

Peer Support Mental Health and Employability

**Belinda Arthur and
Sylvia Collumb**

Introduction

- Modernising Mental Health Services
- Work Development Team Model
- Peer Support Groups
- Service User Led Developments
 - WIN
 - Attitudes Research
 - Booklet

Modernising Mental Health Services

- Develop new service model
- Implement strategic actions linking health, social care and employability agencies
- Initiate development programme for existing employment and training projects

Work Development Team

- Aims to bridge the gap between health and social care providers and employability service providers
- Case management approach assisting individuals along the employability pathway
- Facilitation Peer Support Group

Peer Support Group Purpose and Benefits

- Promotes recovery and provide mutual support and the opportunity to share and discuss education, training and employment experiences
- Opportunity to meet people with a wide range of work experience and interests to share experiences both and negative
- Builds relationships and increase confidence to move on into employability activities
- Keeps people in touch and provides a support outwith the work and learning environment

Good Practice Examples

- **Conducting Research**
 - Anti-Stigma Attitudes Research
- **Involvement in Education and Training**
 - Mental Health and Employability Guide
- **Planning, Designing and Job Opportunities**
 - WIN (What I Need in life) Personal Development
- **Building Partnerships and Working Together**
 - Employability Pathway in Partnership Event (May 2008)

Service User Perspective

“The fact that service users are getting more involved and things are improving from Jobcentre Plus, employability opportunities are more accessible”

Employability Pathway: Progression and Success

Employability Pathway in Practice			
Stage 1	Positive Activity	<i>"I have been going to a music group and it's stopped. I want to do something else and maybe work but I've been on benefits for years who will give me a job?"</i>	
Stage 2	Work Preparation Initial Stages	<i>"I have just achieved Communications and Literature Level II. I left school with no qualification so it's a great boost"</i>	
Stage 3	Work Preparation Later Stages	<i>"I've started a course in hairdressing at college"</i>	<i>"I've received a certificate of recognition for volunteering"</i>
Stage 4	In Work Early Post Recruitment	<i>"I am now employed as a Peer Support Worker"</i>	
Stage 5	In Work Later Stages	<i>"I'm now self-employed and run my own Holistic Therapy Business which has been running for over 1 year"</i>	<i>"I am now employed as a Trainer on a job share basis and working toward full time employment"</i>