Whitireia
NEW ZEALAND

School of Health and Social Services

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New Zealand Certificate in Health and Wellbeing (Peer Support) (Level 4)

Introduction

The New Zealand Certificate in Health and Wellbeing (Peer Support) is a one year programme delivered in collaboration between Kites Trust and Whitireia. The programme assists students to develop knowledge and skills to work effectively in health and social community based roles and focuses on fostering hope, building resilience, self-determination and autonomy in supporting peers and whānau who are experiencing distress.

The programme uses blended learning methods for delivery that combines face-to-face, online delivery and work-integrated learning. Students attend the polytechnic for four days per module (two two-day blocks), with the remaining hours completed in the work place. Workplace hours are a minimum of 18 hours per week and independent study is approximately nine hours per week.

The **New Zealand Certificate in Health and Wellbeing (Peer Support)** consists of the following four modules:

Module	Aim
HWB4051 **The Lived Experience** **30 Credits**	This course provides the opportunity for the student to demonstrate the skills and knowledge to work effectively as a peer support worker. Students will demonstrate an understanding of self-care strategies and their contribution to wellbeing. Students will reflect on their own lived experience and how this lived experience can be shared in a safe and professional way to support peers and whānau who are experiencing distress.
HWB4052 **Whānaungatanga Building Relationships** **30 Credits**	This course develops skills and knowledge to enable students to build effective professional relationships with peers (people who have experienced similar adversity). Students will demonstrate an understanding of socio-cultural and historical factors that impact on health and/or social outcomes. Students will reflect on their use of appropriate communication strategies that are respectful of diversity and that demonstrate working in partnership with others.
HWB4053 **Peer Tools** **30 Credits**	This course develops the skills and knowledge to enable the student to demonstrate the ability to work effectively as a peer support worker. Students will demonstrate an understanding of advocacy relevant to working alongside peers who have similar experience. Students will reflect on the peer support tools and strategies used to foster hope, and build resilience, self-determination and autonomy.
HWB4054 **Leadership** **30 Credits**	This course develops skills and knowledge that enable students to protect and promote the health and wellbeing of peers and whānau. The student will demonstrate an understanding of their role in quality improvement and its impact on improving health and wellbeing. The student will reflect on their own personal leadership and their ability to influence effective teamwork and policy relevant to working with people and whānau accessing peer support services. Students will also reflect on the ethical and legal implications related to their role.

Programme Summary

Duration	One year
Programme Dates	February-November 2020
Programme Fees	2020 fees will be available on the New Zealand Certificate in Health and Wellbeing (Peer Support) (Level 4) page on the Whitireia website from September 2019; as a guide, the 2019 fees were $4,300.00. These fees apply to NZ Citizens & Permanent Residents only.
Hours on Campus	Students attend the polytechnic **four days per module** (two two-day blocks). The remaining hours are completed in the work place and online.
Workplace Hours	Minimum of 18 hours per week
Independent Study	Approximately nine hours per week

Qualification

Graduates gain the New Zealand Certificate in Health and Wellbeing (Peer Support) (Level 4) on successful completion of all course requirements.

Career Opportunities

Graduates of this qualification will have the skills and knowledge to be employed in a range of roles working alongside people, whānau and/or family across health and wellbeing sectors.

Further Study

For graduates of this programme, there is the potential to staircase to higher level study in health and social service careers such as nursing, public health, social work, paramedicine, youth work, counselling and addiction practice.

Student Support

At Whitireia, we are committed to our students' success and therefore offer a range of services to meet the learning needs of individual students. These include the Poutama Learning Skills Centre where one-to-one and small group assistance, peer tutoring, workshops and study skills sessions on a variety of topics, and online material are available.

To increase our students' chances of success, we provide support for our students in other ways such as access to financial advice, counselling, childcare facilities, and a service for students who have a disability, illness, or health problems that may impact on their studies. Māori and Pacific liaison staff are available to provide pastoral care for Māori and Pacific students, and information on alternative support networks and grants.

Student Loans and Allowances

For information on student loans and allowances visit the StudyLink website www.studylink.govt.nz or contact them on 0800 88 99 00. Use the StudyLink website tools to ensure you are eligible for a student loan and/or allowance.

You may be eligible for a Careerforce grant; for more information please visit: www.careerforce.org.nz or contact them on 0800 277486.

Entry Requirements

Applicants must meet both the academic and suitability entry requirements.

Academic Entry Requirements

NCEA Level 1 or equivalent **AND** employment or voluntary work in related field for a minimum of three days per week (18 hours per week).

International Students:
IELTS 5.5 with no band lower than 5.0, or equivalent.

Suitability Requirements

Attend an interview to determine suitability and preparedness for tertiary study (evidence of suitability will be based on employer's letter of support, referee reports and safety checks).

Application Closing Date: Friday 29 November 2019

Applications received after this date will only be processed if places are still available.

How to Apply

1. We recommend you apply online from the Whitireia website.
2. Before you start your online application, you will need to have the following documentation available to upload when requested:
   - Completed 'Application for Health & Social Service Programmes' *
   - Referee reports * (refer to step 3 below)
   - Evidence of Manager Support *
   - Verified ID
   - Verified official transcripts
   - Curriculum Vitae

   * These additional forms are available on the programme webpage.
3. Give the referee reports to two people who are willing to be your referees. Ask them to complete the forms and either return to yourself (so you can upload with your application), or scan and email to enrolments@whitireia.ac.nz within **10** days. Please note applications will not be processed until both referee reports have been received.
4. Alternatively, completed applications can be printed off and either:

Mailed to:
Enrolments, Whitireia New Zealand
DX SX33459, Porirua 5022

Dropped into:
Enrolments, Whitireia New Zealand
3 Wi Neera Drive, Porirua.

Application Process

1. We will confirm receipt of your application by email.
2. Completed applications will be forwarded to the School to review. If your application is incomplete you will be emailed and asked to provide the missing documentation.
3. Applications are processed in order, by the date the School receives the completed application. **Important note:** Occasionally, due to demand, all places in a programme may be allocated **before** the programme closing date. We recommend you apply early and ensure your application is complete.
4. Applicants who meet the academic entry requirements will be interviewed by members of the Selection Committee to determine their suitability.
5. Applicants who do not meet the academic entry requirements will be contacted and advised of other possible pathways i.e. completion of a foundation programme.

Further Information

Should you have any questions, please contact: **Enrolment Advisor** Phone: 0800 944 847