

Improving mental health and wellbeing for pēpi | infants, tamariki | children and taiohi | young people through service improvement, workforce development and advocacy.



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Youth Lived Experience
Workforce Development

Understanding the Youth Peer Support Role

Romy Lee – Youth Advisory/Peer Lead

Today's Webinar

- Understand the history of peer support in Aotearoa
- Current state of peer support in Aotearoa
- Challenges in employing a peer support workforce
- How youth peer support can benefit young people



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Origins of Peer Support

- 1960s–1970s – Treatment moved from inpatient to outpatient
- 1980s – Global movement of mental health consumer advocacy
- Growth of peer support steady over last 30 years



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Current state of peer support

- Adult mental health and addiction services
 - 350 FTE ~2.7%
- Youth mental health and addiction services
 - 15 FTE ~0.8%
- Community, hospital, inpatient, NGO, Te Whatu Ora, Youth One Stop Shops



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The role of peer support in a service

- Walk alongside a young person's service and recovery
- Empathy through a deeper understanding
- Work alongside clinical interventions
- Non clinical, peer led support
- Give the young person a well-rounded support network



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The role of peer support in a service

- Formal or informal activities
- Supporting young people to achieve goals e.g. activities outside of the service, skills
- Checking in on their journey
- Providing support from a peer perspective
- Values – Empathy, Non-judgemental, active listening



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Peer support workers are NOT

- Taxi drivers
- HCAs
- Assistants



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YOUTH peer support workers

- Young people with lived experience of mental health and/or addiction issues
- Closer in age and stage to the client group
- Have reached a point in their recovery where they can enter an employed role



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Youth peer support workers

- Research shows that peer support can improve mental health outcomes, increase social support, and enhance overall well-being
- Youth peer support workers are uniquely positioned to provide support to young people as they can relate to their experiences and offer guidance and empathy



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Challenges

- Low uptake of youth peer support roles
- Services are not sure how to utilize this role
- Pivoting from clinical only to clinical and peer service delivery
- Supporting clinical teams with transition
- Adequate training opportunities



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Training opportunities

- Intentional Peer Support (IPS)
- Peer Employment Training (PET)
- Bespoke trainings per org
- Ka Rangatahi Youth Lived Experience



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- Developed for young people working in youth lived experience roles
- eLearning
- Workshop
- Supervision toolkit



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Supervision toolkit

A resource about
supervision for young
people working in
lived experience
and peer roles



- For young people and managers
- Different kinds of supervision and reflective practice



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Next Webinars

- **Structuring your service and team to include youth peer workers**
- **Supporting teams to integrate clinical and peer workforce**



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Questions?

Questions can also be sent to
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