



# FACILITATING PEER SUPPORT GROUPS FOR YOUNG PEOPLE

Funded by the Nursing and Midwifery Planning Development Unit, Health Services Executive - HSE Dublin North, the **Irish Institute of Mental Health Nursing** and the **School of Nursing and Midwifery at NUIG** are offering a **free 2 day training course on developing and facilitating peer support groups for young people** in distress.

## ABOUT THE COURSE:

**20 & 21 NOVEMBER, 10.00AM - 4.30PM @ NUI GALWAY**

Adolescence is a crucial time for the development of one's personal and social identity. However, for young people who struggle with mental health issues, the social isolation, stigma and discrimination often faced can be a barrier to the peer relationships we know are so essential at this time.

Facilitated peer support groups, provide a safe space where young people can come together to share similar experiences, support one another and develop their social network. Groups support young people's wellbeing by helping to reduce feelings of isolation, reduce self-stigma, increase hope and build the resilience needed to address challenges.



**The learning is applicable to any peer support group for vulnerable young people, including ones based on shared experiences of:** self-harm; eating distress; bullying/victimisation; anxiety; unusual experiences (voices, visions, beliefs); paranoia; low mood; parental separation; grief/loss; siblings.

## COURSE CONTENTS:

This 2 day course will provide you with the understanding, skills and confidence necessary to launch, facilitate and sustain a peer support group for young people in distress. Contents include:

- Understanding youth peer support, its history and practice
- Strategies to enhance participation and involvement
- Exploring examples of a range of peer support groups, suited to different topics and settings
- Planning and promoting peer support groups in your setting (suited for different age groups & issues)
- Launching groups, and managing common initial challenges
- Navigating your role as an adult facilitator with/without lived experience
- Skills for facilitating groups at different stages of development
- Dealing with difficult issues and managing safety within a peer support group context

These workshops are open to anyone interested in developing peer support groups for young people, **including:** nurses, OTs, social workers, psychiatrists, peer support workers, youth workers, counsellors, therapists mentors, CAMHS/EIS and substance misuse workers. **Applications from nurses prioritised.**

**TO BOOK: [SIQBHAN.SMYTH@NUIGALWAY.IE](mailto:SIQBHAN.SMYTH@NUIGALWAY.IE) | + 353-91-49 2832**



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## ABOUT THE TRAINER



Rai is an experienced international trainer specialising in innovative ways of supporting people who struggle with voices, visions, difficult beliefs and the impact of complex trauma. In addition to having her own lived experience of voices and self-harm, Rai has particular expertise in developing peer support for children, young people and people in secure settings/prison. She is an Open Dialogue practitioner in the NHS and pioneered the innovative Voice Collective young people's project in London from 2009-2015. **See:** [www.behindthelabel.co.uk](http://www.behindthelabel.co.uk)

## APPLICATION FORM

Name:

Phone:

Address:

Email:

Role:

Organisation:

### RELEVANT COURSES ATTENDED / BOOKED:

	Working with young people who self-harm, 22 November
	Supporting young people who have distressing beliefs and paranoia, 11 January 2018
	Talking with young people about the voices they hear, 12 January 2018
	Other training by Rai Waddingham or IIMHN (please state*)
	Other relevant training (please state*)

**\*If you ticked 'other', please state the training you attended here so we can assess your eligibility:**

### SUPPORTING STATEMENT

Please tell us how you hope you use the learning from the course. Priority is given to nurses and those with a specific plan and the support of their workplace. If you have this, please make it clear.

RETURN TO: [SIOBHAN.SMYTH@NUIGALWAY.IE](mailto:SIOBHAN.SMYTH@NUIGALWAY.IE) | + 353-91-49 2832