

Advances in Mental Health Care: the Role of Peer Support

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Peer Support in Mental Health

- What's that?
- Making a Difference
- Future Developments

Context for Peer Support

- Peer support is an emerging mental health workforce in New Zealand, Australia, Britain, Scotland, Canada and the United States
- In New Zealand peer support services in the mental health and addiction sector
- CMDHB established peer support within mental health clinical services in 2006
- Established in Primary Care 2014

What we wanted to achieve

Introduce a unique and well trained workforce, peer support specialists into multidisciplinary teams in order to;

- Enhance recovery and well being through the service user/clinician partnership
- Reduce health disparities by improving engagement with services
- Strengthen shared care approaches

Defining Peer Support

Challenges:

- Creating clarity
- How will this role affect the way I work?
- Who is this person?

What do they do?

- Recovery coaching
- What do we intend to achieve?
- How could we do that?
- Timely and accountable

Potential of Peer Support

Opportunity to:

- Create hope
- Engage differently
- Provide a person-centred environment
- Inspire clinical professionals

Leadership

- Professional Leadership
- Team Leaders
- Clinical Leadership/Partnership
- Supervision structures

Making a Difference?

- “For many people peer support helps them in ways that complement and extend support provided in clinical service settings”
- “Many experience positive impacts in their recovery”
- “Meets expectations and is valued by service users”

King, 2014

DHB Funded Services

Peer Support within MDT: DHB Provider Arm

- 2006: 6 FTE one team
- 2014: 23 FTE eight teams
- Clinical/Peer partnership

Peer – Lead MH Acute Alternative: NGO

- Tupu Ake: 10 bed acute alternative to hospital

Peer – Lead Alcohol and Other Drug: NGO

- Mahi marumaru: mobile community peer support
- Puna whakataa: AOD respite facility
- Phoenix centre: AOD clinical/peer partnership

Future Development



The last words...

- ▶ *“They focus on you...results are important...do the job and have an outcome...they’re accommodating, easy to relate to because they’ve been in the system”*
- ▶ *“They tried to help, let me work it out myself...follow her or do my own thing, listen to her or choose when I’m ready”*

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