

ROLE DESCRIPTION

TITLE: Peer Cadet

EMPLOYMENT STATUS: Part Time – 22.8 hours per week

Tuesday & Wednesday mandatory on site at our Abbotsford Office, other study day negotiable

Fixed term contract August 2024 – May 2025

AWARD DETAILS: Social, Community, Home Care and Disability Services Industry Award 2010 (SCHADS) Level 2.2. Generous salary packaging available

REPORTS TO: Manager of Ambassadors and Peer Cadet program

LIAISES WITH: EDV managers and staff, individuals experiencing an eating disorder and their families/support people, relevant external stakeholders

ABOUT US

Eating disorders are complex and debilitating mental illnesses that affect up to 1 in 20 people. Like any mental health disorder, they are not the fault of the individual and can affect anyone no matter their age, gender or background. While serious, eating disorders are treatable. With the right support, full recovery is possible for everyone.

Eating Disorders Victoria is the trusted guide for Victorians affected by eating disorders. We help people get the support they need to inspire hope and ensure the earliest possible recovery.

How we work

We are a committed, engaged and progressive community health service who value innovation. We are known for developing and delivering eating disorder services that can't be found anywhere else in Australia, or even the world. We are a strong voice for people affected by eating disorders and actively advocate for our eating disorder affected community at state and national level.

We pride ourselves on being a vibrant place to work, where creativity, collaboration and lived experience are highly valued and supported.

Our work is guided by our values of **Courage, Lived Experience, Authenticity, and Optimism.**

Where we are going

We are moving through an exciting time of reform in Victoria's Mental Health System and have every intention of ensuring eating disorders are fully supported in this new system. We want eating disorders to be considered core business when it comes to mental health, so that more Victorians are identified, diagnosed and put on the path to recovery, sooner.

We are focused on delivering high quality, data-driven community services that demonstrate the impact of our work, while underscoring the growing community demand for specialised eating disorder services. Underpinning this is an evolving culture of strong clinical governance, which supports the wellbeing of staff, volunteers and our service users.

We consider the lived experience workforce to be pivotal to the future of eating disorder treatment and are positioned to be leaders in this emerging field.

ROLE STATEMENT

The Lived Experience Peer Cadet Program at Eating Disorders Victoria is an employment opportunity for people with lived experience of eating disorders. Cadets will undertake the Cert IV in Mental Health Peer Work while completing a paid cadetship.

Eating Disorders Victoria is able to offer Cadetships to either consumers who have recovered from an eating disorder or those who have cared for a person with an eating disorder.

LIVED EXPERIENCE AT EDV

At EDV we have a commitment to supporting employees with lived experience through a range of supports, and our Lived Experience Framework.

- ✓ Please note candidates who have lived experience of an eating disorder must align with the 'recovered' definition below.
- ✓ Candidates who have lived experience of caring for a person with an eating disorder must align with the definition of 'non-active carer' below.

Recovered: a person who identifies as having engaged in a recovery journey from an eating disorder and can manage their own wellbeing in alignment with the below indicators:

- ✓ Can reflect and learn from their experience and has achieved emotional distance from their experience.
- ✓ Is open to, and able to consider a wide range of different eating disorder experiences.
- ✓ Can manage their own mental health and can recognise and seek help when at risk.

Recovering: a person is recovering from an eating disorder when they are actively engaged in eating disorder treatment and are currently experiencing physical, psychological or behavioural symptoms of an eating disorder.

Non-active carer: a person who has provided active care for an individual experiencing an eating disorder who now fits the 'Recovered' or 'Recovering' definitions, as above. They

may still be involved in providing support and care, but not in the same active capacity for a period of two years.

KEY ACCOUNTABILITIES

- Develop work readiness skills in relation to peer-led support across EDV
- Engage proactively with other Peer Cadet team members, and Peer Cadet Project Lead
- Participate in induction and training program and other professional development activities as required
- Attend and engage in active reflective practice, and supervision
- Assist with administrative tasks and special projects as required
- Engage effectively with the Peer Mentoring Program (PMP) through providing peer-led support to multiple participants
- Support the EDV Peer Mentor Program to develop training resources and undertake other tasks as needed
- Develop skills around the co-facilitation of groups and events at EDV
- Attend EDV Staff Meetings and other groups as relevant to the role – Lived Experience Peer Support Group; Education and Psycho-social Team sessions, and keep up to date with EDV related news and sector developments
- Other duties consistent with position as directed

KEY SELECTION CRITERIA

- Evidence of enrolment or intention to enrol in the Cert IV in Mental Health Peer Work
- Lived Experience of an eating disorder or caring for someone with an eating disorder, and alignment with the definitions as specified as above
- Ability and willingness to discuss own experiences of mental illness in the context of supporting someone with an eating disorder
- Ability to demonstrate functional coping mechanisms that allow you to effectively maintain good health and wellbeing, and that enable you to engage fully with the roles and responsibilities of the role
- Strong commitment to peer support and understanding of the value of peer work in mental health recovery
- Ability to work as part of a team in a busy and dynamic office environment
- Well-developed communication skills (both written and verbal) and the ability to build rapport and adapt approach according to the audience (clients, services, staff)
- Understanding of the role of professional treatment in recovery from an eating disorder
- Ability to take responsibility for own learning, and to use direction and feedback to develop capabilities
- An understanding of the importance of self-care and demonstrated ability to enact own self-care routines during times of stress
- A moderate understanding of eating disorders
- Experience in online communication systems

CONDITIONS OF CONTRACT

Location: This position will be based on site at the EDV office on Level 2 of the Magpies Community Centre (corner Lulie and Abbot Streets, Abbotsford).

Employment conditions:

- Normal working hours will be during Monday to Friday, 8:30am to 5pm. There may at times be some out of hours work and this will be negotiated with your manager.
- Other conditions as mandated by the Fair Work Act.
- Subject to satisfactory Working with Children Check, National Police Check and completion of Conflict-of-Interest Declaration.
- Probationary period will apply (6-months).

Wellness Plan:

EDV acknowledge that the work in this sector can be challenging and stressful, which can impact on all employees, volunteers and students' personal wellbeing and mental health. Therefore, **it is mandatory for all staff to complete a 'Wellness Plan'**. This important document acknowledges that in times of stress, a commitment to positive mental health practices and supports can improve resilience and wellbeing.

Ethical requirements:

All EDV staff are required to adhere to the EDV Code of Ethics, Code of Conduct, Core Values and guiding principles and relevant organisational policies, practices and guidelines.