of mental ill health and **recovery**

You know about the **consumer** movement

- You know about the different ways people with lived experience help each other.
- You know the things that peer workers care about because of their own lived experience



The things a peer worker values

Hope

- You believe in recovery.
- You know that things can get better.
- You believe in being brave.

Mutuality

- You believe everyone has something to offer.
- You believe that all people are equal.
- You believe we can all help each other.

Respect

- You believe that all people have the same human rights.
- You treat people with dignity and respect.

Integrity

- You are honest and responsible.
- You do what you say you will do.

Making a difference

- You care about this work.
- You work to help clients' lives get better.



The things a peer worker does

You do lots of the same things as all our workers

You do some things that are special for peer workers only

- Share your lived experience in a safe way
- Show that recovery is possible
- Help clients believe that things will get better
- Share some of the things that help you stay well
- Use plain words – not jargon
- Help create relationships that are equal
- Make sure all workers are treating clients with dignity and respect
- Help clients speak up for themselves



The way we help peer workers at Mind

You will get training

You get the support of a senior lived experience advisor

You will have regular meetings with your manager

You can use resources set up for peer workers

You meet every two months with other peer workers to help each other



Dictionary



lived experience

You have **lived experience** if you have a personal experience of mental ill health and recovery.

For example

You have had mental health problems and done things to help your life get better

You have had help from other people to help your life get better

recovery

Personal **recovery** means that you are able to live a meaningful life. It is individual to you.

For example

What is important to you is likely to be different to what is important to someone else.

You might find yoga great for your recovery.

Another person might find running great for their recovery.

consumer

You are a **consumer** if you use mental health services, or have used them in the past.

For example

You have been a patient in an acute psychiatric unit.

You have a support worker from a mental health service.



Mind acknowledges that Aboriginal and Torres Strait Islander peoples are the Traditional Custodians of the lands on which we work and we pay our respects to Elders past, present and emerging. We recognise the intergenerational impact of the history of invasion, dispossession and colonisation and are committed to the recognition, respect, inclusion and wellbeing of Australia's First Peoples.

Mind values the experience and contribution of people from all cultures, genders, sexualities, bodies, abilities, spiritualities, ages and backgrounds. We are committed to inclusion for all our clients, families and carers, employees and volunteers.



Registered NDIS provider



Mind Connect

1300 286 463

Carer Helpline

1300 554 660

mindconnect@mindaustralia.org.au
mindaustralia.org.au



Mind Central Office | 86-92 Mount Street
PO Box 592 | Heidelberg VIC 3084

Mind Australia Limited ABN 22 005 063 589