



ARAFEMI
Mental Health

COPES

Carers Offering Peers Early Support.

Susan Preece
Education Officer, ARAFEMI
and former COPES Worker.

Background

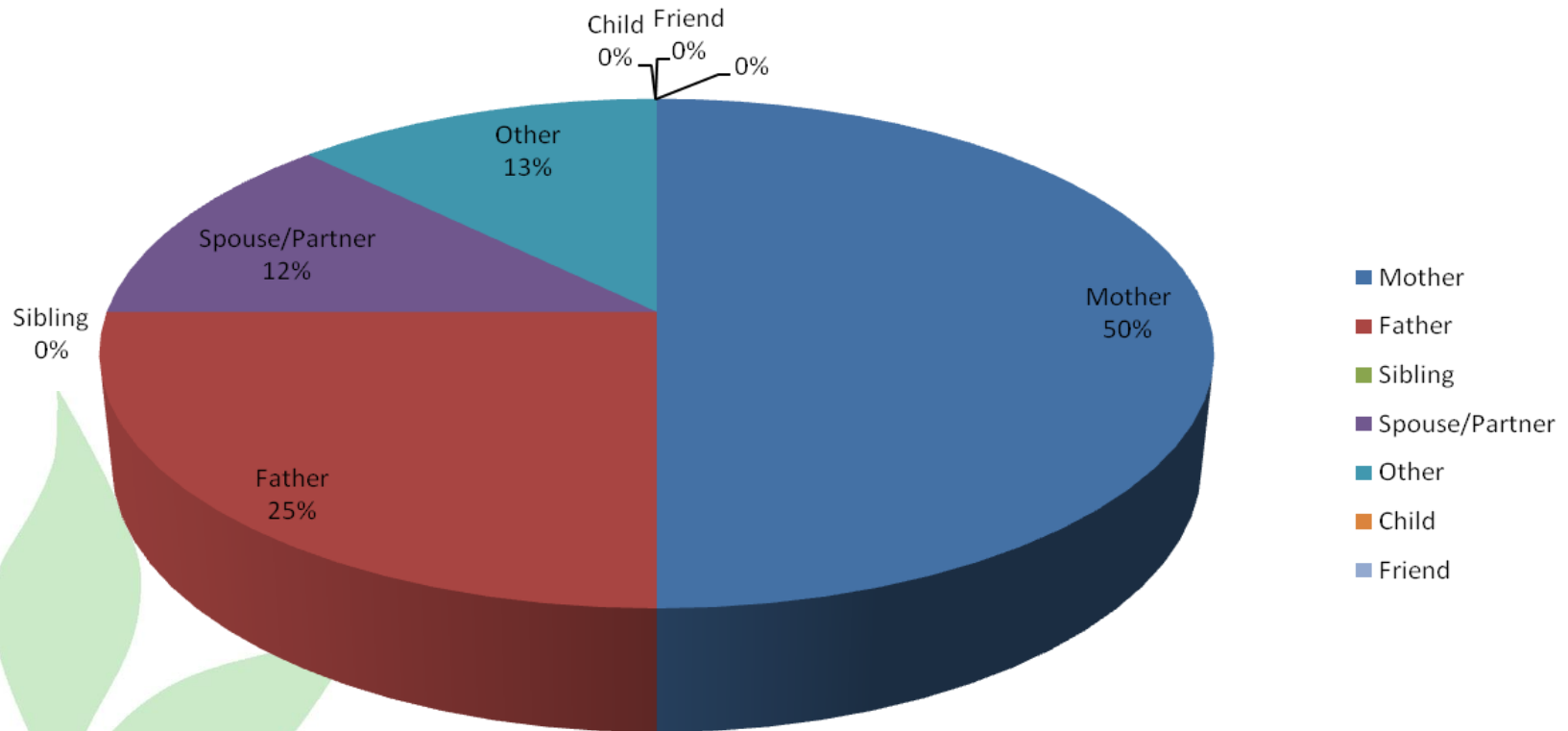
- **More than 10 years ago Outer Eastern COPES**
- **2008 Box Hill COPES started.**
- **Now at Northern Health, Southern Health, St Vincents Mental Health, Austin Mental Health**

COPES

- ***Lived experience* of mental illness of a family member**
- **Based in public inpatient unit and/or outpatient clinic**
- **Northpark Private Hospital is piloting inpatient peer support this year**
- **Even though physically based in MH unit, supervision can be provided by ARAFEMI and/or MH service**

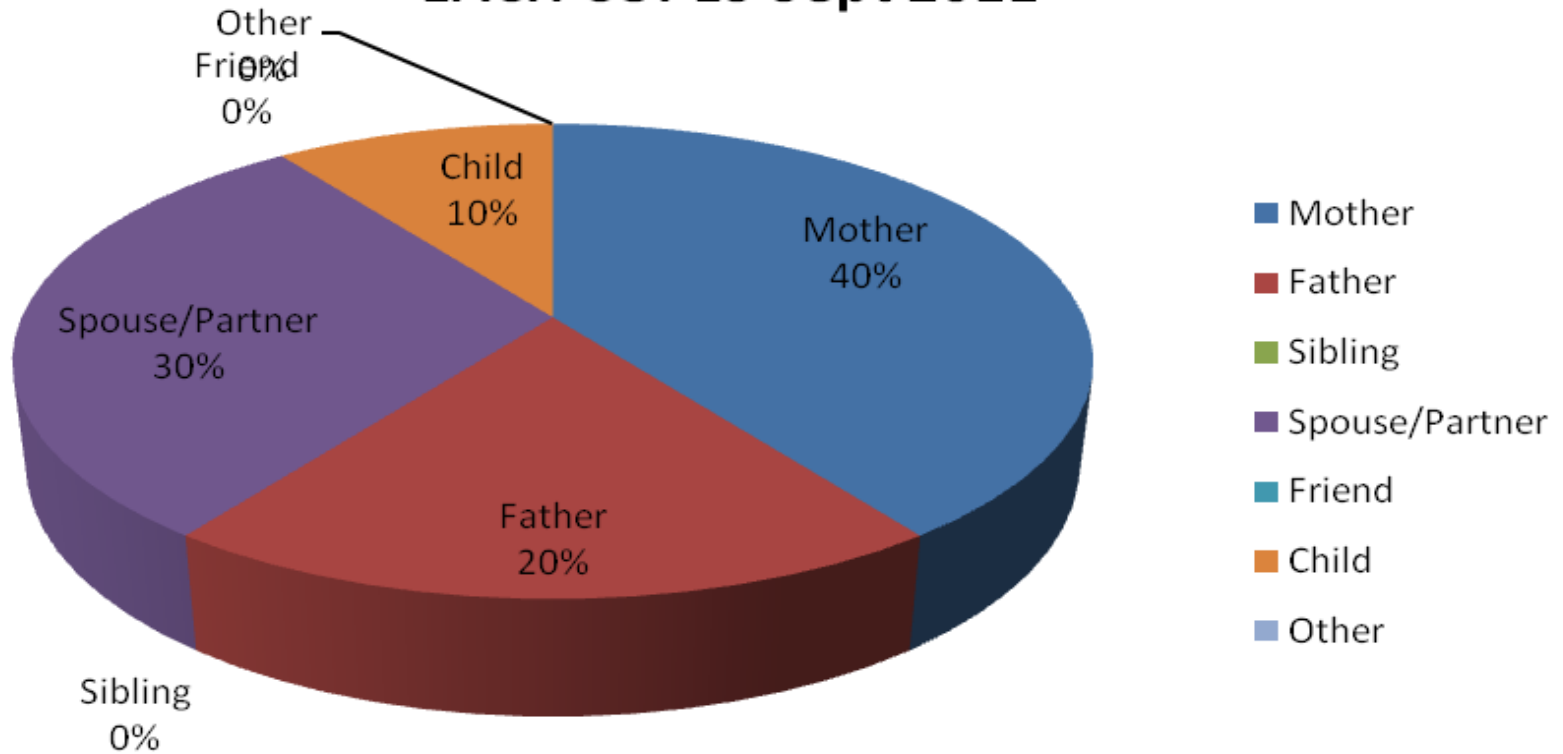
Feedback from COPES Box Hill 2011

Relationship to Consumer Sept 2011



COPES Ringwood

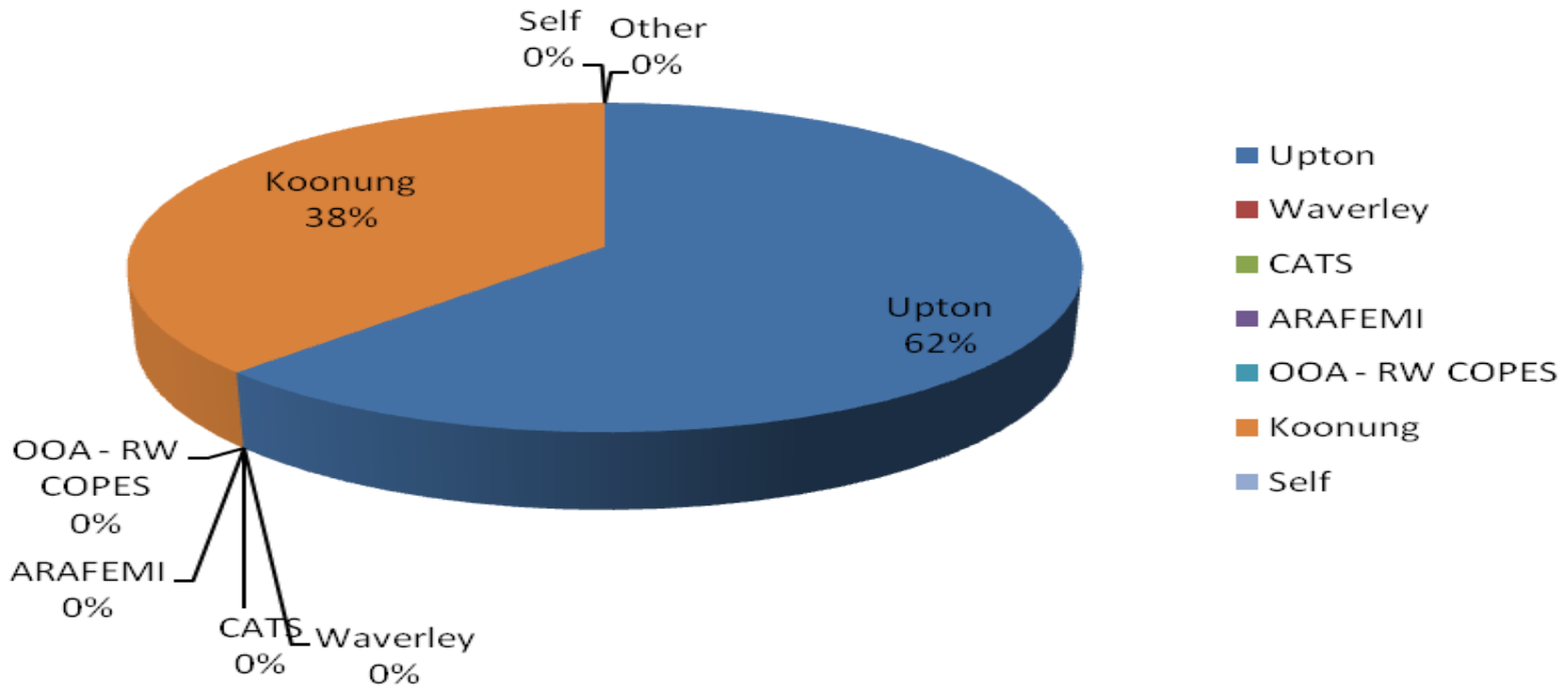
**Relationship to Consumer
EACH COPES Sept 2011**





Referral Source Box Hill

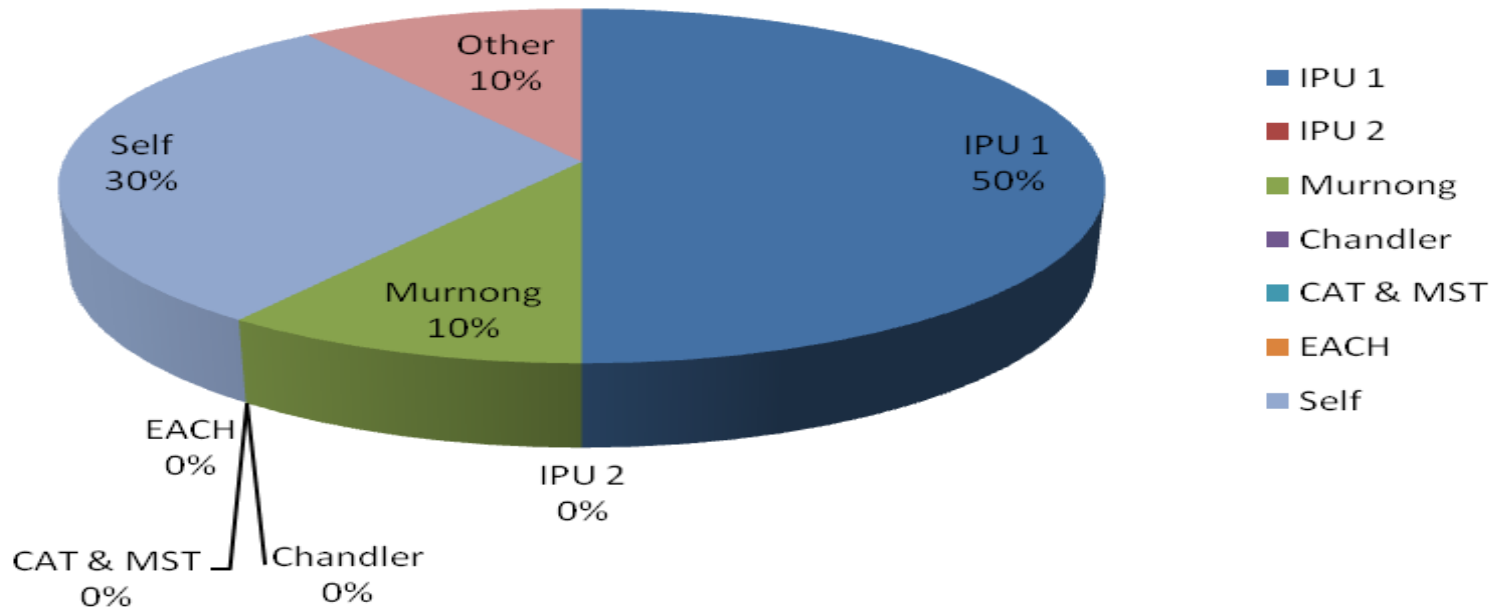
Source of Referral - Box Hill COPES -Sept 2011





Referral Source Ringwood

Source of Referral - Ringwood COPES Sept 2011





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The COPES Role

Geraldine Martin

Peer Conference

30th October, 2012

Culture of the Setting

- **Differences in physical location e.g. Dandenong & drop ins**
- **Different perceptions of importance of carers in recovery**
- **Attitude to peer support workers in a clinical setting**
- **Issues around confidentiality**

Training for COPES role

- **Is lived experience enough?**
- **Basic training needs of the COPES role**
- **Learning on the job in the COPES role**
- **Importance of supervision**

COPES & Intake Assessment

- **Linwood experience**
- **COPES ~ an automatic part of the Consumer Intake Assessment ?**
- **Carers Recognition Act 2012**
- **Carers as service users in their own right**

Future Directions

- **Supervision/buddy systems**
- **Some way to go to securely bed the role in clinical settings**
- **Smorgasbord of options eg, peer support as referral hub**
- **More locations / more settings eg, aged mental health care, adolescent units.**

The COPES role is a work in progress

- **Recruitment – beware of the ‘zealot’.**
- **“Peer support”- do people know what we mean?**
- **Volunteer Carer Peer Support?**
- **Home Visits?**