



# Skills Bootcamp Mental Health Peer Support Worker Level 3

UTS in Partnership with Hertfordshire County Council



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## Programme Overview

The UTS L3 Mental Health Peer Support Worker Skills Bootcamp programme has been commissioned for delivery by Hertfordshire Futures and designed in collaboration with employers, to offer a comprehensive curriculum tailored to the needs of mental health peer support workers.

This programme is designed for people with lived experience of mental health challenges, whether they are currently employed and seeking to advance their careers, or unemployed and aiming to enter the mental health sector. The programme aims to empower participants to learn how to effectively support others facing similar challenges, drawing on their own experiences, equipping them with valuable skills to assist others in their recovery journeys. By offering tailored guidance, resources, and networking opportunities, the programme provides the necessary tools, knowledge and support needed to successfully navigate the job market and pursue meaningful employment opportunities in the mental health field.

The programme commences with an exploration of the fundamental aspects of the role, emphasising effective communication skills and the establishment of trusting relationships. Participants delve into the core responsibilities of a Mental Health Support Worker, learning how to communicate effectively with individuals, colleagues, and other professionals. They also acquire essential skills in building rapport and trust, essential for fostering meaningful connections with those they support. Throughout this phase, emphasis is placed on the principles of equality, diversity, and inclusion, ensuring participants develop cultural competence and sensitivity to the diverse needs of individuals they encounter. The programme then explores each delegate's area for responsibility and how they and their team are performing against organisational requirements and quality standards.

Following this foundational phase, the programme further delves into specialised areas, empowering delegates to take on their roles with confidence and proficiency. Topics include trauma-informed practice, motivational coaching, and goal setting, equipping participants with tools to support individuals in their recovery journey effectively.

Modules on advocacy, empowerment, and self-management provide crucial insights into maintaining personal well-being while supporting others and navigating career progression within the field of mental health support. Through a holistic approach to training, participants emerge equipped not only with technical skills but also with a deep understanding of the complexities of mental health support work and the resources to excel in their roles.

There will be a range of subjects covered as part of the programme as well as a wide range of wrap-around support.

### The subjects covered as part of the programme will include the following:

- ◆ The Role of the Mental Health Support Worker
- ◆ Effective Communication with Individuals, Colleagues, and other Professionals
- ◆ Building Effective and Trusting Relationships
- ◆ Equality, Diversity and Inclusion and Cultural Competence
- ◆ Planning for, carrying out and Ending a Peer Relationship
- ◆ Trauma Informed Practice
- ◆ Motivational Coaching, Aspirations and Goal Setting with Individuals
- ◆ Advocacy and Empowerment
- ◆ Manage Self – Workload, Self-Care, and Safety
- ◆ Career Options, Progression Routes and Application Support

### Additional Support Includes

- ◆ 1-2-1 Coaching with Programme Mentor
- ◆ Practical Workshops for Action Planning
- ◆ Mental Health Learning Materials and Webinars
- ◆ Career Development Advice and Guidance
- ◆ Well-Being Support



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## The learning experience is engaging, hands-on, and directly applicable to real-world scenarios encountered within peer support teams and workplace settings.

### Programme Benefits

By attending this programme, participants will be able to:

- ◆ **Shared Experience to Support Others' Recovery:** Utilise your own mental health journey to effectively assist others in their recovery.
- ◆ **Networking Opportunities:** Connect with professionals and peers in the mental health field to build a supportive community and explore career prospects.
- ◆ **Career Opportunities:** Progress within your current role, pursue a new career path in the mental health sector or gain employment within the industry.
- ◆ **Coaching Skills:** Develop the ability to coach others towards leading meaningful and fulfilling lives.
- ◆ **Effective Communication Skills:** Learn and refine communication techniques essential for developing and supporting others.
- ◆ **Enhance Knowledge:** Gain a deeper understanding of mental health issues and effective support strategies.
- ◆ **Empowerment and Confidence:** Build confidence in your ability to make a positive impact in the lives of others.
- ◆ **Achieve a L3 accredited module: Understanding Mental Health.**

### Funding and Cost Contributions

This programme is funded through Hertfordshire County Council to support those who live within this region.

- ◆ For those who are a self-referral, unemployed or self-employed, the programme is fully funded.
- ◆ SME's 10% contribution to the costs
- ◆ Large Employers 30% contribution to the costs

### Eligibility

- ◆ Live within the Hertfordshire area.
- ◆ Be 19 years of age or over.
- ◆ Have lived in the UK for the last 3 years prior to programme start date.
- ◆ Have the right to live and work in the UK during their time on programme.
- ◆ Have not completed a similar Skills Bootcamp in this financial year or be planning to start another in the coming months

### Getting Started

To find out more about this **L3 Mental Health Peer Support Worker Bootcamp** programme and obtain enrolment and programme start dates, please contact Hannah Appleby – [hannah@uniquetrainingsolutions.co.uk](mailto:hannah@uniquetrainingsolutions.co.uk) or 01727 733999.

**Skills Bootcamps are part of the Government's Lifetime Skills Guarantee.**



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