



TRAINING FOR PEER WORKERS – SYDNEY

Become a PeerZone Facilitator

18th – 21st June 2019

What is PeerZone?

PeerZone is a series of peer-led mental health workshops providing resources and strategies to benefit others experiencing mental health distress. These workshops are facilitated by **certified PeerZone educators** with their own lived-experience, each group uses discussion and activities to explore mental health and find strategies to help manage day to day life.

It was developed by Mary O'Hagan, Sara McCook Weir and other peers in New Zealand. The workshops explore distress, recovery and all the major life domains such as lifestyle, relationships, housing and employment. There are 20 workshops to choose from and these are open to all members of the community who may be experiencing mental health issues, or may know someone who is, and would like to learn different ways to understand mental distress and explore ways to improve daily life.

How do I access PeerZone training?

Brook RED is the Licence holder for PeerZone in Australia, if you want to speak to someone about the training, please feel free to contact Donna Humphrey on 0400 040 565 or email dannah@brookred.org.au.

How much does it cost to be a PeerZone facilitator?

Four days facilitator training program = **\$750**

Two-year PeerZone Licence = **\$750** (payable to refresh licence every two years).

Total cost = \$1,500

This fee will give you access to a mentor to support you with ongoing training and access to online resources; workshop materials being updated frequently and new resources being released in 2019.

When?

Tuesday 18th to Friday 21st June 2019

9.00am to 4.00pm

Where?

Venue tbc

How do I book my spot?

Email dannah@brookred.org.au and ask for a Registration Form. Once you get this you will need to fill it in, sign it and scan it back to dannah@brookred.org.au to secure your place on the training program.

What happens during the training?

After an initial introduction, the first two days will see attendees participate in the foundation workshops. These workshops are: Understanding our Distress, Understanding our Alcohol and Drug use, Leading our Recovery, and Exploring our Stories. By the third day, each attendee chooses part of a workshop from over 18 modules to choose from, then they will deliver (either alone or teamed up with another peer). Each attendee will be guided in explaining and delivering the workshop, including the energiser and activity resources available. After everyone has delivered, the final day involves working through the process of workshop delivery, familiarising yourself with the website, the manual and the PeerZone support services, in preparation to go and do it!

Expectations

PeerZone is about getting out there and delivering workshops with our peers. It is about strong group work and relationships. We expect this training to be the start of much shared learning and promotion of wellbeing for people with mental distress and/or addiction. We do recommend that this Facilitator Training is for people who already have experience in group work and facilitation. We do need commitment from participants to attend all of the training days and keeping to time is important and valued. A gentle assessment will be conducted during the course.

What do the workshop facilitators say?

PeerZone is a fantastic product – well designed and resourced.

This course has been a life-changing opportunity for me as a peer and as a facilitator.

The best week ever! The content is brilliant and honours the lived experience.

PeerZone is an incredible opportunity to further one's self development.

What do service managers say?

As a service provider, it has been really valuable to have a structured programme that gives us the ability to incorporate peer support into our way of working.

PeerZone is a wonderful resource and peer community that provides space for conversations and mutual learning about mental health and living a full life.

The ongoing support is amazing and gives new facilitators the confidence to go out and do more of it.

PeerZone works on three levels in individual participants:

- It invites them to rebuild a more positive story of their lives.
- It offers tools for whole of life wellbeing.
- It creates a community of mutual support.

PeerZone works on three levels in service agencies:

- It's a service innovation for provider organisations that invest in it.
- It's a practice tool and support structure for workers with lived experience who facilitate it.
- It's a personal development opportunity for service users who participate in it.

Some facts about PeerZone:

- 250 PeerZone facilitators have been certified in Australia, New Zealand, Canada and the USA.
- 78% of workshop participants have rated them as excellent.
- 78% of managers say PeerZone has had a big to moderate positive effect on facilitators.
- 80% of facilitators say that PeerZone has had a big to moderate positive effect on participants.
- There are a total of 218 workshop activities and 47 handouts across the 20 workshops.
- There are 654 publicly available resources on the website across the 20 workshops.

There is a good evidence-base for programs like PeerZone. PeerZone has been successfully piloted and all the workshops are evaluated. Our new evaluation system includes demographic data and impact related questions as well as questions on satisfaction with the workshops.

What do workshop participants say?

PeerZone is awesome.

Brilliant, beautiful.

I loved the programme.

It gives us a safe environment.

The pain has gone.

I discovered so much about myself.

I learnt lots about options.

I believe that I matter more.

