

# POSITION DESCRIPTION



**Position Title:** Mental Health Peer Worker – Hunter (LGBTQ+)

**Work Level:** Operational

**Reports To:** Co-ordinator, Mental Health Peer Work

**Direct Reports:** This position does not have any employees reporting into it

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## Position Overview

This position requires significant lived experience of diverse genders and sexualities, and recovery from mental health or suicidal crisis. This enables the provision of peer support and mentoring to people in our communities, who present to our service in a state of current suicidal crisis or following a recent suicide attempt.

The role requires the use of your personal experience openly, appropriately and effectively to build professional relationships with the people you support. You will be providing support to people living throughout NSW face-to-face and via telehealth.

## Main Activities

- ✓ Provide peer support, mentoring and advocacy to your clients.
- ✓ Listen to and create opportunities and activities that meet the interests and goals of your clients.
- ✓ Support clients to strengthen their self-management skills through self-directed and shared learning experiences.
- ✓ Ensure that individual support is provided to help clients meet their recovery journey goals, using a strengths-based and client-led approach.
- ✓ Work collaboratively with Care Coordinator / Counsellors and broader clinical and non-clinical and health promotion teams within ACON.
- ✓ Support Care Coordinator / Counsellors to meet the logistic and social needs of clients such as attending appointments, completing paperwork, and home visits (where appropriate).
- ✓ Support the promotion of the service and the development of a state-wide mental health website including blogs, resources, workshops and service provider information.

ACON offers Peer Workers the opportunity of external peer supervision, professional development, staff meetings, networking with other peer workers and peer navigators within ACON and across the LGBTQ+ and mental health sectors, and other activities that promote skill-building and positive engagement as part of a team.

The role may involve some travel across regional NSW to build referral pathways and promote the service.

Please be aware that the role involves working with people who:

- Are part of the LGBTQ+ population – evidence suggests that many clients will be trans (binary and non-binary), bi+, queer and/or experience additional intersectionality such as being gay and Aboriginal, a Sistergirl or Brotherboy, from Western Sydney or a regional community, or from a multicultural or multi-faith background.
- Are experiencing current suicidal thoughts or have recently made a suicide attempt.
- May be distressed.
- May have experienced trauma (E.g., child abuse, history of violence).
- May be unpredictable or aggressive (E.g., drug and alcohol induced, episodic situations).

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## Selection Criteria

### Essential:

1. Significant lived experience of diverse genders and sexualities, and recovery from mental health or suicidal crisis.
2. At least 1-year experience working or volunteering in the community in a mental health setting.
3. Ability to reflect intentionally and thoughtfully upon one's personal lived experience of mental ill-health, and an understanding of which elements are individual or structural, and which may be common to many people of diverse sexuality and gender.
4. A strong commitment to, and good understanding of, trauma-informed recovery-based practice.
5. Ability to work independently and collaboratively as part of a team, reporting back regularly so progress can be supported.
6. Well-developed verbal and written communication skills.
7. Demonstrated experience using Microsoft Office.
8. Evidence of CoVid-19 Vaccination, in addition to any other vaccination required to perform the role.

### Desirable:

1. Certificate IV in Mental Health Peer Work or equivalent qualification.
2. An understanding of the Australian LGBTQ+ mental health evidence-base.
3. Experience working collaboratively with allied health professionals.
4. Knowledge of mental health services and other community services in NSW.
5. Prior experience in a peer work role.