



# Peer workforce: the journey

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# Setting the scene

- When do you become a 'peer'
- Benefits of peer support
- Becoming part of peer workforce
- Diversity of roles
- Supporting peer workforce



All through lens of  
my own lived  
experience of  
carer peer work

# When do you become a 'peer'

- When you live a particular experience that is or can be shared with others
- Our beautiful daughter developed AN in 2011
- Peer support critical for our journey
  - Online
  - Face to face/phone
- Along the way I met amazing parent peer support providers around the world
- Had no access to structured peer support workforce on our journey



# Benefits of peer support

- The informal peer support I accessed provided us (and many others) with
  - Normalisation
  - Hope
  - Practical strategies
  - A map ahead
  - People who got what we were going through and still encouraged us to be strong, stick with it etc
  
- We had great clinical team but still a sense of



# Becoming part of peer workforce



- Organic (not uncommon)
- The clinical team at CEED tested waters slowly ending up with a Carer Consultant role 4 days per week
- Key elements of success were



- Inclusiveness and respect
- Genuine openness to input and creativity
- Opportunity to debrief after direct family contact
- CEED modelled to other clinicians how to engage with me

**One of the team**

# Diversity of roles

Wales  
2017



- For me
  - Direct single session consultations with struggling families doing FBT
  - Equal contributor to clinical case discussions
  - Co-Design and Co-delivery of professional development
  - Development of resources for teams to use with families
  - Got to share work nationally and overseas
  - Now get to use my peer work skills in my new role at EDV
- Others
  - Support groups facilitation
  - Peer mentoring e.g. EDV, EDQ and Body Esteem Program
  - Peer workers in mental health services
  - Phone coaching and many more



**THANK YOU**