

LIVED EXPERIENCE TRAINING HUB



LEX
TRAINING HUB

WHAT IS IT?

The LEx Training Hub will provide a pathway for Tasmanians with a lived experience of mental health concerns or alcohol and other drugs, who are interested in becoming part of the growing Lived Experience Workforce.

The LEx Training Hub will directly support the expansion and success of a professional, work-ready, Lived Experience Workforce by providing peer and supervisor training programs, and training to help organisations improve their systems, supports and workplace culture to better understand, value and support Lived Experience roles.

The LEx Training Hub is jointly funded between the State Government and Primary Health Tasmania. State Government funding was announced through the 2023-24 budget.

WHY?

People with lived experience are a key element of building strong, sustainable alcohol and other drugs, and mental health workforces in Tasmania. Their unique insights, derived from their own lived and living experience, help to improve outcomes for people who access services, as well as their families, friends and carers. They understand the challenges that people and their families face, and can leverage their own experience to demonstrate that, with the right care and support, people experiencing substance dependency, or mental health concerns can overcome any challenges.

The *2019 Peer Workforce Development Strategy*, *Rethink 2020* and the *Reform Agenda for Tasmanian Alcohol and Other Drugs Sector* all identify the critical need to establish a lived experience peer workforce in Tasmania as a priority action. The development of a lived experience peer workforce will also support commitments made within the *Tasmanian Bilateral Agreement for Mental Health and Suicide Prevention* as part of the *National Mental Health and Suicide Prevention Agreement*.

Some of the benefits of a Lived Experience Workforce

- Reduction in hospital admissions, reduced readmission rates, increased discharge rates and reduction in psychiatric inpatient bed use;
- Improved experience for people accessing services, their families and friends, leading to better health outcomes;
- A knowledge resource leading to system improvements;
- Role-modelling recovery that helps break down stigma;
- Increased workplace diversity;
- Positive culture change in organisations

HOW?

The LEx Training Hub will offer both in-person training at our Hobart site and in other regions across the state, as well as online options to ensure access to people across Tasmania.

MHCT have already co-designed and piloted an "Introduction to the Fundamentals of Peer Work" course. We will be working with partners and stakeholders to develop and implement a variety of other relevant units and courses, including a leadership stream, which respond to the needs of the mental health and alcohol and other drugs sectors.

WHAT WILL BE OFFERED?

The LEx Training Hub will initially offer three courses:

Introduction to the Fundamentals of Peer Work: 6 day course.

Learning outcome is to provide the student with entry level skills to enable them to understand the role and gain vital skills to enter the workforce. The course provides a gateway to further education, as a preparatory course to the Cert IV Peer Work (Mental Health).

LEx Supervision: 2 day course.

The learning outcome is to provide the student with the knowledge and skills to perform non-clinical supervision for the Lived Experience Workforce. Designed by an Internationally Accredited Coach, the course will provide the student with the knowledge and skill to conduct both one to one supervision and group supervision

LEx Leadership: 3 day course.

Learning outcomes are to provide Lived Experience Leaders and Managers with the knowledge and skill to manage a Lived Experience workforce. It will incorporate elements of Advantage Thinking and use an evidence based team Leadership Theory and Model.

A Training Calendar will be available in early 2024.

MHCT is working closely with relevant stakeholders across the mental health and alcohol and other drug sectors to develop and design training which will help to build organisational readiness, and provide supervisors and leaders the skills they need to effectively support and manage Lived Experience Workforce roles.




We acknowledge the invaluable contributions and support from these organisations:



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