

BUDDIES PEER SUPPORT SERVICE VOLUNTEER ROLE DESCRIPTION

OUR ORGANIZATION

Kites Trust

Kites is a peer led mental health organization advocating consumer leadership and equal opportunities for people experiencing mental distress and/or addiction by valuing, respecting and utilising people's mental health experiences.

Buddies Peer Support Service

Buddies Peer Support Service walks alongside on the journey of recovery with 'peers' experiencing mental health distress and addiction. Buddies provides services to the acute wards in Wellington (Te Whare O Matairangi) and the Hutt Valley (Te Whare Ahuru).

ROLE OVERVIEW

To provide one-on-one peer support to walk alongside on the journey of recovery with peers within the acute wards in Wellington (Te Whare O Matairangi) and the Hutt Valley (Te Whare Ahuru).

RESPONSIBILITIES

Peer Support ward visits:

- Make regular visits at least **once every fortnight** to the mental health recovery units at Wellington Hospital (Te Whare O Mātairangi) or Hutt Valley Hospital (Te Whare Āhuru) to spend time alongside people (peers) currently at the ward who may be experiencing disruption to their lives due to mental health and/or addiction difficulties. The goal of the visits are to:
 - extend support and walk alongside on the journey of recovery from mental health distress and addiction;
 - engage in empathetic active listening; and
 - build relationships of support with appropriate boundaries within the limits of the volunteer role.

Communication with Kites Trust staff:

- Communicate regularly with Peer Support Coordinator regarding availability and volunteering commitments.
- Report back to Peer Support Coordinator regarding ward visits performed.
- Notify Peer Support Coordinator of any conflicts, incidents or concerns encountered while performing the volunteer role.

Meeting attendance:

- Attend monthly supervision/team meetings as requested by the Peer Support Coordinators at Kites Trust as well as other training provided.

Standards of Conduct and safety compliance:

- Read and comply with the Kites Trust Volunteer **Code of Conduct** provided.
- Comply with Kites Trust policies and procedures and New Zealand legislation.
- Comply with directions from Kites Trust and ward staff and with health and safety guidelines.

TIME COMMITMENT

- At least **six months'** commitment to become a formally Graduated Buddie.

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- Regular ward visits at least once every fortnight.
- At least **6 Monthly Supervision/team meetings** per year (1h30 in duration) or regular catch-ups with Coordinator.
- Attend regular training sessions offered by Kites Staff.

LOCATIONS

- The acute ward at Te Whare O Matairangi (Wellington) or Te Whare Ahuru (Hutt Valley).
- Kites Trust office in (94 Riddiford Street, Newtown, Wellington).

ORIENTATION AND TRAINING

- Initial orientation training (one full day).
- One-time health and safety walkthrough training at the acute ward.
- Regular training sessions provided by Kites Staff.

SKILLS AND QUALITIES REQUIRED

The Peer Support Volunteer:

- Has lived experience of mental distress and/or addiction, and recovery.
- Is far enough along on their path to recovery to perform volunteer role.
- Wants to give back to community and share their lived experience and hope of recovery.
- Displays empathy and respectful behavior.
- Displays active listening skills.
- Is reliable and honours time commitments.
- Has awareness and recognition of diversity and can engage with people from all walks of life.
- Takes responsibility for self-management and outcomes.
- Maintain a standard of performance, dress, behaviour and language that is respectful and suitable for representing the Kites Trust while performing volunteer role.
- Maintains good self-care practices and takes responsibility for monitoring their own wellness.
- Has a good working knowledge of boundaries and limitations.

SUPPORT AND SUPERVISION

The Buddies Peer Support Service at Kites Trust will provide ongoing support and supervision to the volunteer through:

- Ongoing communication between the volunteer and the Peer Support Coordinator.
- Pairing with a Graduated Mentor volunteer Buddie.
- An initial orientation training and health and safety walkthrough.
- Ongoing training.
- Monthly supervision meetings with external professional facilitator.

BENEFITS & OPPORTUNITIES FOR THE VOLUNTEER

- Opportunity to live out the purpose of sharing one’s experience with others and walking alongside peers through their own mental health journey.
- Growth and development opportunity to learn social skills, self-regulation skills and learn about mental health.
- Become part of the peer movement and community.
- Make connections within the mental health peer movement, gain experience and build your portfolio.
- Build friendships with fellow volunteers and participate in social events!

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