

> PEER SUPPORT

PEER SUPPORT PROGRAM

WESTERN HEALTH IS RECRUITING NOW

Presented by Michelle Whitlock and Brie Olaris from Caraniche at Work

The Western Health Peer Support Program (PSP) is a new initiative where trained employees volunteer their time to provide support to colleagues. It complements other Western Health employee support services such as the Employee Assistance Program and the Critical Incident Stress Management (CISM) program and provides short term support, guidance and strategies to staff in need.

The Peer support program will provide a formal and easily accessible path-way for staff to access guidance and support from trained co-workers 24/7.

The role of a PS is to:

- listen to the employee's experience, issues and concerns;
- work collaboratively with, and support colleagues to determine the best options for addressing their concerns;
- guide and encourage access to appropriate and professional services to ensure the right support is provided in a timely manner;
- provide confidential support.

The role of a PS is NOT to:

- provide counselling services to a colleague;
- direct colleagues on what to do or to solve their problems (including work-related matters);
- facilitate conflict resolution or mediation;
- provide advocacy on behalf of the colleague;
- give professional advice;
- take on board other's issue or become overly involved.

Is being a Peer Supporter for you?

- Are you good at relating openly and comfortably with diverse groups of people
- Do you have great listening and communication skills?
- Are people your priority and make yourself available when colleagues are in need?
- Are you good at gaining and maintaining confidentiality and trust through honesty and integrity?
- Do you have a passion for promoting and sustaining a culture of support?
- Can you adapt your approach and demeanour to match different situations?
- Can you rebound when facing difficult situations?

If this sounds like you, please submit your interest to Leesa Cooke leesa.cooke@wh.org.au by Friday 3rd February

Participants of Peer Support Training will experience:

A comprehensive 2 day training program, dedicated to the role of a peer supporter within Western Health. Participants can expect to learn:

*Role of the Peer Supporter	*Confidentiality and Boundaries	*Psychological First Aid (PFA)
*Communication Skills	*Understanding Mental Health	*Grief and Bereavement
*Risk of Harm and Suicide	*Referral Processes	*Substance Use and Disorder
*Disability and Diversity Awareness	*Critical Incident Response (CIR)	

Dates for your diary:

GROUP 1—FOOTSCRAY

FEBRUARY 14 & 21

GROUP 2—SUNSHINE

FEBRUARY 28 & MARCH 7

PLEASE NOTE AS SPACES ARE LIMITED—YOU MUST BE AVAILABLE TO COMMIT FOR BOTH TRAINING DATES IN THE GROUP ABOVE BEFORE APPLYING.

PEER SUPPORT OFFICER APPLICATION FORM

Name:

Role & appointment type (i.e. full time, part time, hours / roster or fixed days)

Unit / Dep't / Work area:

Division:

About you: Tell us your experience in supporting colleagues that will help you to assist Western Health's Positive Workplace Framework and why you are applying to be a Peer Supporter?

Describe how you have dealt with a difficult or stressful situation at work?

Describe a time when you had to communicate something important to someone and how you went about it?

Are you available to fulfill the duties of a PS?:

Which Group are you available for?

GROUP 1 FOOTSCRAY

GROUP 2 SUNSHINE

Manager Name and Signature :

Please submit to Leesa Cooke: Leesa.Cooke@wh.org.au no later than Monday 16th January