Strengthening Hope
Peer Mentors & Group Work

Kate Jurgens

Bereavement Coordinator

Southern Adelaide Palliative Services

Government of South Australia

What has been implemented

- A model of Peer Mentoring
- Dual Purpose of role to increase self-belief & sense of purpose
- and to transmit hope to others through narrative & modelling
- Important to note that SAPS grief groups are professionally facilitated

Kate Jurgens
SAPS Bereavement Coordinator

Government of South Australia

Reasons why it started

Driven by expressions of

- "am I normal?"
- "do others feel this way?"
- "does this get any better?"
- "when does this end?"

Kate Jurgens
SAPS Bereavement Coordinator

Peer support/mentor examples

- Mental Health
- Chronic Health
- University
- Work places

Kate Jurgens
SAPS Bereavement Coordinator

Summary of key features



Kate Jurgens
SAPS Bereavement Coordinator

Government of South Australia

Evaluation Comments - Mentors

- "gave me something to focus on, has helped by mixing with others"

- "both neg influence -feeling that I'm not moving forward as well as others, & pos influence providing some comfort, assistance and help to others"

- "going through the course again helped me realise that there were some things that I hadn't dealt with fully & it gave me the opportunity to do that and move further through my own grief"

Kate Jurgens-
SAPS Bereavement Coordinator

Group members experience of the mentor role

- "knowing someone can affirm where I / we are coming from & needing to go"

- "the mentors role is vital…hearing from the mentor helps me realise there can be a future, it is just up to me to find it…"

- "mentors add balance & perspective by showing one can & does survive past 12 months, & being real, it is good to know they continue to grieve their loved one, ….extremely valuable member'

Kate Jurgens
SAPS Bereavement Coordinator

Thank you for listening

Kate Jurgens
SAPS Bereavement Coordinator

Government of South Australia