

Expression of Interest

Peer Worker Training (Mental Health)

Seeking expressions of interest from people with lived experience with mental health and addictions.

Te Whatu Ora South Canterbury, Mental Health and Addictions Service is hosting a 5-day intentional peer support (IPS) core training early December 2023. This course will equip individuals with the basic skills, knowledge, attitudes and behaviours to undertake peer support work.

In this highly interactive environment, participants will learn the tasks and principles of IPS, examine assumptions about who you are, your lived experience, acknowledge our histories of oppression and trauma through a lens of 'what happened' and explore ways to create relationships in which power is shared, co-learning is possible, and support goes beyond traditional notions of "service".

IPS is a powerful framework for thinking about and creating transformative relationships. You will learn to use your lived experience and relationships to see your lives and identities from new angles, develop greater awareness of personal and relational patterns, and support and challenge each other in trying new things. This professional development course is designed to create a safe space for people to explore and develop professionally within this unique learning opportunity. The course is facilitated by qualified trainers with a lived experience who are currently working in the field and you will receive an IPS Core Training Certificate upon successful completion of the course.

The IPS Core Training is a pre-requisite for applying for the upcoming Peer Support Specialist roles within Te Whatu Ora South Canterbury, Mental Health and Addictions Service.

We encourage people to apply who have personal lived experience of substance use and recovery (essential) and/or mental distress. This course is the first step in beginning a career where you can utilise your specialist knowledge to assist others on their journey to recovery.

Closing date: **Monday 20th November**. Limited spaces available. No cost to attend.

If you are interested in applying, please submit a cover letter outlining your interest/passion in peer support including any personal lived experience. You are welcome to provide a resume however this is not essential.

Please apply via email to: ncrawford@scdhb.health.nz

Or post: Consumer Advisor, Dept 265, Private Bag 911, Timaru