

L i v e d

E x p e r i e n c e

A p p l i e d

The Association of Participating Service Users APSU

is now recruiting participants for the
LEAP Training 2020
to be held 18 March - 1 April 2020

LEAP is a training for people with lived experience of alcohol and/or other drug addiction.

Participants of the LEAP training will have an opportunity to get:

- Free training
- Peer support skills
- Better understanding of their own recovery
- Increased self-esteem and knowledge
- Certificate of completion
- References / referees
- Opportunity to network with peers
- Free lunch each day of the course

Turn overleaf for details



About the training

The Lived Experience Applied (LEAP) is a free training, designed for people who have direct lived experience of drug and/or alcohol addiction. APSU has been delivering this training since 2007 as the Peer Helper Training. The training changed the name to LEAP in 2019. This training is a good option for people who are ready to make a leap into the next stage of their life after AOD treatment, but it is also suitable for those who have been in recovery for a period of time.

LEAP covers a range of alcohol and other drug (AOD) related topics by facilitators with current working knowledge in the field. It prepares participants for peer work in the AOD sector, as well as for further education in AOD related studies. The training is also an opportunity for people who have had a disrupted education to test the waters and build their self-esteem for official education in any other field.

LEAP gives an overview and exploration of the different aspects of peer support, and it also provides skills and strategies that can be used in every area of life, including advocacy, consumer participation and personal recovery.

LEAP is provided in 8 sessions over 3 weeks by a range of facilitators. At the completion of the training some participants will have the opportunity to do 12 hours of practical peer support in an AOD organisation.

LEAP covers the following topics:

Orientation	Group work
Advocacy	Harm reduction
AOD Service system	Mental Health
Communication	Recovery Capital
Ethics	Selfcare
Family Dynamics	Stages of change
First 30 days	

All sessions will be held 10.30am-3pm.

Venue: SHARC - Gordon Storey Memorial Hall, 140 Grange Road Carnegie 3163

For further information call (03) 9573 1776.

To apply for the LEAP Training send the following information to APSU - 140 Grange Rd, Carnegie 3163 or e-mail ekennedy@sharc.org.au **by Friday, 28 February 2020:**

Name: _____

Address: _____

Suburb: _____ Postcode: _____

Daytime phone number: _____

Email: _____

Age: 16-25 25-35 36-45 46-65 over 65

All applicants will be interviewed before the final confirmation of enrolment.