



Learning from Lived Experience (LfLE) Suicide Prevention Project

Organisation: LELAN | SA Lived Experience Leadership & Advocacy Network

Role title: Learning from Lived Experience (LfLE) Project Advisory Group (PAG) Member

Role type: Voluntary role with honorarium and reimbursements provided unless supported by your workplace to attend

Location: Adelaide, South Australia

Coordinated by: LfLE Project Worker

Date: February 2020 – June 2020

About the Learning from Lived Experience (LfLE) Suicide Prevention Project:

The Learning from Lived Experience (LfLE) Project involves interviewing people and creating shareable video and written content. People interviewed will have lived/living experience of crisis and distress – which may look like experiencing suicidal thoughts or living with a suicidal part, surviving a suicide attempt/s or surviving the suicide of a loved one.

The conversations will focus on times of crisis/distress and any support received. We want to know what helped, what harmed, and what people hope for in the future around these experiences and the types of help or support that is available.

This specific focus was chosen as people often share that service responses in times of crisis are inadequate and, frequently, even compound the distress they are experiencing.

Alternatives to hospital emergency departments and current responses need to be found; we know that people with lived experience have resilience and strength and can provide valuable insights in designing, leading and evaluating mental health services.

In addition to the resources created, information obtained through the project will be used by LELAN in our advocacy efforts for supporting people experiencing distress and through crisis better.

The LfLE Project will be coordinated by LELAN's LfLE Project Worker, Tanya Blazewicz. A Project Advisory Group (PAG) made up of people with lived/living experience will advise and guide the project's implementation and a Volunteer Creative Producer will oversee filming and editing responsibilities.

The LfLE Project is funded by the South Australian Suicide Prevention Community Grants Scheme and supported by the South Australian Mental Health Commission. It is a six-month project beginning January 2020.

we amplify the voice, influence and leadership of people with lived experience to drive change



About the Lived Experience Leadership & Advocacy Network (LELAN):

The SA Lived Experience Leadership & Advocacy Network (LELAN) was founded in 2017 to provide a way for people with lived experience of mental health issues to have a voice and collectively influence and lead change in South Australia. It became an incorporated association in late 2018.

LELAN is *by, for and with* people with personal lived experience (consumers) and values the support of carers, allies, other people and organisations who join us in making a difference for how distress and mental health issues are understood and supported in our state.

LELAN has three areas of focus:

- developing the capability and influence of people with lived experience
- nurturing organisational and sector capacity for engaging with people with lived experience, and
- impacting system improvement agendas to benefit people with lived experience

About the Project Advisory Group (PAG):

The LfLE Project Advisory Group (PAG) will provide project oversight and advisory support throughout the life of the project. Membership will include people with lived or living experience of crisis and distress, supporting someone through crisis, or having been bereaved by suicide.

The PAG will meet monthly from February 2020 until the project launch June 25th 2020. At this stage the second Thursday of the month 10am – 12pm has been set as the meeting time.

PAG membership is voluntary with honorarium and reimbursements provided.

The first PAG meeting, scheduled for February 13th, will be a longer session (10am-12.30pm) allowing time for introductions and project orientation.

Duties and responsibilities:

- Provide project oversight ensuring that people with lived/living experience are actively and meaningfully involved in all stages of the project in a trauma informed way
- Share knowledge, skills and resources relevant to the project
- Assisting Project Worker with recruitment strategy for people to be interviewed for the videos
- Provide advice related to survey design and evaluation, including focus areas for discussion, trauma informed wording of questions and functionality
- Assist the creation of written materials and resources

Skill and experience requirements of PAG members:

- Lived experience of distress/crisis, supporting a loved one in crisis, or being bereaved by suicide
- Experience or interest in sharing Lived Experience stories safely and with purpose
- Commitment to new ways of talking about distress/crisis
- Ability to commit to being involved with the LfLE Project until June 2020
- Ability to develop supportive, encouraging and engaging relationships with diverse groups
- Commitment to the purpose and values of LELAN

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SA LIVED EXPERIENCE LEADERSHIP & ADVOCACY NETWORK

Expression of Interest information:

The Expressions of Interest form is available online at www.surveymonkey.com/r/VFLCLKX .

Selection of PAG members will be made after review of applications and an informal interview process with the LfLE Project Team.

Further enquiries can be made by emailing info@lelan.org.au or calling Ellie on 0422 888 157. Additional information about LELAN can be accessed at lelan.org.au.

Expressions of Interest close Friday January 31st at 5pm.