



## EDV's Peer Mentoring Program

### What is the EDV Peer Mentoring Program?

The program supports adults with an eating disorder upon discharge from a hospital inpatient unit or in transition out of an intensive day program to consolidate and sustain steps towards recovery. The program provides one-on-one mentoring with an EDV Peer Mentor who has recovered from an eating disorder.

### What is a Peer Mentor?

Peer Mentoring can be defined as the help and support that people with lived experience of a mental illness are able to give to one another. It focuses on an individual's strengths and works towards the individual's wellbeing and recovery (Mental Health Foundation, 2016).

### How can the program help?

The program aims to fill a service gap for eating disorder patients leaving hospital or intensive day program, ensuring they can better sustain their recovery outcomes in the long term.

The Peer Mentor supports the participant by working together to develop a recovery focused Wellness Plan and undertake regular activities designed to work towards achieving their self-identified goals.

### How does the program work?

Participants will be matched with an EDV Peer Mentor who has recovered from an eating disorder and have regular contact over a six month period. Peer Mentors and participants are expected to have 13 sessions over approx 6 month period and meet face-to-face on a fortnightly basis. Three group support/de-brief sessions will be provided to participants throughout the duration of the program.

### Where does the program operate?

Activities of the Peer Mentoring Program will take place in a variety of community settings, including Eating Disorders Victoria as determined by the Peer Mentor and participant.

### Other requirements

Participation in the program is voluntary, with participants choosing to be involved and actively engaged throughout. Professional (GP and Mental Health Practitioner- eg. psychologist, counsellor, clinical mental health social worker) and personal supports must be in place. The participant must consent for information to be shared between EDV and these contacts. Throughout the program

participants will be given questionnaires to complete and asked to provide feedback on the program.

### Eligibility

If you are an adult (18 years plus) with an eating disorder who is engaged in inpatient or intensive day program treatment and is interested in working with a peer mentor to consolidate and sustain steps towards recovery, get in touch today. *Please note, if you are not currently connected to an inpatient or intensive day program, there needs to be no less than a period of 6 months since you have last been connected to a service.*

### How to get involved

Please phone Rachael Duck at EDV on 1300 550 236 or e-mail [rachael.duck@eatingdisorders.org.au](mailto:rachael.duck@eatingdisorders.org.au).

A brief screening will be conducted to ensure that the Peer Mentoring Program is appropriate for you.

**This is a free program for participants made available through the support of the Victorian Government.**

