

# Peer Support Master Class

**Ko Awatea**  
**Thursday 13 August 2015**

**David Codyre**  
**East Tamaki Health Care**

**Cassandra Laskey**  
**Counties Manukau Health**



 [Manaaki Hauora #CMH50K](#)



# Manaaki Hauora - Supporting Wellness

- **Why peer support? – clinician perspective** David Codyre (10 mins)
- **Why peer support? – consumer perspective** Cassandra Laskey (5 mins)
- **Over-view peer support/evidence: mental health and addictions** Cassandra Laskey(15mins)
- ***Champions of Recovery*** – The CM Health Mental Health Peer Support Story (film 10 mins)

## ***Showcase of evolving peer support models within Manaaki Hauora:***

**Kia Kaha ki te Hauora:** (*Be Strong in Wellness*) The evolution of a peer-professional team to support people with long term conditions in their journey of recovery  
Gary Sutcliffe and Merle Samuels, Peer Leaders; Leona Didsbury and Pam Low, Health Psychologists - East Tamaki Health Care (50 mins)

**Folau I Lagi-Ma:** (*Journey to Wellness*) The role of peer support in offering hope, encouragement and support to assist people achieve their recovery goals despite their health conditions. Alofa Leilua, Peer Support Specialist, The Cottage  
Rachel Forrest, Occupational Therapist, The Cottage (20mins)

- **Wrap Up** David/Cassandra/Sneha (5 mins)