

Peer Support Worker

Creative Arts Trust

POSITION INFORMATION & HOW TO APPLY

About us

- 1.0 The Creative Arts Trust has a vacancy for a Peer Support Worker for a six month pilot project in the Waitaki district. This project runs from 1 November 2020 to 30 April 2021.

Artsenta is a community based art workshop for people who use mental health or addiction services based at 462 Princes Street, Dunedin. In addition to Artsenta, the Creative Arts Trust provides regional 'outreach' creative sessions.

For more information about our work please see our website www.artsenta.org

About the project

- 2.0 This innovative project will provide Creative Wellbeing Sessions in Palmerston, Oamaru and Kurow and is an extension of our flagship Dunedin-based creative space, Artsenta. These free sessions are for any adults experiencing mental distress.

It is known that creativity and the creative process helps nourish and support people's wellbeing. We also see how bringing people together in a creative and supportive environment helps connect people with the wider community reducing isolation and loneliness. This is especially important in the context of Covid-19.

The Creative Wellbeing Sessions are 2.5 hours long and incorporate a structured art activity, a short group meeting, and unstructured 'studio time' where people can be creative in the company of peers.

The Peer Support Worker will work alongside an Artworker to coordinate the sessions and provide support to those attending.

3.0 Peer Support Worker position

This is a part-time fixed term position based in the Waitaki district.

We are looking for a trained peer support worker with lived experience of mental illness or addiction. The successful candidate will have excellent interpersonal skills, an interest in the creative process, and the ability to work in group situations.

The position description (below) provides a detailed outline of the role and outlines essential and desirable skills and attributes.

This project will be delivered with the ongoing assistance of Artsenta staff.

4.0 How to apply

- Letter of application. This should highlight:
 - a) Relevant experience, training and your understanding of the role
 - b) How you meet the person specification listed in the position description
 - c) Why you are applying for the position

Please note: We will shortlist for interview on the strength of your CV and this letter.

- Curriculum Vitae. Applicants should supply details of two referees. Referees will be contacted after the interviews.
- Applications should be sent to: director@artsenta.org

by 5pm on Thursday 15 October 2020

5.0 Selection Process

All applications will be acknowledged by return email. Those shortlisted will be contacted by phone on Monday 19 October to arrange an interview.

Interviews will be conducted in person on Thursday 22 October. Venue in Oamaru TBC.

6.0 Police check and start date

The successful applicant will be required to undertake a police record check.
NB: A police record or conviction does not automatically disqualify applicants.

The expected start date is Wednesday 4 November 2020.

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Position Description – Outreach Peer Support Worker

Purpose of position: To support people in the Waitaki District experiencing mental illness or distress to be creative and connected with their community.

The Peer Support worker will work with groups of artists during Creative Wellbeing Sessions. The Peer Support worker will not provide peer support to individuals outside of the group environment.

Employment status: Part time, 14 hours/week

Location: Waitaki District

Note: The Creative Arts Trust uses the term 'artist' to describe the people participating in our services.

Responsible to: The Director and/or Associate Director of Artsenta

Relationships:

- Artists (mental health consumers) their whanau or representatives
- Support workers and other staff from mental health services
- Outreach Artworker
- Artsenta staff

Mission of Creative Arts Trust: "To improve mental health and wellbeing through creativity and community engagement"

General Tasks

1. Support and work towards achieving the Creative Arts Trust's mission as outlined above.
2. Work in a manner consistent with peer support values and that utilises their lived experience.
3. Work in a manner that maintains and supports the safety of staff and artists.
4. Work in a manner that is consistent with the values and policies of the Creative Arts Trust.

Operational Tasks

5. Work collaboratively alongside the Outreach Artworker and Artsenta staff in the development and delivery of the Outreach programme in the Waitaki district. This includes:
 - Communicating and promoting the programme to the community
 - Responding to enquiries, providing information, welcoming and liaising with attendees

- Assisting with the set-up of the space and the running of the creative sessions and studio time
 - Working with the Artworker to develop and implement an end of project display of artworks
6. Provide support to participants of the Outreach programme. This includes:
 - Developing trusting relationships with artists and utilizing these relationships, along with your own lived experience, to assist individuals on their wellness journey
 - Provide support to artists in identifying and accessing local mental health or addiction services and other community resources and opportunities
 - Ensuring consumers are actively involved in the Outreach programme, participating in discussions, and having input into activities and events.
 7. Facilitate artist meetings following the structured art session, ensuring that all views are heard and feedback noted.
 8. Establish good working relationships with peer support groups, support workers and other mental health services generally to ensure awareness and effectiveness of the Outreach programme.
 9. Oversee the collection and management of consumer information required to undertake the programme and for reporting purposes.
 10. Participate in planning and coordination meetings on a weekly basis with the Artworker ensuring that both parties are aware of, and consulted on, all activities, plans and communications.
 11. Undertake training where required, such as Artsenta mentoring, first aid and cultural responsiveness.
 12. Work with Artsenta to ensure the programme is safe, including implementing safety plans as needed.
 13. Resolve issues and situations where the safety, effectiveness and harmony of the Outreach programme is compromised in any way.
 14. Actively manage your own personal mental wellbeing, including seeking support and communicating with colleagues as needed.
 15. Correspond and meet with the Director or other Artsenta staff as needed to ensure the smooth running of the programme and so that any issues are addressed in a timely manner.
 16. Other tasks as needed to ensure the effective provision of services or as identified by the Director or Associate Director.

PERSON SPECIFICATIONS

Essential Requirements:

- ❖ Personal experience of mental illness, distress, and/or addiction issue
- ❖ Training in peer support
- ❖ A patient, compassionate and respectful attitude
- ❖ Ability to relate to others, develop and maintain positive mutual relationships
- ❖ Ability to effectively co-ordinate groups and meetings
- ❖ Ability to work as a cooperative and collaborative team member
- ❖ Able to maintain clear personal boundaries, privacy and confidentiality
- ❖ Competent computer skills including email, word processing and internet searching
- ❖ The ability to role model strategies for maintaining mental wellbeing.
- ❖ Understanding of recovery and resilience
- ❖ A current valid driver's license

Desirable Qualification, Skills, Knowledge and Experience

- ❖ Experience and interest in the creative process
- ❖ Experience in a peer support role
- ❖ Familiarity with mental health services in the Waitaki district
- ❖ Organisational, networking and time management skills
- ❖ Knowledge of Treaty of Waitangi, local iwi and Maori mental health services
- ❖ An ability to work flexible hours
- ❖ A current first aid certificate