

Position description

Peer Support Worker / Lived Experience – LifeConnect

Section A: Position details

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| Position title: | Peer Support Worker (PSW) – Lived Experience |
| Employment Status: | Part time |
| Classification and Salary: | CSD Level 2 from \$61,526 - \$66,116 pa (pro rata) dependent on skills and experience |
| Location: | Based within the Inner East, Outer East and Northern areas of Melbourne; may be required to use own vehicle at times. |
| Hours: | Negotiable with some after hours and weekend work |
| Contract Details: | Maximum Term Contract until 31 July 2022 |

Organisational context

Neami National is a community-based recovery and rehabilitation service supporting people living with mental illness and psychiatric disability to improve their health, live independently and pursue a life based on their own strengths, values and goals.

We provide services in more than 50 locations, ranging from the inner-city and suburbs to regional and remote parts of Australia. Our vision is for full citizenship for all people living with a mental illness in Australian society. Our mission is to improve mental health and wellbeing in local communities across the country.

We believe that recovery is an individual process and that with the right kind of support everyone can live a life based on their own strengths, values and goals for the future. As an organisation based strongly on our mission, vision and values, Neami is committed to demonstrating the highest standards of safety and quality across all of our services. Neami views quality, safety and clinical governance activities as key components of the role and responsibilities of all staff and an essential process in the provision of safe and high-quality support services to consumers.

We are a smoke free organisation.

Position overview

Peer Support Workers are integral members of the team and draw on their own lived experience to instill confidence and hope in others about the journey of recovery. You must have a lived experience of the impacts of suicide and a rich understanding of your own processes of recovery. You must be willing to purposefully use your own story to help others further their own understanding of recovery.

Eastern Melbourne PHN have commissioned Neami National to deliver suicide prevention services and activities in line with the National Suicide Prevention Strategy (NSPS) and the National Mental Health Commission's review of mental health programs. The program will include providing bereavement group support to people postvention and a suite of capacity building activities including, community debriefing and non-clinical care coordination.

The PSW also facilitate wellbeing programs for men and other at-risk groups designed to introduce self-awareness and self-management skills across all social determinants of health. As a result, the PSW may support community leaders to become mentors and to facilitate peer reflection with a network of community mentors & facilitate co-design of programs. The PSW will also be prepared to share their lived experience on targeted social media campaigns to address the stigma surrounding suicide and promote positive, evidence-based help-seeking behavior.

The PSW will make use of their lived experience to review workforce development training materials to ensure this important narrative informs activities.

The PSW, along with the SPPS team, will engage in postvention service provision in the form of nonclinical care co-ordination to individuals and groups using their lived experience to provide service navigation and referral support.

This role requires a self-driven, resilient, enthusiastic and highly energised individual who is confident in addressing large and small groups of community members and participating in social media campaigns regarding their lived experience of the impacts of suicide and has the ability to support community leaders to develop confidence in doing the same.

Period of employment

Maximum Term Contract until 31/07/2022, subject to a 6-month probationary period.

Accountability

The Peer Support Worker is accountable to the Service Manager.

Conditions of employment

The terms and conditions of employment will be in accordance with the Neami National Employment Agreement – CSD \$61,526 - \$66,116 pa (pro rata) depending on experience.

A number of benefits are available to staff, including generous salary packaging with rewarding NFP fringe benefit tax exemptions.

Core requirements prior to any offer, or commencement of employment:

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| Police check | Criminal record checks are mandatory for all new appointments. Neami National will cover the cost of an Australian check. Where a new employee has lived outside of Australia for 12 months or more within the last 10 years, the cost of an International check will be borne by the applicant (~\$142.00). |
| Working with Children check | A valid Working with Children check must be supplied by all new employees (employee responsibility). |
| Car licence | A valid Australian driver's licence (P plate or above) must be supplied by all new employees. |
| Right to work within | You must maintain a right to work in Australia, in the position and location of employment during your employment with Neami. You must comply with all terms of any such grant of |

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| Australia | a right to work in Australia. |
| DWES Check | Disability Workers Exclusion Check Clearance |

Section B: application procedure

To discuss the position, please contact:

Name: Ed Marrinan, Service Manager

Contact Phone Number: 0428 663 109

Section C: key responsibilities

Bringing your lived experience, knowledge, skills and abilities:

- Engage consumers and community members and develop trusting and professional relationships that respect worker / consumer boundaries
- Facilitation of small and large groups of community members, delivering activities to introduce self-awareness and self-management skills across all social determinants of health
- Participate in social media campaigns to address the stigma surrounding suicide and promote positive, evidence-based help-seeking behavior
- Support mentors in their training and community engagement and reflective practice
- Review training materials and support co-design of programs and to ensure the lived experience narrative informs activities
- Seek to learn about the consumers' interests, their connections with family and friends, and work with the consumer in building their capacity to be part of their community
- Provide emotional support to consumers by constructively applying lessons learnt through your own lived experience of the impacts of suicide, i.e. be a bearer of hope that recovery can and does occur
- Draw upon your understanding and belief in strength based, recovery orientated models of service
- Provide opportunities to discuss problem solving strategies, reflecting on helpful and unhelpful behaviours
- Provide social validation support by giving consumers feedback about their social interaction
- Assist other staff members in the development and regular review of the consumer's individual service plan
- Work as part of a team in assisting consumers to engage with the practices associated with the Collaborative Recovery Model, i.e. assisting the consumers in values and strengths identification and clarification, assisting the consumer to complete tasks as part of goal striving

Participate fully as a team member

- Co-operate closely with team members in order to ensure continuity of care and provision of a comprehensive service to consumers
- Actively participate in reflective practice through team meetings, decision-making processes, service planning sessions, supervision and staff development activities
- Contribute to the further development of best practice by informing policies and project submissions effectively drawing upon your personal experience of the impacts of suicide
- In consultation with consumers contribute to regular evaluations of the effectiveness of the service

Maintain records and resources

- Collect, collate, and maintain data on consumer contact
- With team members collect information on community resources

Section D: key competencies

Creating diverse staff teams

The values, skills, attributes and commitment of our staff are key to our success and reputation as a national mental health service that provides high quality support services to people living with a mental illness.

We are strongly committed to further developing and diversifying our work force as part of our strategic directions.

We celebrate multidisciplinary teams and value the rich skills and experiences brought by applicants from a range of sectors and professional backgrounds.

Further depth is brought by those from diverse cultural backgrounds, Aboriginal staff, and those with lived experiences of mental illness and recovery, all of whom are strongly encouraged to apply for any roles that match their skills and interest.

The following competency criteria will inform our selection decision:

Adhering to principles and values

- Upholds ethical behaviour, consistent with values as characterised by honesty, fairness responsibility and hope
- Demonstrates integrity and credibility, and fosters open honest communication
- Demonstrates commitment to the organisation and its values, and a belief in recovery and self-empowerment
- Can articulate, apply and integrate the values of Lived Experience work, and uphold Neami's values

Relating to people and building connections

- Adapts to the team and contributes to a positive team dynamic
- Listens, consults others and communicates proactively
- Develops and openly communicates self-insight, such as an awareness of own strengths and areas for development
- Establishes respectful professional relationships that have clear boundaries with consumers, staff and partner organisations
- Demonstrates an interest and understanding of others and relates well to people at all levels
- Gains agreement and commitment from others by engaging and gaining respect
- Building a sense of equality between PSW and consumer

Communicating and facilitating

- Speaks clearly, fluently and honestly to engender trust
- Demonstrates awareness of, and ability to regulate own emotional reactions

- Adapts communication style to meet the needs of others, and identifies changing needs within a group
- Engages a diverse range of people, and facilitates groups with skill and confidence, actively working to create an equal environment
- Produces new ideas, approaches or insights in developing and using one's narrative of Lived Experience of recovery
- Produces a range of examples of Lived Experience of the impacts of suicide to support and deepen a consumer's understanding of the recovery journey
- Can creatively tailor group activities to engage and meet the needs of participants
- Plans, uses and continually reviews self-disclosure in a purposeful, meaningful and safe way

Planning, organising, and problem solving

- Manages time effectively
- Efficiently sources and organises resources required for a task
- Is accountable and proactive about reviewing progress and outcomes
- Accepts instructions from others and understands and respects constraints within an organisation
- Exercises common sense in making judgments and seeks solutions to problems

Adapting and responding to change and coping with challenges

- Adapts to changing circumstances quickly and responds to the reactions and feedback of others
- Adapts interpersonal style to suit different people or situations, and shows confidence in managing change
- Shows respect and sensitivity towards diversity
- Deals with ambiguity, making positive use of the opportunities it presents
- Maintains a hopeful and positive outlook during challenging times at work
- Demonstrates the ability to self-reflect, using reflection as an opportunity to learn
- Demonstrates confidence and willingness to seek support

Additional requirements you will need:

- computer literacy and written communication skills
- Lived experience of the impacts of suicide and demonstrated experience of recovery
- Experience of the public or private mental health system
- Demonstrated experience in facilitating groups, including the ability to prioritise different needs within a group