



Sustainability in Peer Support

Dave Burnside – Lived Experience Lead

Odyssey

daveb@odyssey.org.nz



ODYSSEY

Peer Support

■ Emerged from service-user / consumer movement

- Mental Health Peer Support

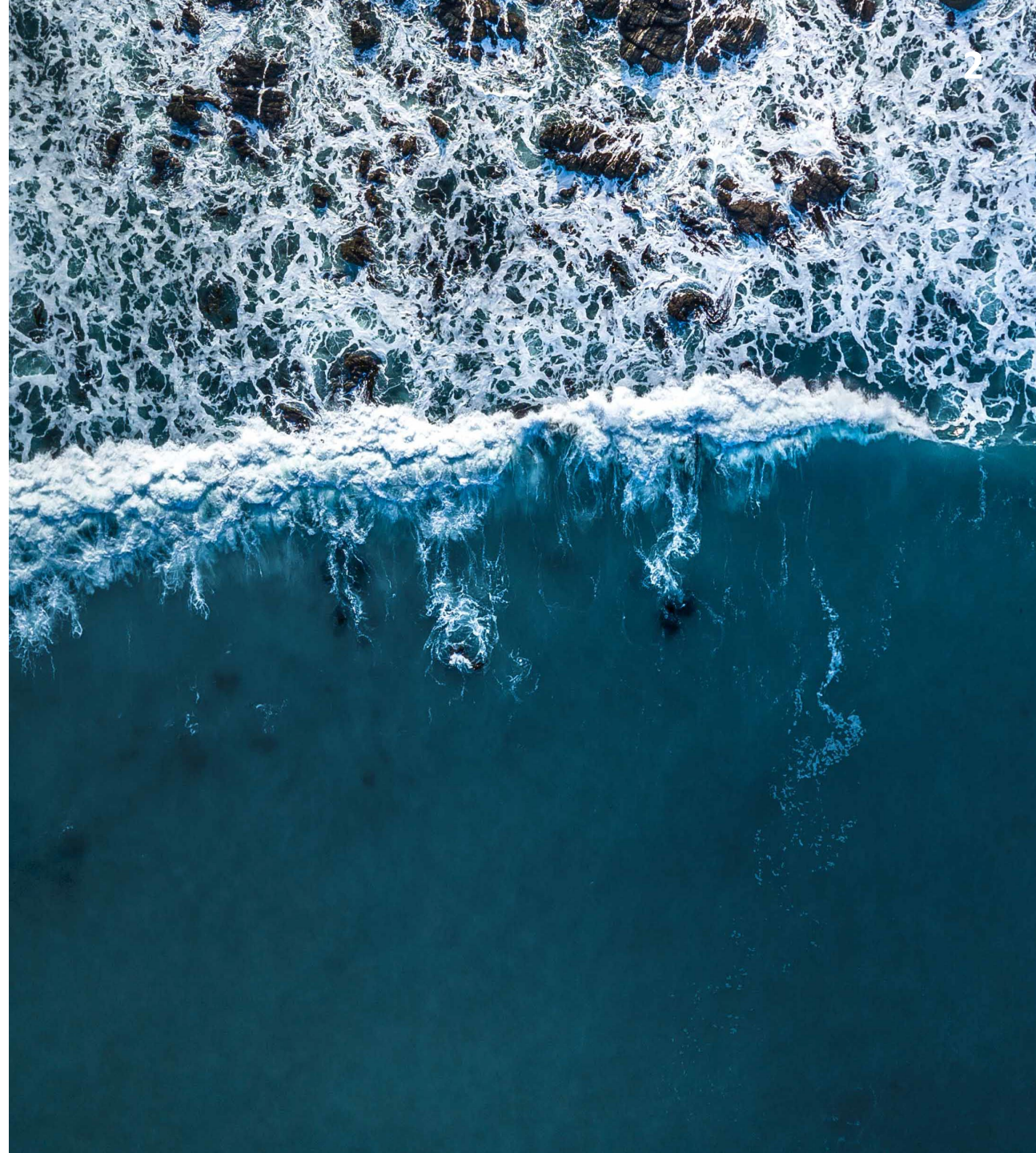
Rooted in systemic harm and oppression – sick people

- Addiction Peer Support

Rooted in systemic neglect and ideas of moral failure – bad people



ODYSSEY



Treatment vs Recovery

‘Treatment was birthed as an adjunct to recovery, but as treatment grew, it defined recovery as an adjunct of itself’

(William White, 2000)

Recovery is fundamentally about what goes on ‘out there’ not ‘in here’

(David Best blog- www.cultivatingrecoverycapital.com)

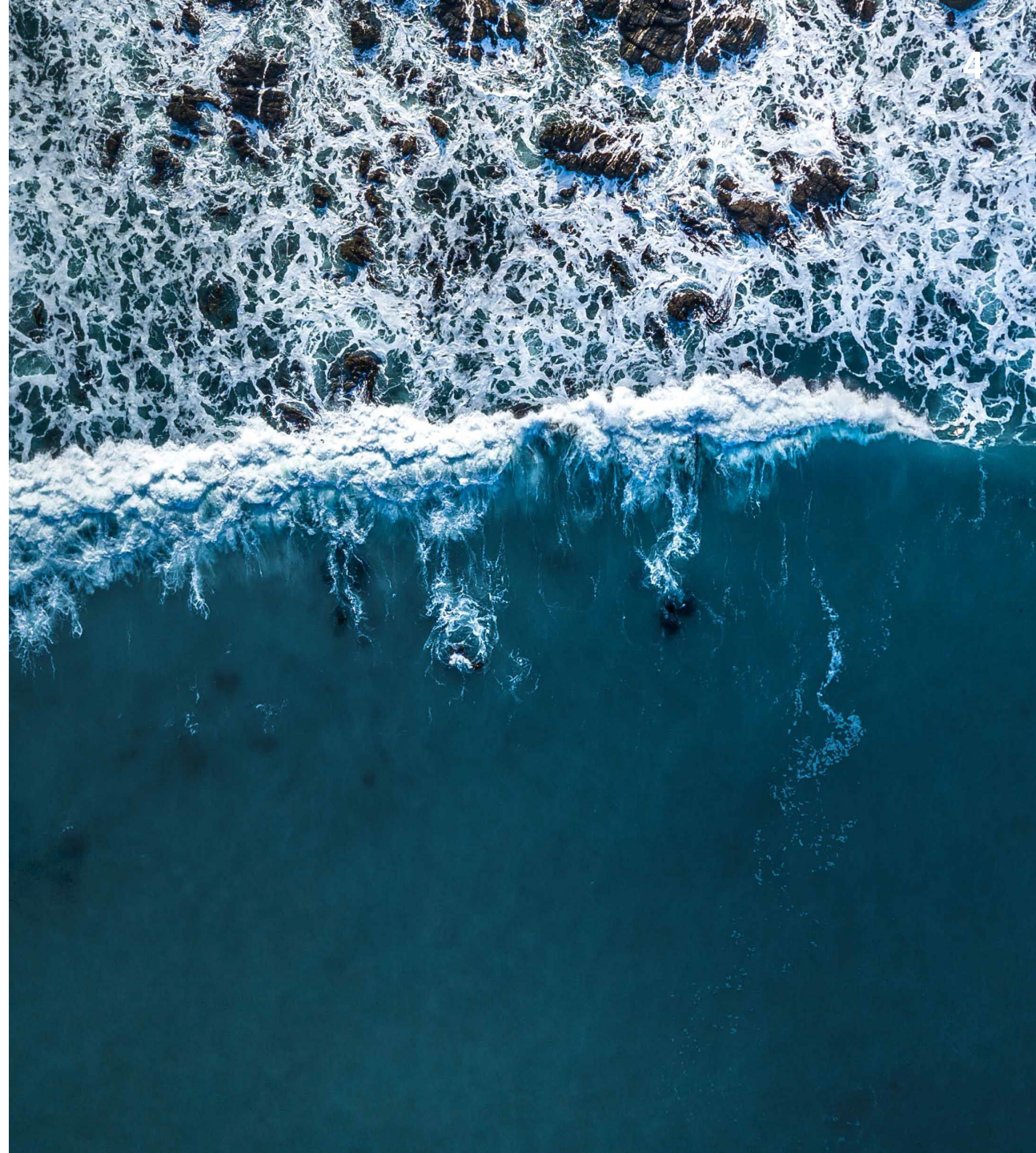
Peer Support in NZ

Peer support in Mental Health

Peer Support in Addiction

Inquiry into Mental Health and
Addiction (2018)

Kia Manawanui
He Ara Awhina



Key areas of concern – Peer Support

Lack of understanding of who Peer Support are and what they do – Role Clarity

Lack of appropriate Peer training

Lack of support for the role – supervision, coaching

Isolation in the role

Lack of career pathways



Taupae Wheako

Centre for Lived Experience Peer
Support and Social Recovery

Taupae Wheako

**Centre for Lived
Experience Peer
Support and Social
Recovery**

- Role Clarity
- Peer Support 101
- Peer Group Facilitation
- Peer Supervision and Coaching
- Consultation and Organisational Recovery Orientation
- International Collaboration

Taupae Wheako

**Social Recovery -
enhancing the way
we support people
to build recovery
capital and
promoting social
justice through a
focus on
participation, access
and rights**



Sustainable foundations for Peer Support

Organisational recovery orientation

Role clarity

Training

Supervision

Pathways

Organisational Recovery Orientation

What does Recovery look like in:

- Organisational philosophy
- Operations
- Documentation

Peer Support policy – Model

Strategic plan



Role Clarity

Peer Support in your organisation:

Who are they?

What do they do?

What are the tensions/solutions?

How do we work together?

Peer Support Training

Foundational / Introductory

Level 4

Further study – Levels 5,6,7

Post Graduate study



Supervision

External peer supervision by lived experience/peer

- Individual / group

Self-directed peer coaching model

Career Pathways

Clinical/practitioner

Peer Leadership

Consumer Advisor / Advocate

Academia/research



Summary

A healthy, functioning, sustainable Peer workforce:

Organisational recovery orientation

Role clarity

Training

Supervision

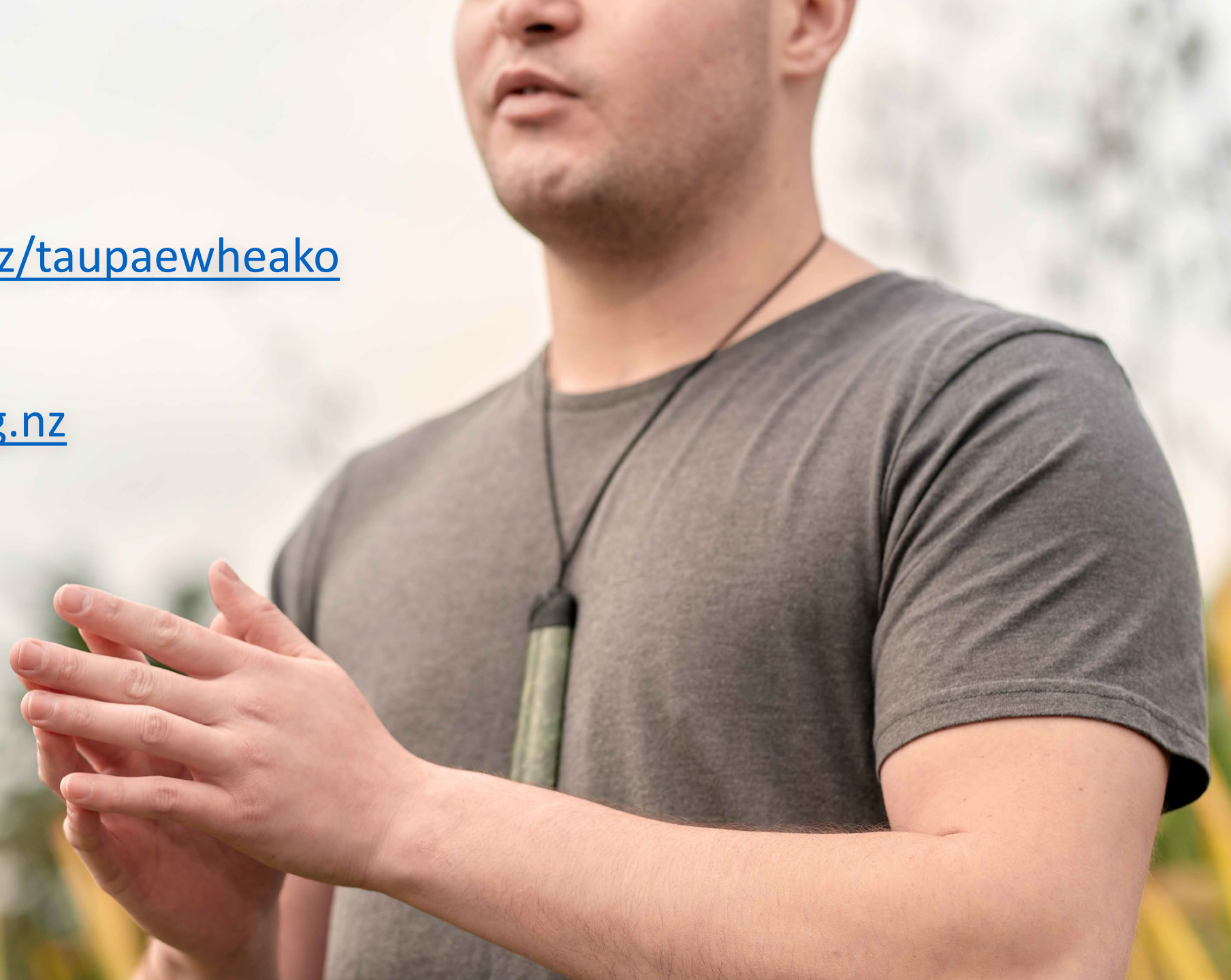
Pathways

Thank you

www.odyssey.org.nz/taupaewheako

Dave Burnside

daveb@odyssey.org.nz



References

- David Best blog- www.cultivatingrecoverycapital.com
- White, W. (2000, April). Toward a new recovery movement: Historical reflections on recovery, treatment and advocacy. Recovery Community Support Program (RCSP) Conference.
- What does it mean to be a 'treatment and recovery service'? (cultivatingrecoverycapital.com)