

EIS Youth Peer Support Forum

27th March 2014

Objective; To engage with young people and see how interested they are in setting up a Youth Peer Support service in Wellington

Three groups were set up for a speed dating exercise. From this we were able to gather information relating to specific questions about peer support

Group One: Is peer support a good idea?
What are the benefits of peer support?
Are there any downsides of peer support?
What?

Group Two: What experiences of peer support have you had in the past? (does not need to be mental health related)
Were these helpful or not helpful? Why?

Group Three: The future of peer support?
What might peer support look like?
Who would run it?
What do you envision it doing?
How would it work?
Who would be involved?

Group One
(Good Idea)

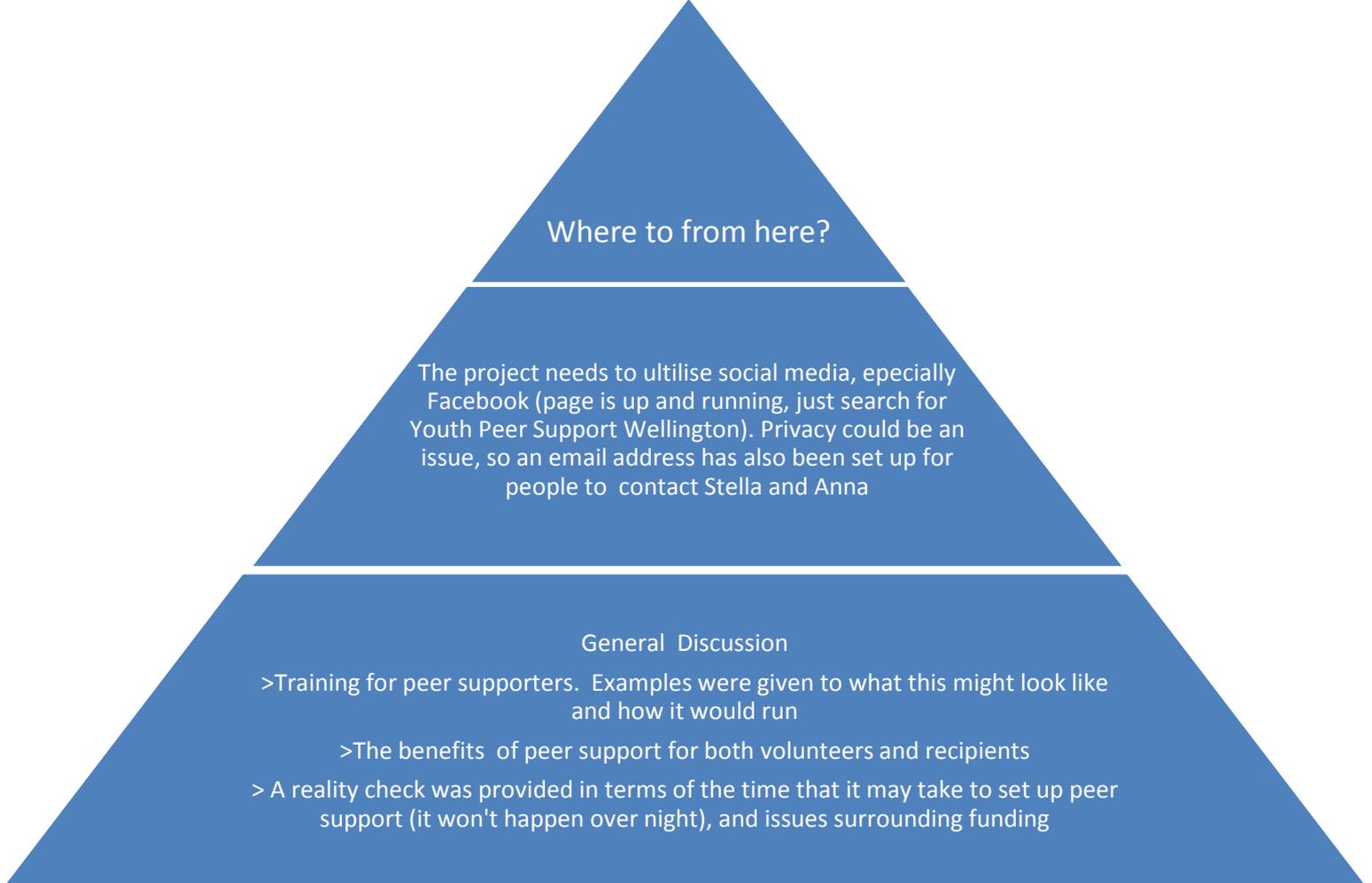
- **Pros**
- "Peers can be very empathetic because of lived experience"
- "Normalises the experience for both peer worker and peer"
- "Reduction of self-stigma"
- "I believe in it 100 %"
- **Cons**
- Alliances formed between the peer worker and client against mental health services
- Pressure on Peer support worker

Group Two
(Past Experiences)

- A lot of examples of peer support from outward bound to tutoring
- **Helpful;**
- Young people leading the way
- Making an effort to connect with each other
- Recognising everyone has a personal journey
- Being patient
- **Unhelpful;**
- Unstructured
- Over-sharing

Group Three
(Future of peer support)

- **What might a peer support service look like?**
- Social media
- Trust
- Connection
- Accessible
- Support for working peers
- Rapport building
- Run by young people
- Professional guidance
- Coffee dates
- Advocacy
- Mutuality



Where to from here?

The project needs to utilise social media, especially Facebook (page is up and running, just search for Youth Peer Support Wellington). Privacy could be an issue, so an email address has also been set up for people to contact Stella and Anna

General Discussion

- > Training for peer supporters. Examples were given to what this might look like and how it would run
 - > The benefits of peer support for both volunteers and recipients
- > A reality check was provided in terms of the time that it may take to set up peer support (it won't happen over night), and issues surrounding funding