



The 1st HEIW / SCW virtual conference 'Informing the future of the **Mental** **Health Workforce** in Wales'

Case Study

Peer Mentoring within Aneurin Bevan University Health Board

What did you do and why?

Peer support utilises the expertise of people with lived experience to provide support to service users. Evidence suggests peer interventions have benefits at individual and organisational levels which has led to the growth of the role in the NHS.

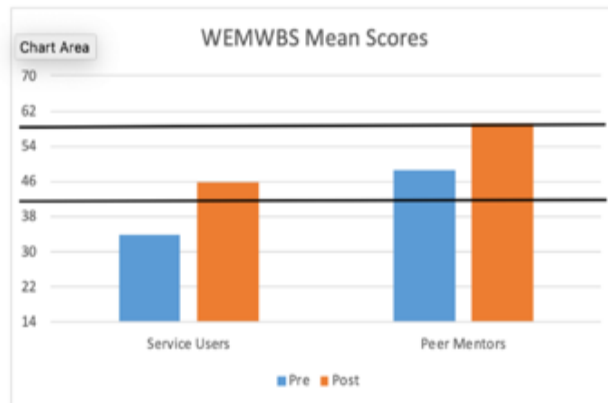
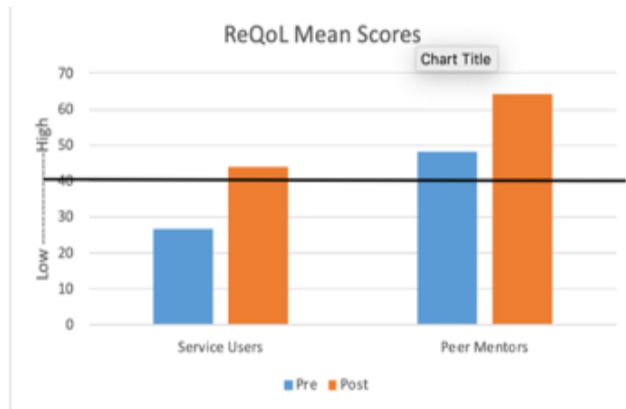
In ABUHB 7 Peer Mentors work across a variety of innovative clinical areas with further expansion planned. All teams and peers are provided with training /support by the pioneering Peer Mentor Development Team, which also offers consultation nationally across Wales to support services in developing peer roles.

Benefits of this way of working?

- Enhanced service provision: compliance RCP & NICE standards
- Clinical gains: improved mental health & wellbeing
- Recovery focus: range of recovery focused options for service users
- Cost-effectiveness: efficient & effective services through improved care pathways

ABUHB Peer Mentor Evaluation Outcomes

Increased ReQol and WEMWBS scores; service users (63% & 35%) & peer mentors (33% & 22%). For wellbeing, scores are clinically significant; peer scores increased to top 15% of general population, and service users, above the cut off.



ReQoL: Recovery in Quality of Life measure

WEMWBS: Warwick-Edinburgh Mental Wellbeing Scale

Qualitative findings demonstrate benefits for service users, peer mentors and teams.

‘They taught me so many things to help. I wouldn’t be where I am today without the Peer Mentor’ – service user

‘In short, peer mentoring has changed my life. I wouldn’t be the person I have become without it...It’s been an amazing experience’ – peer mentor

‘It’s helped my practice, made me think alternatively’ – staff