

New Zealand Certificate in Health and Wellbeing (Peer Support) (Level 4)

Course Title **The Lived Experience**

Code HWB4051

Level 4

Credits 30

Pre-requisites Nil

Status Compulsory

Learning hours **Total 300 hours** (Tutor-directed 75, Self-directed 75, Work Integrated 150)

Aim

This course provides the opportunity for the student to demonstrate the skills and knowledge to work effectively as a peer support worker. Students will demonstrate an understanding of self-care strategies and their contribution to wellbeing. Students will reflect on their own lived experience and how this lived experience can be shared in a safe and professional way to support peers and whānau who are experiencing distress.

Learning Outcomes

Following successful completion of this course, the student will be able to:

1. Demonstrate awareness of own culture and life experience and its impact when working with people, whānau and/or families.
2. Demonstrate understanding of the meaning and relevance of Te Tiriti o Waitangi in peer support work role, including the impact of colonisation on health and social outcomes for Maori.
3. Describe and demonstrate an understanding of the self-care strategies that support the student in their peer support role.
4. Reflect on own lived experience and how this can be shared to support people and whānau who are experiencing distress.

Course Title **Whānaungatanga Building Relationships**

Code HWB4052

Level 4

Credits 30

Pre-requisites Nil

Status Compulsory

Learning hours **Total 300 hours** (Tutor-directed 75, Self-directed 75, Work Integrated 150)

Aim

This course develops skills and knowledge to enable students to build effective professional relationships with peers (people who have experienced similar adversity). Students will demonstrate an understanding of socio-cultural and historical factors that impact on health and/or social outcomes. Students will reflect on their use of appropriate communication strategies that are respectful of diversity and that demonstrate working in partnership with others.

Learning Outcomes

Following successful completion of this course, the student will be able to:

1. Demonstrate understanding of socio-cultural and historical factors impacting on positive health outcomes for people, whānau and/or families in Aotearoa New Zealand, including for Pacific and migrant families.
2. Demonstrate an understanding of the factors that contribute to wellness and distress, and the potential impact of co-existing problems that people may experience.
3. Describe and demonstrate an understanding of the scope and professional boundaries of the peer support worker role.
4. Reflect on working in partnership with peers and whānau to identify effective communication strategies that support the building of therapeutic relationships.

Course Title Peer Tools

Code HWB4053

Level 4

Credits 30

Pre-requisites Nil

Status Compulsory

Learning hours **Total 300 hours** (Tutor-directed 75, Self-directed 75, Work Integrated 150)

Aim

This course develops the skills and knowledge to enable the student to demonstrate the ability to work effectively as a peer support worker. Students will demonstrate an understanding of advocacy relevant to working alongside peers who have similar experience. Students will reflect on the peer support tools and strategies used to foster hope, and build resilience, self-determination and autonomy.

Learning Outcomes

Following successful completion of this course, the student will be able to:

1. Demonstrate an understanding of the peer support tools and strategies that support people, whānau and family to maintain hope, resilience, self-determination and autonomy.
2. Describe and demonstrate advocacy when working alongside peers and whānau accessing health and wellbeing services.
3. Support peers and whānau to access a variety of social supports, demonstrating an understanding of cultural responsiveness, and advocacy.
4. Support peers and whānau to navigate health and social services in order to achieve autonomy, and improved health goals.
5. Reflect on the knowledge and facilitation skills relevant to your role as a peer support worker.

Course Title Leadership

Code HWB4054

Level 4

Credits 30

Pre-requisites Nil

Status Compulsory

Learning hours **Total 300 hours** (Tutor-directed 75, Self-directed 75, Work Integrated 150)

Aim

This course develops skills and knowledge that enable students to protect and promote the health and wellbeing of peers and whānau. The student will demonstrate an understanding of their role in quality improvement and its impact on improving health and wellbeing. The student will reflect on their own personal leadership and their ability to influence effective teamwork and policy relevant to working with people and whānau accessing peer support services. Students will also reflect on the ethical and legal implications related to their role.

Learning Outcomes

Following successful completion of this course, the student will be able to:

1. Demonstrate knowledge of legislation and safety in relation to your role in the health and wellbeing sector.
2. Demonstrate knowledge of quality improvement processes that lead to positive outcomes in relation to the peer support work role in the health and wellbeing sector.
3. Reflect on own ethical practice and the influence of relevant legislation for safety and well-being.
4. Reflect on own personal leadership, including individual and organisational feedback mechanisms, and potential to influence others to maximise their health and wellbeing.