

## Position Description

# Mental Health Peer Worker

**Full time part time negotiable** (Maximum contract ending 30 June 2018)

Various Locations: Wollongong, Nowra, Goulburn, Queanbeyan, Cooma, Bega, Moruya

### Purpose of Position

The Peer Worker will work within the GPH mental health services teams to provide open, appropriate and effective support to consumers accessing or considering connection to GPH mental health services. GPH mental health services that utilise Peer Work services include Partners in Recovery, Complex Mental Health and Suicide Prevention Aftercare.

As a Peer Worker, your own life experience of mental health and personal recovery will provide a distinct advantage as you support people with a lived experience of mental health issues. You will aim to nurture hope and personal power to inspire the people that you support to move forward with their lives. Before applying for a Peer Work position, applicants need to understand that being a Peer Worker means you will be drawing on your lived experience in the everyday duties of your work. Essential qualities of this position include:

- Lived experience of mental health issues
- Practical knowledge and understanding of issues experienced by people with mental ill health
- Understanding of the recovery process and ability to communicate a lived experience of recovery
- Capacity to share one's own story appropriately in a variety of contexts
- Ability to establish relationships and maintain appropriate boundaries
- Ability to manage your own wellness including the identification of strategies for staying well whilst working

### Decision Making

- The Peer Worker reports to the Team Leader
- Consults with and makes recommendations to the Team Leader regarding the implementation of day to day activities and ad hoc initiatives
- Identifies problems and collates information to develop appropriate responses, including the implementation of solutions
- Makes recommendations to the Team Leader regarding decisions outside delegated authority.

### Key Responsibilities

- Support consumers in GPH Mental Health Services by:
  - acting as a coach and mentor
  - share and discuss common experiences with consumers to develop trust and rapport
  - encourage and maintain a positive and optimistic outlook
  - be a point of contact and support for the consumer
  - participate in goal setting activities with the consumer
  - promote self-pride and daily schedule
  - identify opportunities for consumers to, learn, grow and become more confident/improve self-esteem
  - provide encouragement and support to access supports
  - facilitate or co-facilitate group programs in conjunction with team members
- Forge strong links with GPH staff and subcontractors to better enable a smooth transition for consumers
- Work collaboratively with other Peer Workers within the organisation to obtain optimum outcomes. This includes, but is not exclusive to participating in regular team meetings/discussions.

- Provide support and feedback to team members
- Contribute to and cooperate with the measurement of program outcomes
- Prepare reports, case notes and other required documentation
- Undertake training
- Work Health and Safety responsibilities as identified in organisational policies and procedures
- Equity and diversity responsibilities as identified in organisational policies and procedures

**Selection Criteria**

The essential experience, knowledge, skills, competencies and qualifications required in order to successfully fulfil the responsibilities of the position are:

1. Tertiary qualifications in mental health, community services or peer work (or a willingness to work towards same) or equivalent experience.
2. Capacity to relate to consumers from a perspective of having a 'lived experience' of mental health issues.
3. Comprehensive understanding of the recovery process and ability to communicate a lived experience.
4. Ability to establish relationships and maintain appropriate boundaries with consumers.
5. Demonstrated ability to work in a team environment, skills to work cooperatively with other staff as well as working independently.
6. Ability to use own life experience to provide empathetic support and to engender hope for the future.

**Additional Information**

Conditions of employment:      National Employment Standards and relevant Modern Award  
    Employment Contract  
    GPH policies and procedures  
    National Criminal Record Check and other probity checks

As the incumbent of this position, I confirm I have read the Position Description, understand its content and agree to work in accordance with the requirements of the position.

Employee Name: \_\_\_\_\_

Employee Signature \_\_\_\_\_ Date: \_\_\_\_\_

Manager's Name: \_\_\_\_\_

Manager's Signature \_\_\_\_\_ Date: \_\_\_\_\_