Values of Mental Health Peer Work

Course Code: COM030

Date: As negotiated
Duration: 2 hours
Coordinator: Sandy Watson

For more information or to request a quote, please contact:
Sandy Watson on (02) 9840 3833 or via email:
Sandy.Watson@nswiop.nsw.edu.au

Want to organise training for your team and/or for service users?
We can organise training on your premises or at the NSW Institute of Psychiatry premises at North Parramatta.

Are you a consumer worker interested in training?
Register your interest by emailing Sandy:
Sandy.Watson@nswiop.nsw.edu.au

A 2-hour off-campus seminar for peer workers, consumers, mental health workers and managers

Facilitated by Sandy Watson

About the “Values of Mental Health Peer Work” seminar

The values of peer work inform mental health peer worker practice, and are often not clearly understood. This seminar clarifies the values, and provides an opportunity for participants to explore and discuss some of the issues that arise if peer work isn’t aligned with the values specific to this new and emergent workforce.

Mental health peer work has several critical points of difference from existing mental health and clinical work. Peer workers are an emerging workforce which is intrinsically embedded in recovery. Peer workers have an important and differentiated role in how mental health services are designed and delivered, and the peer value of ‘equality’ has widespread implications for how mental health peer work is conducted.

The workshop will assist by opening up broader discussions about peer work best practices within organisations, and provides some information about where to access peer work resources.

Target Group

This off-campus presentation is designed for mental health peer workers, consumers and carers interested in becoming peer workers; as well as for mental health workers and managers interested in learning about the values of mental health peer work, and how these values influence peer work practice.
Definitions of peer support and of mental health peer work
- Peer support defined
- Peer work defined
- “Lived experience” defined

Values of mental health peer work
- Values of peer work: as defined by Mary O’Hagan
- Values Framework: Scottish Recovery Network
- Discussion about Peer Work values & ethics

Implications for practice
- Discussion about implications for practice

About the Facilitator
Sandy Watson is the facilitator of the Values of Mental Health Peer Work presentation. She is the Consumer Education Coordinator at the NSWIOP, is a consumer and has done a lot of presenting to different groups in Australia on the subject of mental health peer work. Sandy Watson can be contacted via email: Sandy.Watson@nswiop.nsw.edu.au

If you are interested in this seminar, you may also want to explore others that you can schedule on the same or on another day: e.g.,

The Lemon Looning Game [COM027]
A consumer perspectives game for mental health & community workers facilitated by 2 consumers - suitable for an inservice or for a staff training day.

Purposeful Storytelling in Peer Work [COM029]
A presentation primarily for peer workers on how to use lived experience safely and with purpose. This is also suited to a mixed audience.

There is also an all day workshop on Telling Your Story [COM018] for consumers, carers and peer workers that is available for off-campus delivery.

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Powerpoint slides will be used and handouts are provided.

There are small group discussions, where people sit around tables to discuss issues.

Please note: Due to the nature of the topic area, and although the content and discussion will be managed sensitively, occasionally a course participant might experience some level of distress or discomfort arising during the seminar.