

Appendix VIII: Resources for peer workers

Sample day in the life

EXAMPLE DAY IN THE LIFE 1

DAY IN THE LIFE SCHEDULE

DATE : 12/02/2024

DAY: MONDAY

TODAY'S SCHEDULE

8:15AM - 8:30AM	CHECK/REPLY TO EMAILS
8:30AM - 9:30AM	MULTIDISCIPLINARY TEAM MEETING
9:30 - 10:30AM	OUTPATIENT SESSION*
10:30AM - 10:45AM	MORNING TEA BREAK
10:45AM - 12PM	ACTIVITY/GAME WITH INPATIENTS
12PM - 12:30PM	WRITE NOTES
12:30PM - 1PM	LUNCH BREAK
1PM - 2PM	WARD ROUND MEETING
2PM - 3PM	OUTPATIENT SESSION*
3PM - 4PM	INPATIENT VISIT
4PM - 5PM	WRITE NOTES

TOP PRIORITIES

☐ REPLY TO JOHN

☐ CHECK IN WITH EMMA

☐

☐

TODAY'S GOAL

APPOINTMENTS/SESSIONS

☐ *LILY OUTPATIENT - 9:30AM

☐ *MAX OUTPATIENT -2PM

☐

☐

NOTES

EXAMPLE DAY IN THE LIFE 2

DAY IN THE LIFE SCHEDULE

DATE : 13/02/2024

DAY: TUESDAY

TODAY'S SCHEDULE

8:15AM - 8:30 AM	CHECK/REPLY TO EMAILS
8:30AM - 9:30 AM	INPATIENT VISIT
9:30 - 10:30AM	OUTPATIENT SESSION*
10:30AM - 10:45AM	MORNING TEA BREAK
10:45AM - 12PM	ART WITH INPATIENTS
12PM - 12:30PM	WRITE NOTES
12:30PM - 1PM	LUNCH BREAK
1PM - 2PM	OUTPATIENT SESSION PLANNING
2PM - 3PM	CO-REFLECTION WITH SUPERVISOR
3PM - 4PM	INPATIENT VISIT
4PM - 5PM	WRITE NOTES

TOP PRIORITIES

☐ TRIAL NEW GAME ON THE WARD

☐ MEET WITH EMMA'S CASE
MANAGER

☐ SESSION PLANNING

☐

TODAY'S GOAL

APPOINTMENT

☐ *AVA OUTPATIENT - 9:30AM

☐

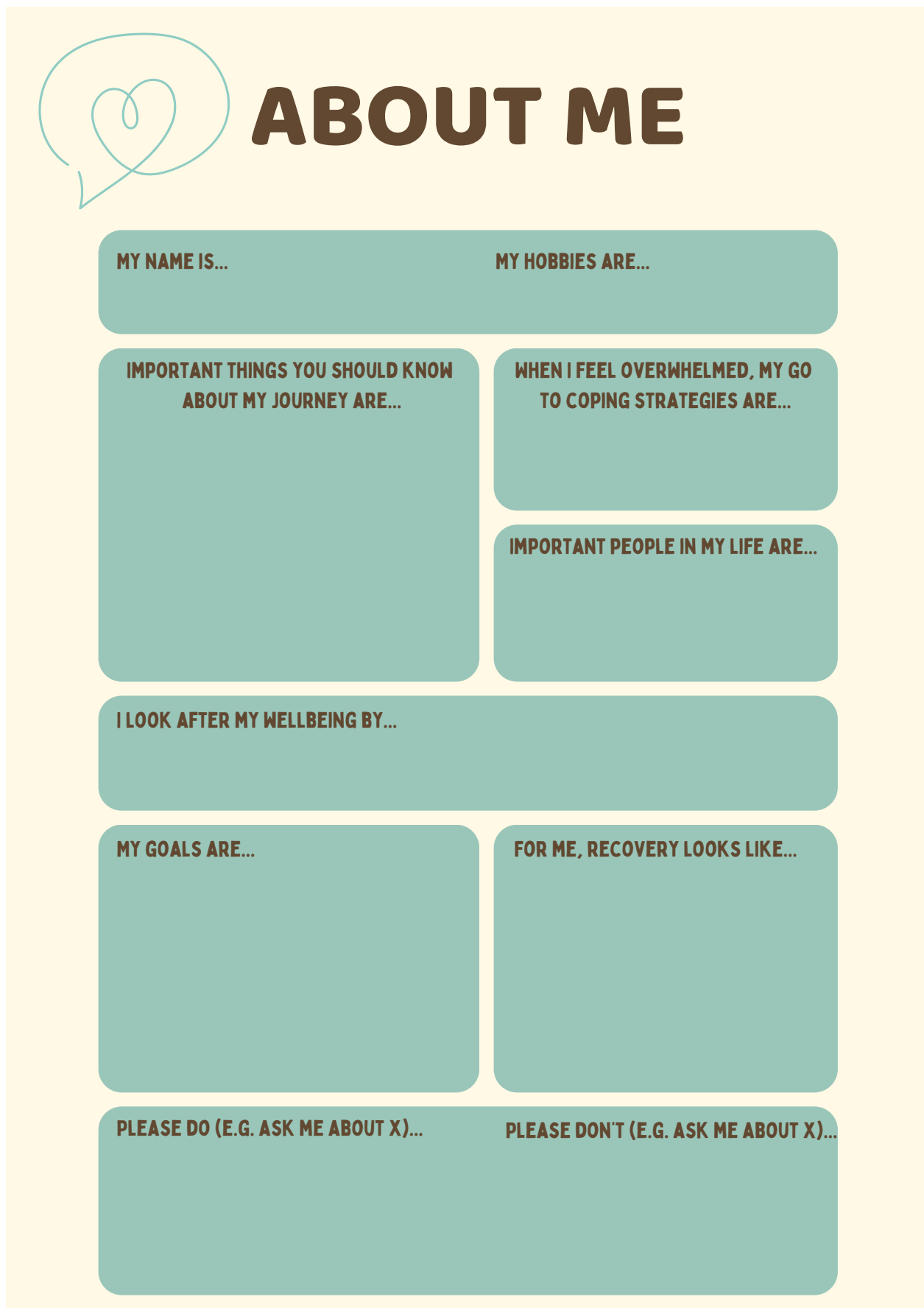
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NOTES

Encouraging connection - About me form

This is an example form to learn about the individual you are working with and understand their goals and key strategies for support.



The form is titled "ABOUT ME" in large, bold, brown letters. To the left of the title is a light blue speech bubble icon containing a heart shape. The form consists of several teal-colored rounded rectangular boxes for writing, arranged in a structured layout. The boxes are labeled with prompts in bold, brown, uppercase letters. The prompts are: "MY NAME IS...", "MY HOBBIES ARE...", "IMPORTANT THINGS YOU SHOULD KNOW ABOUT MY JOURNEY ARE...", "WHEN I FEEL OVERWHELMED, MY GO TO COPING STRATEGIES ARE...", "IMPORTANT PEOPLE IN MY LIFE ARE...", "I LOOK AFTER MY WELLBEING BY...", "MY GOALS ARE...", "FOR ME, RECOVERY LOOKS LIKE...", "PLEASE DO (E.G. ASK ME ABOUT X)...", and "PLEASE DON'T (E.G. ASK ME ABOUT X)...".

ABOUT ME

MY NAME IS...

MY HOBBIES ARE...

IMPORTANT THINGS YOU SHOULD KNOW ABOUT MY JOURNEY ARE...

WHEN I FEEL OVERWHELMED, MY GO TO COPING STRATEGIES ARE...

IMPORTANT PEOPLE IN MY LIFE ARE...

I LOOK AFTER MY WELLBEING BY...

MY GOALS ARE...

FOR ME, RECOVERY LOOKS LIKE...

PLEASE DO (E.G. ASK ME ABOUT X)...

PLEASE DON'T (E.G. ASK ME ABOUT X)...

Sample activities for peer support

The following are sample activities to provide you with ideas and starting points. Please note these are dependent on the individual you are working alongside and their needs/interests

Rapport building activities:

Activities to build rapport with tāngata whai ora and open up a space where they feel comfortable to discuss their journey

- Board games
- Discuss a common interest
- Do a puzzle
- Listen to music
- Watch a movie or TV show
- Colouring in
- Paint by numbers
- Diamond art
- Make slime
- Paint nails

Recovery focused peer support activities:

Activity	Equipment	How	Purpose
Draw your eating disorder journey in a timeline	• Whiteboard/ paper • Pen	• Ask tāngata whai ora to draw their eating disorder journey in a timeline • They may choose how much information they wish to/not to include. Example: significant life events • Discuss it with them	• To acknowledge and validate individual experiences • To open up a conversation about the individual you are working alongside's journey
Draw how you see/ visualise the eating disorder	• Whiteboard/ paper • Pen	• Ask tāngata whai ora to draw their eating disorder (what it would look like if they could visualise it) • Ask them to explain their drawing, what does it mean?	• To help individuals portray their eating disorder visually if it is challenging to explain in words
Picture/describe a day in the life without the eating disorder in control	• None	• Ask tāngata whai ora to describe what a day in their life without the eating disorder in control would look like • Get them to consider how it would feel, what fears might they have around letting go? • Have a discussion with them about what they share	• To understand where an individual is at in their journey • To recognise what recovery looks like for the individual you are working with and acknowledge what could be delaying their progress
Reframing thoughts with self-compassion	• Whiteboard/ paper • Pen	• Encourage tāngata whai ora to notice their thoughts/attitude towards themselves over the next few days	

Activity	Equipment	How	Purpose
Pros and cons list to recovery (*refer to table 3 for examples)	- Whiteboard/ paper - Pen	- Ask tāngata whai ora to list their perceived pros and cons to recovery. Example: Pro: thicker hair vs Con: need the eating disorder as a coping strategy - Have a discussion with tāngata whai ora about their list and the significance of each point - Ask if the pros or cons list is longer, why does one outweigh the other?	To inspire individuals and encourage them to focus on the positive potential outcomes of recovery
Create a gratitude journal	- Whiteboard/ paper - Pen	- Ask your client to keep a gratitude journal when they begin working with you - In their journal, ask them to note down three things they are grateful for every day Example: family - Tāngata whai ora may wish to reflect on these aspects with you in sessions or keep them private	Practicing gratitude helps to shift perspective and remind individuals to focus on the positive aspects of their life
Notice and differentiate the eating disorder thoughts from your own	- Paper - Pen	- Ask tāngata whai ora to notice if they are able to differentiate their own thoughts from eating disorder thoughts - Ask them to journal/write down moments where they can notice the eating disorder being in control - Ask them to write down what they noticed, what happened as a result and how they reacted in the situation - Discuss what was noticed in the next peer session	To encourage tāngata whai ora to increase their awareness of when their eating disorder is in control or making decisions
Attributes exercise	- Whiteboard/ paper - Pen	Ask tāngata whai ora to list their own positive attributes and qualities	To inspire tāngata whai ora to notice their strengths and explore their identity outside of the eating disorder
Create a well-being list	- Paper - Pen	Create a list of coping strategies with tāngata whai ora that they can use to support their well-being throughout their journey. Example: journal	To encourage individuals to look after their well-being

Examples of positive aspects of recovery

Feel free to make a list of some of the pros you have experienced and would like to share with tāngata whai ora

Pros:

1. Healthy hair, skin and nails
2. Healthy bones
3. Improved digestion
4. Improved gut health
5. Food freedom
6. Improved social life
7. Better concentration and memory
8. Hormonal balance (fertility, libido)
9. Sustainable lifestyle
10. Increase in metabolism
11. Better regulation of body temperature
12. Improvement in mood
13. Reduced anxiety
14. Increased energy levels
15. New opportunities
16. Better self-confidence
17. Improved quality of life
18. A healthy relationship with food and body
19. Energy/ability to find new hobbies



Template for peer support session planning

This flexible guideline may be particularly useful for peer workers in both clinical services and community settings. You might consider adapting it to suit your specific needs. Additionally, it can be beneficial to print the 'About Me' resource to provide to tāngata whai ora during the first session, as outlined in **Appendix VI**.

Peer support session one template

	What	How	Purpose
1	Introductions	• Introduce yourself (this might include mihi mihi, or sharing your pepeha) • Explain what peer support is and what your tāngata whai ora can expect from sessions • Ask tāngata whai ora to introduce themselves • Ask tāngata whai ora if they would like a family/whanau member to attend peer sessions • Ask tāngata whai ora what they would like to get out of Peer Support.	• To build rapport and explain what tāngata whai ora can expect from peer support sessions
2	'About Me' Resource	• Provide tāngata whai ora with a copy of the 'About me' resource and suggest they fill it out	• To give individuals a resource they can use to communicate their needs
3	No. of sessions	• State the number of peer support sessions tāngata whai ora can expect to have with you. Example: 5 sessions	• To communicate with individuals how long you will be working with them
4	Confidentiality	• Explain what confidentiality in peer support looks like	• To promote a trusting and honest relationship with your client
5	Activation and triggers	• Ask your client if there are any specific topics or words that activate them • Ask what you need to be aware of when sharing your own lived experience	• To understand individual triggers so you are able to discuss your lived experience safely

	What	How	Purpose
6	Exploration of their journey	• Ask tāngata whai ora to tell you about their journey so far and what has led them to this moment (if they haven't already done so) • Share parts of your journey if this is relevant • Ask about other aspects of their life that impact their journey and well-being	• To listen to and acknowledge the experiences individuals have been through/are going through • To gain knowledge of factors that could be impacting their journey
7	Goal	• Ask tāngata whai ora what goals they are currently working towards. Example: "be able to have a snack out at a cafe with my friend" • Explore how they can work towards their goals over the next week	• To recognise what tāngata whai ora would like to achieve and explore how they can work towards their goals

Follow-up sessions template

	What:	How:	Purpose:
1	Recall	• Ask the individual how they have been since you last saw them • Ask what has gone well • Ask if they have experienced any challenges • Ask about other aspects of their life? (consider their hobbies or commitments outside of the eating disorder)	• To understand where individuals are at in their journey compared to when you last saw them • To recognise what they might like to discuss during the session
2	Reflection	• Ask if the individual remembers what was discussed in the previous session. Example: their goals	• To recap and reflect on the previous session you had with the individual • To gain an understanding of what went well/not so well last time
3	Discuss	• Ask tāngata whai ora how they currently feel in their journey (if they feel comfortable doing so) • Ask tāngata whai ora if they are currently facing any barriers you may be able to understand or relate to • Ask how you can support them in this moment	• To discuss how things are going for tāngata whai ora • To validate how individual's feel and provide hope

	What:	How:	Purpose:
4	Activity	Depending on the session and the individual's wants/needs, you may wish to do an activity (refer to Sample Peer Support Activities)	
5	Goals/takeaways	- Ask tāngata whai ora if they have any key takeaways from the session - Ask if they going to try anything new/implement any strategies to come nearer to their goals - Ask if anything you've discussed has been unhelpful/helpful	To inspire and encourage tāngata whai ora to continue working towards their goals
6	Questions and farewell	- Ask tāngata whai ora if they have any questions? - Wish them the best until you see them next	To give tāngata whai ora the opportunity to ask questions about the topics discussed, other concerns or about your lived experience