



You In Mind

Peer Support Program



Acknowledgement of Country

I would like to acknowledge the Traditional Custodians of the Land on which we meet, Darwal people, and pay my respects to Elders past, present and emerging.

I would like to express my gratitude that we share this land today and my sorrow for the cost of that sharing.

I hope that in the spirit of reconciliation we can move forward to a place of justice, healing and partnership as we walk gently on this land.

On behalf of One Door Mental Health, I also acknowledge all people with lived experience of mental illness as we work together towards a world in which people with mental illness are valued and treated as equals.

I would further like to acknowledge and value the staff of One Door – their commitment to our organisation and their commitment to the people we support



Meet the Team

**One Door has five
peer workers
working across South
Western Sydney**

Meet the Team

**Working in partnership with
Community Links, covering
Wollondilly and Wingecarribee.**

Type of Support We Offer

Skills building including:

- Self-care
- Budgeting
- Self-advocacy
- independence

Exploring tools worked on in session such as:

- Exposure therapy
- Emotional regulation tools
- Travel training

Support with accessing services such as:

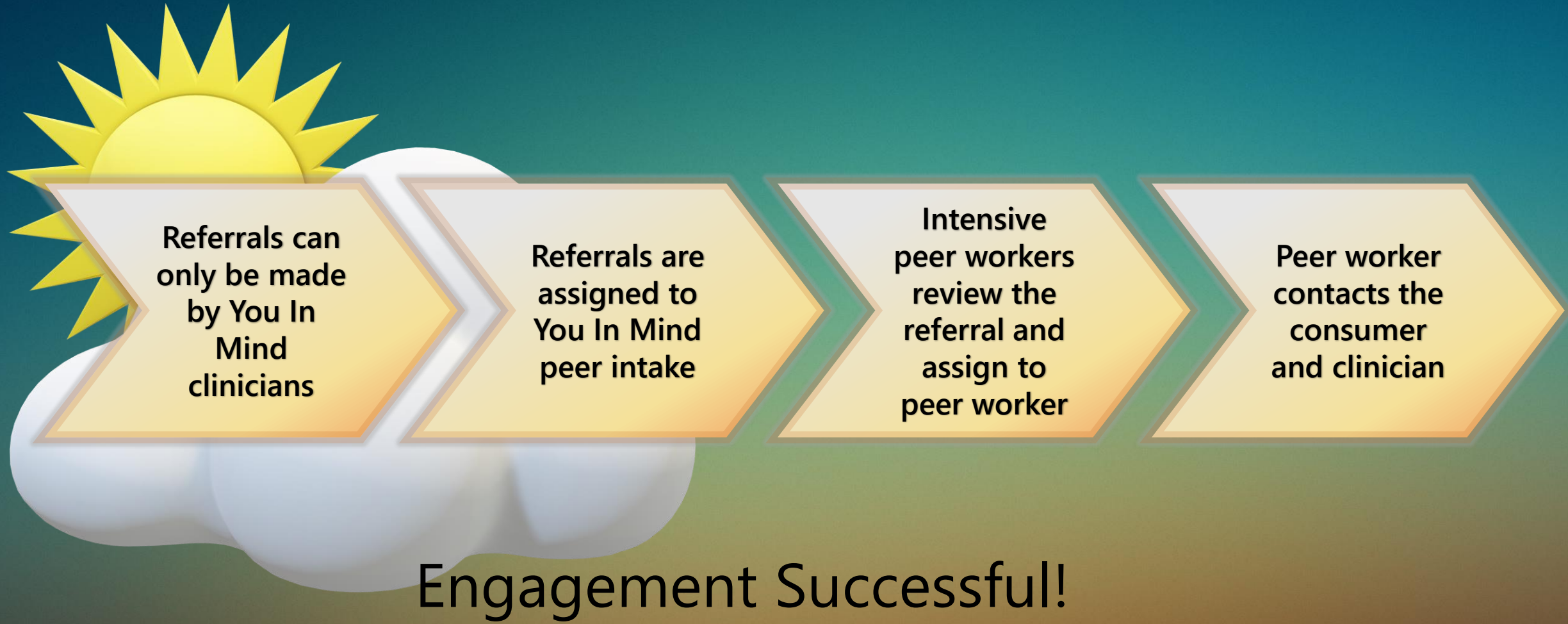
- Housing
- Centrelink
- Employment

Support accessing social supports

Working with family and carers where appropriate



Referral Process



Collaboration with Clinicians

Collaborative Care Plan:

A goal-oriented recovery plan that uses a Person-centred approach to recovery. It is completed in three stages at the start, middle, and end of the program to monitor progress and make changes.

Clinicians have always been willing to provide support to peer workers, and make time to collaborate and debrief.



Peer workers have regular interaction with consumers and provide regular updates and concerns to clinicians.

Risk-assessment

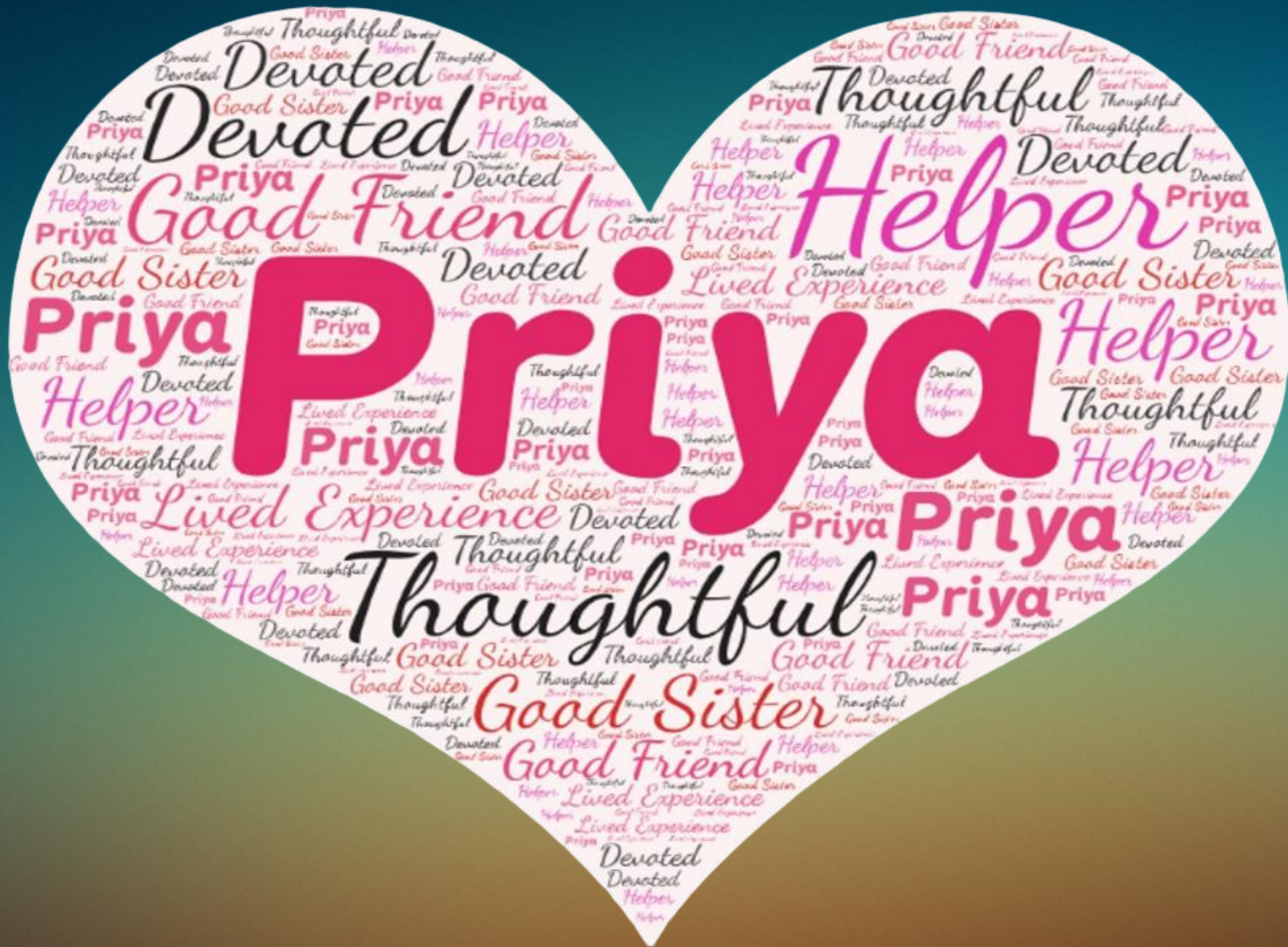
Peer workers work with clinicians to outline risk factors in the consumer's recovery journey and provide support accordingly.

The benefits of working together: Consumer receives clinical and non-clinical support, peer workers can support consumers in the community

“It takes a village”



- Marries diverse experiences together
- Provides opportunities for regular skills building
- Provides opportunities to address factors undermining treatment engagement



Questions

