

# Peer Support Worker

Creative Arts Trust

## POSITION INFORMATION & HOW TO APPLY

### About the programme

- 1.0 The Creative Arts Trust has a vacancy for a Peer Support Worker for a creative wellbeing programme in the Central Otago district starting in mid-January 2022.

This innovative project will provide weekly Creative Wellbeing Sessions in Alexandra, Cromwell and Wanaka and is an extension of our successful programme run in the Waitaki District. These free sessions are for any adults experiencing mental distress.

We know that the creative process helps nourish and support people's wellbeing. We also see how bringing people together in a safe 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 'studio time' where people can be creative in the company of peers.

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

### About us

- 2.0 Artsenta is a community based art workshop for people who use mental health or addiction services based at 462 Princes Street, Dunedin. It is one of the longest running creative spaces in Aotearoa. In addition to Artsenta, the Creative Arts Trust provides regional creative wellbeing programmes.

For more information about our work please see our website [www.artsenta.org](http://www.artsenta.org)

- 3.0 Peer Support Worker position

This is a permanent part-time position for 17 hours per week and must be based in the Central Otago district.

We are looking for a peer support worker with lived experience of mental illness or addiction and training in, or knowledge of, peer support methodologies. 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 and your understanding of the role
  - b) How you meet the person specification listed below
  - 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 only be contacted if you are short listed.
- Applications should be sent to: [director@artsenta.org](mailto:director@artsenta.org)

**by Sunday 7 November 2021**

#### 5.0 Selection Process

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

Interviews will be conducted in Central Otago and are planned for 18-19 November. Venue 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.

While the programme doesn't start until mid-January 2022, we intend to undertake training in November/December 2021. This will require traveling to Dunedin and Oamaru.

## 7.0 PERSON SPECIFICATIONS

### **Essential Requirements:**

- ❖ Personal experience of mental illness, distress, and/or addiction issue
- ❖ Understanding of peer support values and methodology
- ❖ 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
- ❖ Experience and interest in the creative process
- ❖ A current valid driver's license

### **Desirable Qualification, Skills, Knowledge and Experience**

- ❖ Training in peer support methodology
- ❖ Experience in a peer support role
- ❖ Familiarity with mental health services in the Central Otago 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

# Creative Arts Trust

## Position Description – Outreach Peer Support Worker

<b>Purpose of position:</b>	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. One-on-one peer support is outside the scope of this position.
<b>Employment status:</b>	Part time
<b>Location:</b>	Central Otago District

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<b>Responsible to:</b>	The Director and/or Deputy Director of Artsenta
<b>Relationships:</b>	<ul style="list-style-type: none"><li>- Artists who use the service, their whanau or representatives</li><li>- Support workers and other staff from mental health services</li><li>- Outreach Artworker</li><li>- Artsenta staff</li></ul>
<b>Note:</b>	The Creative Arts Trust uses the term 'artist' to describe the people participating in our services.

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<b>Mission of Creative Arts Trust:</b>	"To improve mental health and wellbeing through creativity and community engagement"
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### 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 and dignity of staff and artists.
4. Work in a manner that is consistent with the values and policies of the Creative Arts Trust. This includes upholding the principles of the Treaty of Waitangi.

### Operational Tasks

5. Work collaboratively alongside the Outreach Art Worker and Artsenta staff in the development and delivery of the Outreach programme. This includes the delivery of Creative Wellbeing Sessions in multiple locations.
6. Help coordinate the outreach programme. 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 Art Worker to develop and implement an end of project display of artworks
7. Provide wellbeing 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.
  8. Facilitate artist meetings or discussions, ensuring that all views are heard and feedback noted.
  9. 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.
  10. Oversee the collection and management of consumer information required to undertake the programme and for reporting purposes. This includes:
    - Entering artist information in attendance forms
    - Overseeing artist surveys or other forms of evaluation.
  11. Participate in planning and coordination meetings on a weekly basis with the Art Worker ensuring that both parties are aware of, and consulted on, all activities, plans and communications.
  12. Undertake training where required, such as Artsenta mentoring, first aid and cultural responsiveness.
  13. Develop and implement safety plans for the programme and associated activities, including
    - Identifying, eliminating or mitigating any hazards
    - Being aware of evacuation plans and procedures for all venues used and implementing if required
    - Reporting accidents or incidents to the Director
    - Wearing PPE when required and ensuring safe use of equipment by others
  14. Resolve issues and situations where the safety, effectiveness and harmony of the Outreach programme is compromised in any way.
  15. Actively manage your own personal mental wellbeing, including seeking support and communicating with colleagues as needed.
  16. Correspond and meet with the Director and/or Outreach Coordinator as needed to ensure the smooth running of the programme and so that any issues are addressed in a timely manner.
  17. Other tasks as needed to ensure the effective provision of services or as identified by the Director.