

PEER SUPPORT WORKER

APPLICATION PACK



OTAGO MENTAL HEALTH
SUPPORT TRUST



This is an application pack for people who are interested in applying to be a **peer support worker** at the Otago Mental Health Support Trust (OMHST).

This pack gives you some more information on the position, and the type of person we are looking for.

At OMHST we offer a supportive team environment, where we learn from each other. If you're interested in joining us then please send your CV and a cover letter to info@omhst.org.nz by **5pm on Monday April 11th 2022**. We'll then shortlist candidates for an interview. We'll make our decision by Friday April 29th.

Please feel free to contact me if you'd like any further information, or need any support to make your application.

Gemma Griffin
Manager
027 562 3400
gemma@omhst.org.nz



WHAT DOES A PEER SUPPORT WORKER DO?

The position description for this role is included on the next page.

Essentially, a peer support worker **walks alongside** people who are experiencing mental distress and/or addiction. At OMHST we use a framework called **Intentional Peer Support** to guide our relationships with everyone who connects with our service. Intentional Peer Support focuses on:

- **Learning together**
- Focusing on **hope & possibilities**
- Building and reflecting on the **connections** between us
- **Mutuality and reciprocity** ("two-way" equal relationships)
- Focusing on what we are **moving towards**, rather than focusing on moving away from current difficulties or challenges.

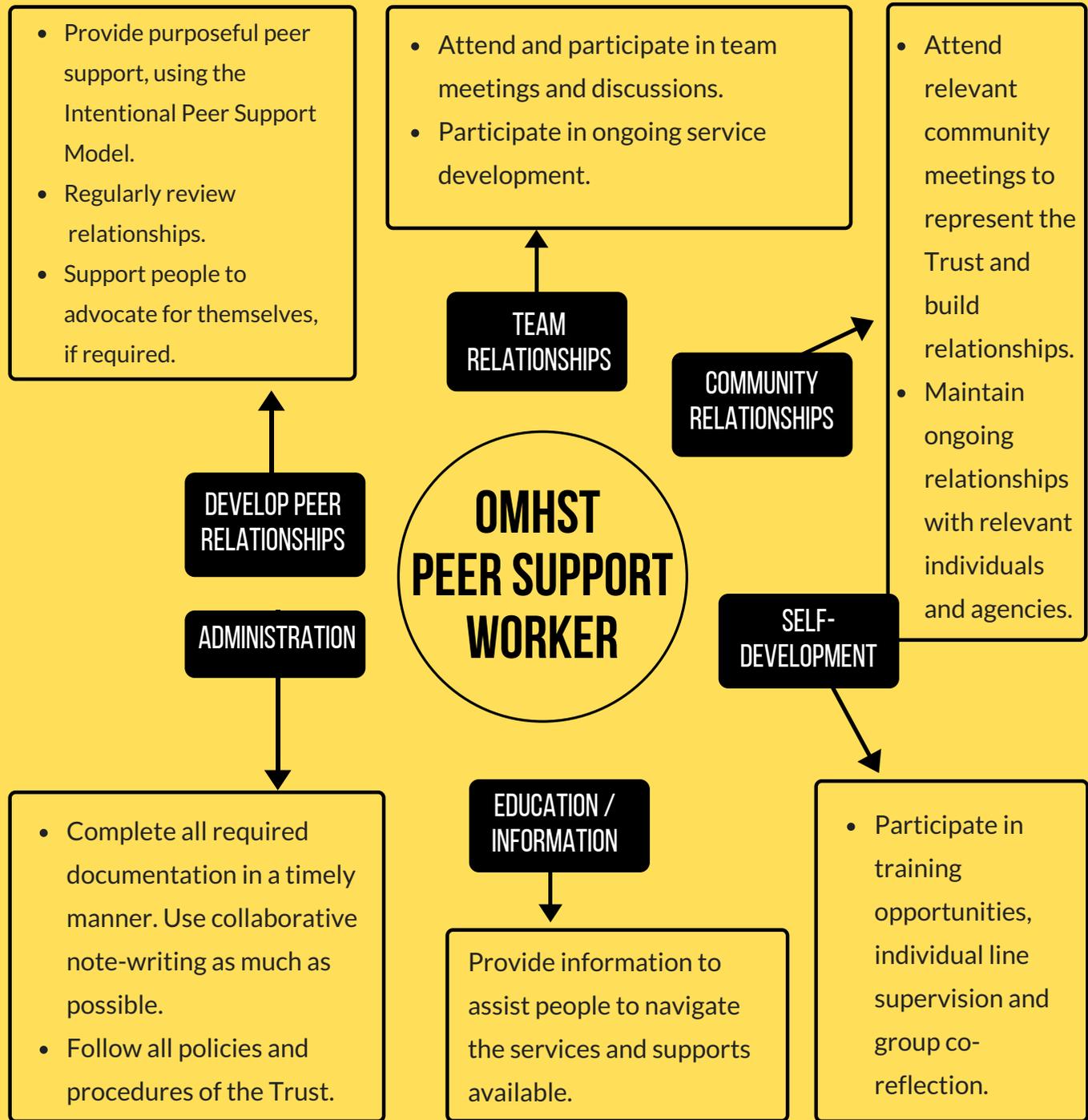
Peer support workers meet with people regularly, either at our office or in the community. We **write notes about our conversations collaboratively** with the person and upload the notes into our database.

Peer support workers have their **own experience of mental distress and/or addiction. We share these experiences**, when we believe it will help a relationship or strengthen a connection.

POSITION DESCRIPTION

This position description outlines the key tasks for a Peer Support Worker at the Otago Mental Health Support Trust.

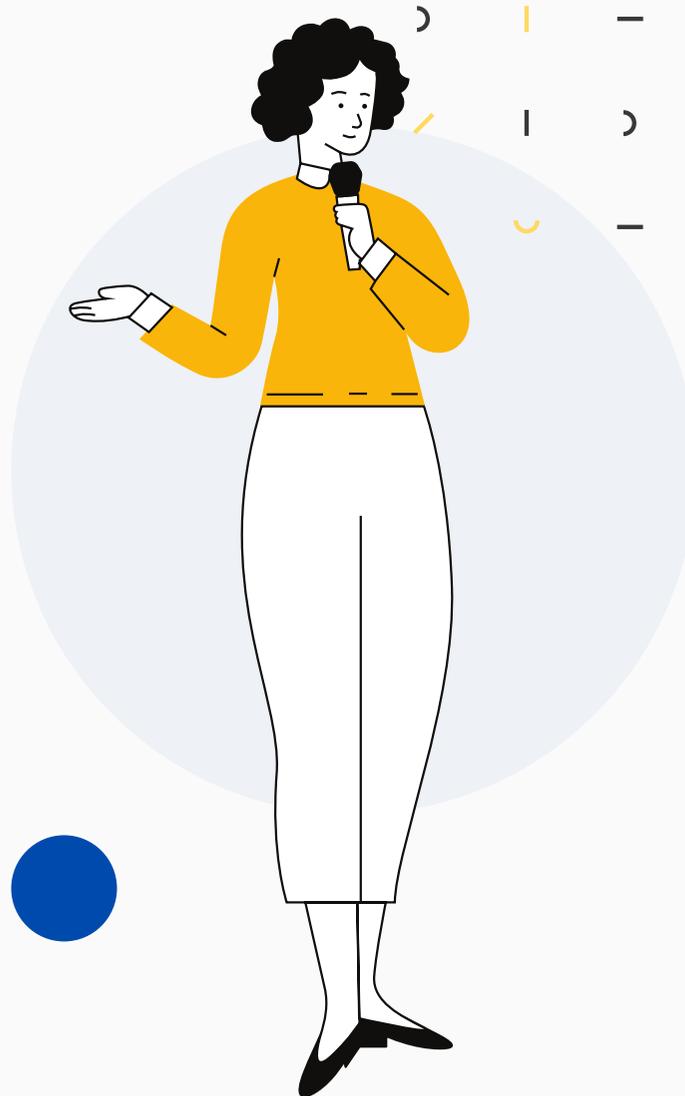
Additional tasks are undertaken, as needed. These are discussed between the Peer Support Worker and the Manager.



SPECIFIC REQUIREMENTS FOR THIS VACANCY

GROUP WORK

The new peer support worker will facilitate support groups.



PART-TIME CONTRACT

The contract for this position will be for 20 hours per week. Preferred days of work are Monday to Wednesday, but this can be negotiated.

KEY PERSONAL SKILLS & ATTRIBUTES

ESSENTIAL

DESIRABLE

KNOWLEDGE

Basic computer skills.

Intentional Peer Support (IPS) training.

Understanding of Te Tiriti o Waitangi, the Code of Health and Disability Services Consumers' Rights, and the United Nations Convention on the Rights of Persons with Disabilities.

EXPERIENCE

Personal experience of mental distress and/or addiction

Previous work experience in the mental health and/or addiction sector.

PERSONAL QUALITIES

Non-judgmental.
Values people and relationships.
Strong communication skills.
Able to work autonomously.

WELLBEING

Identifies and communicates own needs to support wellbeing.

Contact us

We welcome your questions at any stage of the recruitment process.

EMAIL

info@omhst.org.nz

WEBSITE

www.omhst.org.nz

PHONE

0800 364 462



**OTAGO MENTAL
HEALTH SUPPORT
TRUST**