

Activating Lived Experience Leadership (ALEL) Project

19 February 2020

Activating Lived Experienced Leadership - Focus group participation for lived experience leaders

We are writing to invite people who are active as lived experience leaders to become involved in a research project being run by the Lived Experience Leadership & Advocacy Network (LELAN) and University of South Australia's Mental Health and Suicide Prevention Research Group (MHSPRG). This project aims to describe how lived experience (LE) advocacy and leadership across the mental health sector can be better defined, recognised and utilised in South Australia (SA). We aim to also encourage systems change within the current health system culture.

This project may be relevant to you if you have personal lived experience or are a carer of a person living with illness and are active as an advocate, representative, community speaker or peer worker. These are all roles where leadership skills come into play in terms of raising awareness, working with services and systems, and promoting lived experience perspectives

Involvement in the research will occur via focus group discussions. Here we will explore what leadership means to participants, how we see effectiveness and influence, and how leadership is connected with recovery. We will also explore how leadership is experienced across diverse groups in South Australia. A second phase of focus groups will invite participants to contribute to the development of training materials, resources and networks for strengthening leadership knowledge and skills for communities.

Round 1 of the focus groups will be starting in March 2020 and will be held in metropolitan and country areas. A number of focus group dates are already open. These will be held at Wellbeing SA/ Mental Health Commission Building. 60 Hindmarsh Square Adelaide.

- Focus group meeting round 1: 18/3/2020 @ 1 – 2.30 pm
- Focus group meeting round 1: 23/3/2020 @ 1 – 2.30 pm
- Focus group meeting round 1: 30/3/2020 @ 10 – 11.30 am

All of our groups will seek to have a diversity focus, however, we are able to arrange focus groups which are specific to communities:

- Gender and sexually diverse people
- Young people – aged between 15-24 years
- Culturally and linguistically diverse people
- Older people
- People living with disability
- People who live in non-metropolitan areas of South Australia
- People who are mental health clinicians

Participation in round 1 focus groups of the project will be open until April 17. Please click on this [link to access the information form](#) which provides more details. If you have further questions or would like to participate please contact:

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Yours sincerely,

Dr Mark Loughhead