



# LEAP

## into the next stage

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APSU



# About APSU



The Association of Participating Service Users (APSU) at SHARC is the Victorian consumer representative body for people impacted by AOD service delivery, policy and research.

APSU believes that people who use or are eligible to use AOD services have a wealth of knowledge and experience, and that **their needs, strengths and expertise should drive the system.**

APSU is a membership based service.

# About APSU



Our mission is to ensure the voices, opinions and experience of consumers are heard, respected and integrated into service and policy development by:

- Training consumers to develop the skills they need to be involved in participation and other lived experience activities within the AOD sector.
- Working with key stakeholders to increase consumer impact on relevant policy development and implementation at the local, state and national levels.
- Building capacity within the AOD sector to support and promote consumer involvement in the design and delivery of services
- Advocating and creating opportunities for systemic change on behalf of AOD consumers to better meet their needs and improve their quality of life.

# LEAP Training - background



- Lived Experience **AP**plied
- Free training
- Formerly known as the Peer Helper Training
- First developed for clients at SHARC's residential program
- Continuously reviewed following participants' feedback

# LEAP Training - structure



- 32 hours over 8 sessions
- 15 participants max
- 13+ topics:
  - Orientation, AOD service system, Advocacy, Communication, Family dynamics, First 30 days, Harm reduction, Mental health, Recovery capital, Risk assessment, Self-care, Stages of change, Stigma
  - Consumer participation, Group facilitation
- 11+ facilitators
- 12 hour work experience

# LEAP Training - recruitment



- Advertised through APSU membership, VAADA Enews, NSP Forum, social media etc.
- Interviews
- Criteria:
  - Lived experience of drug misuse, addiction or dependency
  - Stable 'recovery'
  - Ability to attend
  - Ability to work in the group

# LEAP Training - method



- First session – setting the tone
- Interactive learning using participants' expertise
- Mutual learning using diversity of participants' experiences
- Facilitators with working knowledge of topics
- Most facilitators have lived experience

# LEAP Training – the shift



- Motivations: giving back, peer work, exploring the options, learning about recovery
- Why shift from the Peer Helper Training:
  - a) SHARC's Peer Worker Training
  - b) Insufficient peer positions in AOD
  - c) Acknowledgement of “side-effect” outcomes



# LEAP Training - outcomes



- Increased self-confidence
- Testing the waters
- Confidence in own ability to learn -> Education
- New career
- Social connections
- Very low drop-out rate

# LEAP Training - feedback



“Thank you so much for giving me this opportunity”

“Not long enough”

“What a fantastic learning tool coming out of my corrections order”

“I enjoyed the sense of connection provided by presenters with addiction experience”

“Fantastic! I have felt very comfortable and have gained a lot even though it has only been a short period”

# LEAP Training - feedback



Live feedback from:

Ian – LEAP graduate 2015

Peter – LEAP graduate 2016

Kate – LEAP graduate 2018



# Thank you!

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