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Life in Mind



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Australian Institute for
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The Summit will create an innovative, interactive workshop style forum connecting people with a lived experience of suicide with key organisations, practitioners & Government across a number of focus areas for suicide prevention.



Lived Experience Focus



Professional Relevance



Personal Skill Development



Be Inspired



Panel Discussion



Workshop



Contributing to program or
research development / design



Small Group Work

Registration (8.15am-9.00am) Pre-function area

Summit Opening (9am-10am) Chelsea room



MC: Lesley van Schoubroeck, Roses in the Ocean, Chair
Welcome to Country - Songwoman Maroochy
Acknowledgment of Lived Experience and visual presentation
LE Summit Opening Address
Video Address: Hon. Greg Hunt MP, Minister for Health
Roses in the Ocean CEO Welcome & Vision for lived experience: Bronwen Edwards

Morning Tea and Exhibitions (10.00am-10.30am) Pre-function area

Whole of Summit Session (10.30am-11.30am) Chelsea room



Navigating Power and Expectations

Walking together, people with lived experience of suicide and suicide prevention practitioners and Primary Health Networks (PHNs) are navigating a new landscape. We are discovering fertile fields of potential but also mountains of expectations and difficult to navigate chasms of power discrepancy.

Chair: Lucy Brogden, Chair of the National Mental Health Commission Panel:

Chez Curnow, CountrySA PHN
Jo Riley, Black Dog Institute & Lived Experience
De Backman-Hoyle, Lived Experience
Rhett Foreman, Lived Experience

A facilitated panel discussion will explore the nuances of this new territory, bringing the challenge of managing expectations and power to the fore. We will explore questions like - how is power held and who holds it? What is it like when power is taken for granted or abused? How will we know when there's a gap between our expectations or a power imbalance is in play and what can we do about it?

This session offers a prime opportunity for those with lived experience as well as the professionals who are working with them to bring previously unstated expectations into the light. There will be an opportunity for questions or contributions from the audience.

MindwithHeart 11.30am - 11.35am

End of Session - Self Care Break

Breakout Sessions – 1 Hour Workshops (11.35am-12.30pm)



1. Pushing the Boundaries on Self Care GLANWORTH ROOM

Presenter: Marian Spencer - Head of Operations, People & Culture & Laura Kampel, Clinical Psychologist

This workshop will give participants strategies and tools that build resilience, help identify strengths and develop helpful self management strategies to combat stress particularly in a workplace setting. Its' time to challenge ourselves to be 'real' about the quality and quantity of our self care.



2. Workplace Response to Suicide TALDORA ROOM

Host: StandBy Support After Suicide
Presenter: Trent Harvison

This workshop will showcase the expertise of StandBy regarding the key recommendations for supporting staff immediately and in the weeks and months following a suicide. Collectively, people with lived experience and business management, In small groups will explore how to sensitively advise and support staff following a suicide death or attempt within a workplace. How can lived experience work alongside HR and management to adopt best practice?



3. The increasing challenges faced by Employee Assistance Programs (EAP's) CHELSEA ROOM

Tina Winchester - Director EAP Provider Career development Centre

This workshop is designed to start a conversation between EAP providers, organisations and people with lived experience, with a view to better understand the increasing demands on services, and the corresponding implications.

What are employees turning to EAP's for? How are EAP providers preparing their staff to respond to suicide related needs? What role can lived experience play in assisting to meet these needs?

Lunch and Exhibitions (12.30pm-1.30pm) Pre-function area



Life in Mind CHELSEA ROOM

Life in Mind and Roses in the Ocean are filming Lived Experience vignettes on a wide range of topics throughout the Summit for the Life in Mind portal.

Please register your interest in participating at the Registration Desk.

Breakout Sessions – 2 hour workshops (1.30pm-3.45pm)



1. Practical Workplace Solutions to contribute to suicide reduction

CHELSEA ROOM

Chair: Andrew Dempster, KPMG

Panel:

Jorgen Gullestrup, Mates in Construction

Margo Lydon - CEO, Superfriend

Erin Oldman, Lived Experience - Construction

Samuel Lane, Lived Experience - Legal Profession

Working together, Australian businesses, sector organisations specialising in workplace settings and people with lived experience come together to explore the potential of co-designing and co-developing practical workplace solutions to contribute to the reduction of suicide.

No longer can we view suicide as being attributed only to factors external to our workplace, but rather accept that numerous aspects of our work environments and cultures may contribute to suicidal ideation. Furthermore, at any given time a percentage of employees will be experiencing suicidal thoughts, caring for a loved one or experiencing intense grief due to suicide loss.

Organisations have a responsibility to create mentally healthy and safe work environments, and need to take their place in proactive suicide prevention activity. We will review case studies where this has been achieved and identify the key components to their success.



2. Shared expectations

TALDORA ROOM

Host: Black Dog Institute & Roses in the Ocean

Facilitators: Jo Riley and Layne Stretton

An interactive, action-based research workshop to co-design a tool to help lived experience advisory groups and the organisations engaging them (e.g. Primary Health Networks and NGO's) to identify assumptions, set boundaries and negotiate shared expectations about what they will achieve together.

Participation in this workshop involves drawing on your own ambitions for, or experience of, engagement. By participating you will be adding your voice to a piece of research and a practical tool that can be used in communities across Australia.

After the workshop participants may have the opportunity to continue their involvement and contribute to the refinement of this practical tool which will be part of a wider set of resources being developed by Black Dog Institute and Roses in the Ocean to assist the engagement and integration of Lived Experience into organisations.

Afternoon Tea and Exhibitions (3.45pm-4.15pm) Pre-function area

Whole of Summit – Relax and Recharge (4.15pm-5.00pm) Chelsea room



Mindfulness and Compassion for Yourself

Host: MINDwithHEART

Presenter: Lyndi Smith, Director

You can expect 45 minutes of practical exercises in mindfulness and self-compassion, to help us centre and nourish ourselves, together with some reflection time on our own wellbeing needs.

Networking Drinks (5.00pm-6.00pm) Chelsea Lane



Host: Griffith University

We look forward to you joining us at the conclusion of Day 1 to relax and network - catch up with old friends and make new ones, continue conversations from through the day.

Pre-Summit Breakfast Workshop (7.30am-8.30am) Burke room

The Way Back Support Service - incorporating Lived Experience peers *REGISTERED DELEGATES ONLY*

Registration (8.30am-9.00am) Pre-function area

Opening Session Day 2 (9.00am-10.00am) Chelsea room



Exploring Pathways for Lived Experience Contribution

Panel:

David Kelly - Roses in the Ocean WA
Martina McGrath - Lived Experience Collective
Pattie Hudson - CEO Wide Bay, Central Qld, Sunshine Coast Primary Health Network

There are so many ways that people with a lived experience of suicide can make a difference and help save lives. In this workshop, we will explore the variety of roles and opportunities for people with Lived Experience to contribute; the need for us to show initiative to create opportunities; to identify the characteristics, skills, and competencies that are needed to undertake each role; and determine what support you will need to begin or continue on your lived experience journey.

MindwithHeart 10.00am - 10.05am

End of Session - Self Care Break

Morning Tea and Exhibitions (10.05am-10.30am) Pre-function area

Breakout Sessions – 2 Hour Workshops (10.30am-12.30pm)



1. Using Artificial Intelligence (AI) for good.

TALDORA ROOM

Host: beyondblue

Presenters:

Simon Lock - beyondblue
Chris Vanstone - The Australian Centre for Social Innovation

An interactive workshop exploring the uses, considerations, benefits and risks of using AI to help those at risk of suicide.

The workshop will call on the experiences of participants to help guide and inform requirements of a potential new digital product and what would be required for it to be useful.

After the workshop participants may have the opportunity to continue their involvement as this product concept gets turned into a real product.



2. Creating a resource to help find evidence-based treatment for suicidal crisis

CHELSEA ROOM

Host: Black Dog Institute

Individuals who are suicidal are frequently encouraged to ask a GP or psychologist for help, but they and their families or carers are given little guidance on how to ensure they receive treatments that have evidence of effectiveness.

Black Dog Institute is looking to develop a resource to help provide this guidance and empower Australians living through suicidal crisis to find evidence-based treatment. Participants in this interactive, action-based research workshop can provide their perspectives on what would be helpful and how information about evidence-based treatment can best be communicated.

After the workshop participants may have the opportunity to continue their involvement and contribute to the refinement of the resource.

Lunch and Exhibitions (12.30pm-1.30pm) Pre-function area



Life in Mind

CHELSEA ROOM

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Breakout Sessions – 1 Hour Workshops (1.30pm-2.30pm)



1. Creating a Personal Lived Experience Media Template

GLANWORTH ROOM

Host: Sara Bartlett, MindFrame & Vicki Smith, Roses in the Ocean

With the increased spotlight on including the stories of people with a Lived Experience of suicide to raise awareness within communities, promote suicide prevention activity, recruit other people to join the conversations, so too are we experiencing an increased demand to speak to the media.

Sharing your Lived Experience through the media is a very different scenario to sharing it with people you know and trust, or even in a public speaking arena. There are consequences, implications and both short and long term considerations to be made.

Participation in this workshop will result in you developing your personal media template thereby equipping you to make the best decision for you when you are approached by the media, and ensure solid planning and preparation has been invested into your experience.



2. The Art of Advocacy

CHELSEA ROOM

Host: Roses in the Ocean

TED TALKS - Three inspirational Lived Experience people share their advocacy successes

Kerrie Keepa, Michael Raftery, Philipa Seldon

Our lived experience comes with great insights for possibilities and opportunities to save lives and reduce emotional pain. However, we are often faced with barriers and challenges - some of which are our own overlays of stigma, shame and doubt, while others are external.

Hear how three inspirational lived experience people have successfully advocated for change and in doing so are responsible for - the development of new training; the trial of a new potential life saving device; and capturing the attention of their male dominated audience.

What were the secret keys that unlocked their barriers? Learn the skills required to gain clarity of focus; explore barriers, challenges and opportunities; and develop a plan of action for your key issue.



3. Partners in Prevention: Understanding and Enhancing First Responses to Suicide Crisis Situations

TALDORA ROOM

Host: Queensland Forensic Mental Health Services

**Dr Carla Meurk - Project Manager
Jessica Smith - Roses in the Ocean Lived Experience Representative, Working Group**

Emergency service agencies including police and ambulance are frequently required to be at the frontline of responders to mental health crises in the community, where people may have significant mental health, emotional, or substance misuse problems and may be suicidal.

Partners in Prevention: Understanding and Enhancing First Responses to Suicide Crisis Situations Partners in Prevention is funded by Queensland Government's Suicide Prevention Health Taskforce and aims to better understand suicide crisis situations and enhance responses by police and ambulance emergency services.

In this workshop the Partners in Prevention team will provide an overview of project activities, early findings, and invite feedback and discussion from workshop attendees on the project's initial findings, their service implications and future directions.

Afternoon Tea and Exhibitions (2.30pm-3.00pm) Pre-function area

Whole of Summit Session – 1 Hour Workshop (3.00pm-4.00pm) Chelsea room



Hospital, Health and Community Services

Chair: Pete Shmigel - Director, Roses in the Ocean

In this session we explore the role of our Hospitals, Health services and community organisations in suicide prevention, and how lived experience can work alongside them to enhance outcomes for people needing their assistance.

We hear a consistent message from people who have lived through suicidal crisis that non-clinical environments and services would best promote recovery. A stocktake of current non-clinical models being trialled will be made before turning our sights on "what else"? Think innovation. Think blue sky. Think practical non-clinical alternatives that could compliment existing services and offer life saving alternatives for people at risk of suicide and/or post attempt.

Summit Close (4.00pm-4.30pm) Chelsea room

Wayapa Wuurk means to 'connect to the earth' in the languages of the Peek Whuurung & GunnaiKurnai peoples of Victoria. Wayapa is an internationally-accredited Earth Connection Wellness Practice, based on Indigenous knowledge, that combines earth mindfulness, narrative meditation and a physical movement practice that creates Earth Mind Body Spirit Wellbeing.

Raffle Draw - Presented by Cathay Pacific

Official Lived Experience Summit Close - Bronwen Edwards, CEO & Founder Roses in the Ocean