

Peer Support Worker News

January 2010, issue 1

What is peer support?

A role specifically for people who have lived experience of mental distress. "Through sharing their own experiences they will inspire hope and optimism, empathy, mutuality, and friendship".

Training details / who can apply?

The first cohort starts in May 2010. Each cohort is a month long and includes four days' work experience. Cohorts will initially be available in Cambridge and Peterborough. The course has 16 modules including recovery concepts / recovery language, self-esteem, communication, challenging situations, telling your personal story, the power of peer support, managing boundaries, conflict, dealing with trauma, etc. Following the training, Peer Support Workers will be able to apply for posts within CPFT.

Applicants must;

- Be dedicated to promoting recovery opportunities in the lives of peers.
- Be able to utilise their own lived experience of recovery to inspire recovery in the lives of others.
- Have a goal of going to work (paid employment) as a Peer Support Worker or related position
- Have a good level of secondary education to GCSE / diploma level.
- Complete a Wellness Recovery Action Plan (WRAP) or Whole Life Plan prior to the start of the training.
- Be committed to actively participating in training and meeting all pre-course requirements.

www.workingtogetherforrecovery.co.uk

Recovery Innovations Arizona, RIAZ visit

Recovery Innovations Arizona (RIAZ) will be providing the Peer Support Worker (PSW) training. It is the leading international organisation for PSW developments. RIAZ spent a week with us from 11 January to plan the training and we are thrilled to be working with the organisation.



Progress so far

- Sharon Gilfoyle appointed as Project Manager
- PSW Project Steering Group established and project plan has been drawn up
- A recognised accreditation will be obtained for the PSW training
- Job descriptions and person specifications have been drawn up
- A Peer Support Worker Code of Conduct has been developed
- Post identification is under way to establish where the PSW roles will be introduced
- Recovery outcome measures and project evaluation methodology will be developed

A series of drop in days will be arranged for interested people to get more information and then orientation days will be available to hear more about the training and submit an application. Specific support can be arranged to assist people through the training if required. Information will be distributed to mental health teams, partner agencies, service user groups, and advertised on the CPFT website

For more details contact Sharon Gilfoyle, Peer Support Worker Project Manager

T 01733 748382

E sharon.gilfoyle@cpft.nhs.uk

www.cpft.nhs.uk