

Who are Peer Support Mentors?

Peer Support Mentors utilise their lived experience of alcohol and other drugs, plus skills learned in formal training, to deliver services in support of others

Peer Support Mentors provide direct, one-on-one and group, support to FDTC participants. Their role is to positively mentor participants whilst they are going through the program, offering genuine empathy, understanding and practical support.

Contact:

Peer Projects, SHARC
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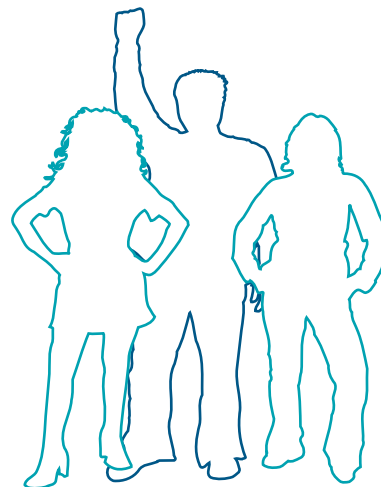


Self Help Addiction Resource Centre

Peer Support Mentors

*We understand because
we've been there...*

'SHARC's peer support mentors have made significant contributions to the Court's understanding of the lived experience of addiction, which in turn allows us to provide a program that is more attuned with the needs of our participants.'
– FDTC staff member



Family Drug Treatment
Court Victoria



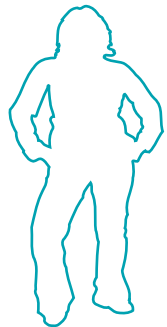
Family Drug
Treatment Court

Peer Support Mentors

Who is SHARC?

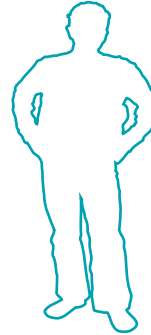
Self Help Addiction Resource Centre (SHARC) promotes self-help approaches to recovery from severe alcohol and drug related issues. SHARC provides opportunities for individuals, families and communities affected by addiction and related problems to recover and achieve meaningful, satisfying and contributing lives.

SHARC's practice and service delivery has always been underpinned by peer support. SHARC's Peer Projects is the central resource for Alcohol and Other Drug (AOD) peer workforce development. SHARC recruits, trains and supervises the Peer Support Mentors who work in the justice system. Our Peer Support Mentors have been a part of the Family Drug Treatment Court (FDTC) program since April 2015.



'They have walked in our shoes'
– FDTC parent

'They know what we are going through and they understand us on our level'
– FDTC parent



"As a Peer Support Mentor I'm able to lead by example and assist parents in achieving their recovery goals. By virtue of my lived experience, I am able to guide and support parents through the court process and assist them with tools to access recovery from drug and alcohol misuse."
– SHARC Peer Support Mentor

Peer Support Groups

Peer Support Mentors also facilitate a fortnightly Peer Support Group where participants can get together to navigate challenges and celebrate successes in their journey.

What can a Peer Support Mentor offer?

Peer Support Mentors:

- Provide emotional and practical support
- Assist participants to navigate the journey ahead
- Offer support as an equal, within a defined role
- Share their personal experiences in a way that inspires hope
- Promote self-advocacy and empowerment
- Support expansion of social and community supports
- Understand, because they've been there

'The support of the Case Managers & Peer Support Mentors (PSMs) are the best part of this program. The PSMs put us back on track and remind us what we need to do. They have lots of insight and information, and they know what we are going through. They are motivating because they have succeeded.'
– FDTC parent