

Thursday 13th September
Stream B
2.00pm – 3.00pm

Peer & Consumer days – Connecting the connectors

Brody Runga, Consumer Advisor, Odyssey

Suzy Morrison, Project Lead – Peer and Consumer Projects, Matua Raki

“Peer models are successful because they know that recovery is possible and provide the personal direction, encouragement and role modelling necessary to initiate engagement and then to support ongoing participation” (David Best 2016)

Active addiction is isolating and lonely. Engaging in treatment can begin to break the isolation. It doesn't stop there though. Recovery lives in the community. Peer models hinge on connection. By sharing our stories, we find common ground and by walking alongside, peer support workers are the connectors between services and what is available in the community.

Great care must be taken to support that which is unique and authentic within peer support work. Being the 'lived experience' person in a service can often bring with it a spotlight. Matua Raki, in partnership with Odyssey, CADS Auckland and Emerge Aotearoa have developed and facilitated 'Peer & Consumer Days for people working in lived experience roles' - to gather together and in the spirit of self-care, make connections to support themselves and each other within the unique aspects of their work.

In this presentation we will share our process of collaborative development and how future content is planned based on utilising evaluations from people who attended. This presentation is a simple example of collaboration in action and the learnings could be easily applied in various settings.

Tuuturu whakamaua kia tina! tina!
Haumi e! Hui e! Taiki e!

Translation

To make it tangible, make it practical
Join! Gather! Unite!

Presenter biographies

Brody works as the Consumer Advisor at Odyssey to complement consumer engagement and participation strategy, and engages with other organisations to support various lived expertise initiatives.

Brody has a recovery story from substance use issues alongside of severe mental distress and has worked in consumer roles for 8+ years.

Suzy is Project Lead with responsibility for peer & consumer projects at Matua Raki, National Addiction Workforce Development Centre within Te Pou o te Whakaaro Nui.

Suzy is a social worker and counsellor and has worked in the addiction sector for 15+ years. Suzy has lived experience of active addiction and long-term recovery.

Growing dedicated peer & consumer roles in addiction services

Marc Beecroft, Regional AOD Consumer Advisor/ Peer Support Project Lead, Christchurch Central AOD Coordination, Odyssey House

Rhonda Robertson, National Consumer Advisor, The Salvation Army

The presentation gives an example of a system level approach to better connect consumers with the service provider – *connectedness through a shared purpose and focus*.

The growth and development of the consumer and peer support workforce is important for realising the strategic directions that are signaled in *Rising to the Challenge (Ministry of Health, 2012)*. To help implement this vision the presentation proposes a cohesive regional or national approach that provides an infrastructure and offers an overarching umbrella for the development of the addiction peer and consumer workforce –

The presentation from Rhonda & Marc members of the Matua Raki Consumer Leadership Group (MRCLG) provides a brief on the National Committee of Addiction Treatment (NCAT) briefing paper 'Growing Dedicated Peer & Consumer Roles in Addiction'.

The presentation highlights the power of peer support, gives facts about the addiction peer & consumer support workforce, workforce development priorities and where to from here. They propose a 'Peer & Consumer Network Evolution' as a possible hub and spoke model for building the infrastructure for the development of the consumer and peer workforce.

Presenter biographies

Marc has been the Consumer Advisor for the addiction sector in Canterbury, South Canterbury and West Coast since 2007.

Marc sits on several National Committees and Leadership Groups and local Planning & Funding working groups and enjoys bringing agencies together to work in collaboration, especially around setting up and running support groups. Over the past 6 years he has worked with over 25 agencies to work collaboratively in developing support groups in Christchurch, Timaru, Westport, Greymouth and Kaikoura.

Marc has been coordinating and facilitating support groups since 2003.

Rhonda is currently in a national role, overseeing the recruitment and development of a consumer advisor team across the Salvation Army's Bridge and Oasis services across New Zealand. Supporting the development of a 'virtual' team has been an evolving process, creating opportunities to connect as a Team and into their local communities. The hub and spoke model creates a space for people in emerging and isolated roles such as consumer advisors and peer support to connect.

Champions of recovery

David Burnside, Peer Support Manager, Odyssey House

Mark Cowan, Peer Support worker, Odyssey House

This presentation seeks to identify how recovery champions connect to a wider section of the community to challenge the public perception of the effectiveness of treatment and recovery. The Mental Health and Addiction Inquiry heralds change, but public buy-in and community engagement is vital. We will share our experience as peer leaders at Odyssey, connecting with people on their recovery journeys and taking on a wider mantle to challenge the public discourse around the meaning of addiction and recovery.

We will explore our and other examples as individuals within the peer, consumer and clinical workforce who develop on the continuum of recovery, through lived experience, into the

workforce, and beyond. Some of us have become 'faces of recovery', public taonga, who forgo anonymity to step into the spotlight and become beacons of hope and inspiration within our workplaces, families and the wider community. While this brings challenges for ourselves and our families, it also brings rewards in our careers and our own recovery as we move out of the bubble of confidentiality and anonymity to connect with a wider audience and demonstrate the role that communities can play in bringing change and embracing recovery.

Ultimately, we are all champions of recovery, and through this presentation we hope to move forward the narrative, challenging us all to take up messages of engagement and connection with our communities, showing that the process of change is worth it.

Presenter biographies

Dave Burnside is a 58 year' old recovering addict, who spent 37 years in the chaos of addiction, and offending. He has worked as a Peer Support worker for the Alcohol and Other Drug Treatment Court for over five years following its launch in 2012 and is now managing the new Peer Support team based at the Odyssey Adult residential facility. Today Dave is a proud father, with a rich life in recovery, involved in service to others, engaged in tertiary study and celebrating his transformation and reconnection to the community.

Mark is a 42 year old recovering addict, who spent 20 years in the cycle of addiction, offending and imprisonment. He found recovery at the age of 37 and credits the Alcohol and Other Drug Treatment Court (AODTC) as a major turning point. He worked at Higher Ground treatment Facility as a supervisor and now works in the AODTC as a peer support worker. Mark is completing a level 7 diploma with Tetaketake Moana House. Today he is a proud and responsible father, with a full and prominent life in recovery, connected to his community and reconnected to life.