

POSITION DESCRIPTION



TITLE: Peer Mentor – Peer Mentoring Program (PMP)

EMPLOYMENT STATUS: Casual position

AWARD DETAILS: Social, Community, Home Care and Disability Services Industry Award 2010. Social and Community Services Employee - Level 2.

REPORTS TO: Peer Mentoring Program Manager

LIAISES WITH: Program participants, PMP staff, EDV staff, partner services

LAST UPDATED: May 2021

ABOUT EDV

Our Mission

To assist all Victorians impacted by eating disorders to access the information, support and services they need throughout their journey, from discovery to recovery.

Our vision

Victorians affected by an eating disorder have timely access to the information, support and services that they need to inspire hope and ensure the earliest possible recovery.

Our Values

We embrace the following values to underpin our mission:

Connection Courage Optimism Perseverance

Eating Disorders Victoria (EDV) is the leading community organisation helping Victorians understand and recover from eating disorders. A trusted source of support since 1983, EDV delivers a broad range of free and low-cost community services that respond across the breadth of the eating disorder experience – from discovery to recovery.

Our services exist to:

- Guide Victorians to the services needed for timely, evidence-based care.
- Share with Victorians the skills developed by those who have experienced and recovered from eating disorders.
- Provide Victorians with innovative community programs that aren't available elsewhere.
- Be a voice that guides Victorian stakeholders (health professionals, community leaders, decision makers) to the knowledge required to strengthen the broader system of care.

Our services are for individuals affected by eating disorders, as well as the families, communities and professionals that support them.

EDV's work is proudly informed by lived-experience, as well as the expertise of health professionals and evidence-based approaches. We are a strong voice for lived experience and actively advocate for our community at local and national level.

ROLE STATEMENT

EDV's Peer Mentoring Program (PMP) is a unique and effective approach to providing support for adults currently in or transitioning from hospital inpatient units and intensive day programs, and/ or supported by a treatment team, with the aim of sustaining their recovery outcomes in the long term. The PMP has now been running for over four years and is funded by the Victorian Government.

EDV Peer Mentors will be matched with a person in recovery from an eating disorder and have regular contact with the program participant over approximately six-months (13 mentoring sessions). The participant is supported to achieve self-identified goals, which may include independent activities of daily living (e.g., supermarket shopping, eating out), further developing meaningful skills and interests and engaging with community life (e.g. connecting with local community groups, learning a new skill or activity, planning for or returning to work). PMP sessions occur on a fortnightly basis, take place in a variety of community settings and are scheduled in agreement with PMP team.

The health and wellbeing of all Peer Mentors is of great importance to EDV, and they are supported via regular contact with the PMP office staff as well as bi-monthly group debrief sessions run by a psychologist. Peer Mentors will also participate in the evaluation of this program through a range of activities such as completing questionnaires, interviews and focus groups throughout the program.

KEY ACCOUNTABILITIES

- Participate in a three-day induction/training program, and professional development activities as required.
- 13 mentoring sessions that occur on a fortnightly basis over a period of approximately six months. Sessions occur with matched participant/s and are scheduled in agreement between the peer mentor, participant and the PMP office staff.
- Support program participant/s to devise a Mentoring Journal to reach their short-term goals. Attendance of regular group debriefing sessions facilitated by PMP office staff (bi-monthly).
- Participant in regular individual debriefing with PMP office staff.
- Provide feedback including documented contacted with program participant/s and progress against identified objectives.
- Report any issues of concern to the Project Manager or Program Officer in accordance with guidance provided by EDV.
- Keep up to date with EDV news and sector developments.
- Other duties consistent with position as directed by PMP office staff.

KEY SELECTION CRITERIA

Essential:

- Recovery from an eating disorder (minimum of two years).
- Ability and willingness to discuss own experiences of mental illness in the context of supporting someone who has recently undergone treatment for an eating disorder.
- Strong commitment to peer support and understanding of the value of peer work in mental health recovery.
- Understanding of the role of professional treatment in recovery from an eating disorder.
- Demonstrated understanding of professional boundaries and ability to work within specified program guidelines.
- Ability to learn from own actions, take feedback, modify behaviour in response.
- Demonstrable knowledge of eating disorders, body image and related issues; including knowledge of the risk/protective factors, treatment options, impact on families and challenges associated with recovery.
- Excellent listening abilities and communication skills.
- Validating, encouraging and friendly manner.
- Understanding of the importance of self-care and demonstrated ability to enact own self-care routines during times of stress.

Highly desirable:

- Qualification in Peer Work.
- Experience as peer mentor or facilitator in another role.
- Relevant tertiary qualification in Social Work, Psychology, Public Health, Social Sciences or similar.

CONDITIONS OF CONTRACT

Location: The program runs out of the EDV office, Level 2 of the Magpies Community Centre (corner Lulie and Abbot Streets, Abbotsford). Due to COVID-19, there is capacity for a working from home arrangement as mutually agreed.

Activities will be undertaken in community settings as mutually agreed by the mentor and participant. Group supervision sessions will take place on Wednesday mornings (bi-monthly).

Employment conditions:

- Sessions are scheduled in agreement with the peer mentor, participant and the PMP office team.
- Subject to satisfactory Working with Children Check and National Police Check.
- Other conditions as mandated by the Fair Work Act.
- Probationary period will apply (3-months).
- Current EDV volunteers who are part of the HUB or SOR team would need to resign from volunteer duties to take on this role.

Ethical requirements: All EDV staff are required to adhere to the EDV Code of Ethics, Code of Conduct, Core Values and guiding principles and relevant organisational policies, practices and guidelines. Peer Mentors are also required to agree to PMP Rights and Responsibilities.

Wellness criteria: EDV values the lived experience of volunteers, staff and board members in the organisation. As this position requires recovery from an eating disorder, we recommend a two-year recovery period and a 'Declaration of Wellness' so that all connected with EDV are able to look after themselves and be supported.