

Lived Experience – Concurrent Sessions

Thursday 19 September
2.00 – 3.00pm

I see the way you talk to people. . . and it's different

Dave Burnside, Consumer Advisor, Odyssey

Thomas White, Peer Support Manager, Odyssey

Odyssey developed a Peer Support Framework in 2017 and launched a service to support tāngata whai ora in its adult residential programme in May 2018. Peer support workers bring a unique perspective to the residential treatment programme at Odyssey. By sharing their lived experience, how they have dealt with past trauma, overcome addiction and mental health distress, and found a way to move forwards in life, they offer tāngata whai ora a visible and tangible example of the possibility of healing and moving forward. They are able to connect with whai ora in a way that consolidates commitment to treatment and complements the work of the therapeutic community.

This presentation will describe how peer support workers work alongside clinical teams in a therapeutic community setting to provide crucial support at transitional phases of treatment; phases that may be stressful or unsettling for whai ora, and where retention and continued engagement are often an issue.

We will detail the approaches we use to provide individualised support that facilitates engagement, role-modelling hope for recovery and encouraging self-awareness about what might work to support healing and moving forward. We will also share data from the first year of the peer support service at Odyssey.

Biographies of presenting authors

Dave is a grateful recovering addict who spent 37 years in the chaos of addiction and offending. He was a Peer Support worker for the Alcohol and Other Drug Treatment Court for over five years, then moved on to manage the new Peer Support team based at the Odyssey Adult and Family Centre residential, and is now Consumer Advisor for Odyssey. 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.

Thomas has lived experience with addiction, 20 years of struggling with mental health and substance abuse. Thomas made the commitment to turn his life around and graduated from Odyssey in 2014 to take up an intern role with Te Wairua where he worked for four years as Peer Support. He recently made the transition to Peer Support Manager, and also recently finished building a home. He has reconnected with his children, and his youngest is now living with him. Thomas is proud of his achievements so far and enjoys passing his experiences on to like-minded peers in recovery.

A falling angel – cast a spell on me

Marc Beecroft, Regional AOD Consumer Advisor/Peer Support Team Leader, Odyssey House Trust, Christchurch

Marc's presentation title is inspired by Janet Frame's autobiography *An Angel at My Table*, in reference to the strictly controlled days of psychiatric institutions of that era compared with the Ministry of Health priority directions of today.

Formal peer support models within clinical environments in the addiction sector are still in their infancy. Partnering organisational cultures and philosophies with the values and principles of peer support are bones of contention for many as a jostle for parity plays out.

Marc will present a model that is peer-led in its design and delivery with Canterbury DHB's Christchurch Opioid Recovery Service (CORS) and Odyssey House (Chch). It sits comfortably within a clinical environment and competencies for the mental health and addiction service user, consumer and peer workforce.

The presentation will highlight a systems approach, including the governance, operational and evaluation infrastructure (including survey results) used to develop and sustain the model. It's a transferrable peer support model which could be delivered across the wider health and disability sector.

In the latest CDHB CEO's *Update* newsletter, the Clinical Director, Adult Specialty and Addiction Service, said the impact of peer support on alcohol and drug treatment could be compared to world-changing medications. "The innovation of peer support in alcohol and drug services will have the same impact as when penicillin arrived."

Looking back as a prisoner, looking forward as a clinician

Mark Cowan

Practitioner, Drug Treatment Programme, Auckland Prison, Odyssey

The harmful use of alcohol and other drugs is significantly implicated in crime – around 60% of people serving community sentences have an identified alcohol or other drug problem and 87% of prisoners have experienced an alcohol or other drug problem in their lifetime. I was one of these statistics and many of the first 37 years of my life were turbulent, involving gang life, addiction and criminality; prison became my second home. When I was 37, I committed to a different path – the road to recovery. Little did I know that the path I chose would lead me back to prison, but this time as a clinician.

My story is one of hope, reconnection, professionalism, and ultimately transformation. In this presentation, I will share my experiences as a former prisoner working within what was a once-traumatic environment for me. I will reflect on the approaches I take as a clinician, given my lived understanding of the often-traumatic circumstances that bring people to our DTP, as well as the unique context and challenges of this environment. I want to break down some of the misconceptions and stigma about prison and shed some light on the experience for people accessing a drug treatment

programme in prison. Finally, I will discuss how I navigate the space for whai ora, for my colleagues, for myself. This will include examples of the boundaries I set myself and how I support colleagues to understand this lived perspective.

The opposite of addiction is belonging

Magdel Hammond, National Manager, Mind and Body Consultants, Emerge Aotearoa

Dave Burnside, Consumer Advisor, Odyssey

Addiction has become recognised as a state of disconnection not just from self and whānau, but also from community, culture and a true sense of citizenship. This may originate from a person's need to solve a deep-seated problem, often as a result of trauma or loss from earlier years. Citizenship is now recognised as a key component of recovery from addiction, where it reconnects people to a community and creates a new and purposeful sense of belonging, changing perception from "being out" to "being of".

Emerge Aotearoa, Odyssey and Auckland University of Technology (AUT) have adapted the Citizenship Project from the Yale University Program for Recovery and Community Health (PRCH) to run a pilot in the New Zealand environment, honouring our commitment under te Tiriti o Waitangi to work in partnership with the indigenous people of Aotearoa. The programme uses the citizenship framework as a model for social inclusion.

The citizenship framework acknowledges that people who experience addiction, mental distress, and homelessness often have difficulty negotiating meaningful roles for themselves in society. The six-month programme addresses social isolation, lack of valued social roles, and involves group intervention with wraparound peer support. It is designed to support people who are marginalised to build productive and fulfilling lives in their communities.

We will share what we have learnt during the establishment and implementation of the pilot project, and how students and facilitators have shared the journey back from trauma to belonging.

Biographies of presenting authors

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Magdel Hammond has been involved in the mental health and addiction sector since 2002. She became involved in the development of peer support services in 2005 and has a particular interest in workforce and leadership development. Magdel became involved with the citizenship project in 2018 and has recently visited PRCH, attending the 2019 Citizenship symposium at Yale University, where the Citizenship Project originated. Her day job is as National Manager of Mind and Body Consultants and she is the project manager for the first Citizenship Project in New Zealand.