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SA Lived Experience Leadership & Advocacy Network

We amplify the voice, influence and leadership of lived experience to be heard and drive change

info@lelan.org.au | 0431 953 526

Study title: Evaluation of the Alternatives to Suicide program (Alt2Su) in South Australia

Information for participants

Investigators: Jo Farmer, Flick Grey and Sar Bostock

Contact Us:

If you want further information about this project, you can contact the evaluation team on: LELANAlt2SuEval@gmail.com or Tanya Blazewicz, Peer Project Worker (Suicide Prevention Projects) | tanya@lelan.org.au



Introduction

You are invited to take part in the evaluation of LELAN's implementation of Alternatives to Suicide (Alt2Su) in South Australia. The evaluation is being undertaken by independent evaluators (Jo Farmer, Flick Grey and Sar Bostock) on behalf of LELAN. Alt2Su is funded by Wellbeing SA, Country SA PHN, Adelaide PHN and LELAN.

Please read this information carefully. Before the interview, you will have the chance to ask questions about anything you don't understand or want to know more about.

If you decide you want to take part in the evaluation, you will be asked to confirm your consent at the start of the interview. By doing that you are telling us that you:

- are aged 18 years or older
- understand the information contained in this information sheet
- consent to take part in the evaluation.

What is the purpose of the evaluation?

The evaluation aims to understand:

- How well has Alt2Su been implemented?
- What difference has it made to people attending Alt2Su groups, and the service system?
- How can implementation be improved to improve outcomes for participants?

The evaluation is being conducted by LELAN to improve the implementation of Alt2Su, and to understand its impact on the suicide service system. The evaluation will explore how community-based lived experience-led initiatives work and can be scaled. Five to seven 'pilot' groups targeting different population groups will be part of the formal evaluation and will be the first groups to form.

What does participation in the research involve?

The interview will be done online (via Zoom) or by phone, depending on which you would prefer. You will speak with one of the evaluators - Flick, Sar or Jo. The interview will be a time that suits you and will take about 30 minutes. During the interview, we will ask about your perspectives on the questions the evaluation aims to answer (see above).

At the start of the interview, the researcher will provide further details about the project and answer any questions you might have. They will ask you if the interview can be audio recorded. They will then ask you if you verbally consent to participate. You can still participate even if you do not want to be audio recorded (the evaluators will still take written notes).

All potentially identifying information will be removed from anything we write to avoid you being identified. The only people who will have access to the recordings are the evaluation team and you (if you would like). We will email you a copy of the interview transcript after the interview for your records, and to provide you

with a chance to review or correct anything in the transcript. You will have 2 weeks to provide any edits to the transcript (if you need more time, please let us know).

We are also speaking with Alt2Su facilitators and other stakeholders (e.g. funders and health services) to understand their perspectives of Alt2Su, as well as conducting an attendee survey and other data collection.

As compensation for your time, you will receive a \$20 EFTPOS gift card. This will be emailed to an email address of your choice, with your permission.

Do you have to take part?

Participation in the evaluation is entirely voluntary. If you do not wish to take part, you do not have to. Your decision to take part or not has no impact on whether you can access Alt2Su groups - LELAN staff, Alt2Su facilitators and other attendees will not know whether you took part or not.

If you decide to take part and later change your mind, you can have your information removed from the project. To do that, you can let us know by email (LELANAlt2SuEval@gmail.com) by December 15th 2022 to make sure we have time to remove your information before we write our interim report or April 15th 2023 to make sure we have time to remove your information before we write our final report (which will be public).

You can stop the interview at any time. You can also choose not to answer any questions that you don't want to answer during the interview.

What are the benefits of taking part?

We cannot guarantee that you will receive any direct benefit from taking part in the research beyond the opportunity to contribute your perspectives on Alt2Su. The outcomes of the evaluation may support improvements to Alt2Su and the development of evidence on alternative community-based, peer-led initiatives.

What are the risks of taking part?

You may feel that some questions we ask are distressing. If you do not want to answer a question, you can skip it and go to the next question, or you can stop immediately.

If you would like to speak with someone as a result of your participation in the interview, you can contact Scott Rees, an Intentional Peer Support worker who is trained in Alternatives to Suicide in 2018 on 0421 231 585. Scott is available for two hours after the interview.

Alternatively, you can attend one of the following Alt2Su groups:

SA groups – www.lelan.org.au/alt2su/

NSW groups – www.alt2su-nsw.net/support-groups/

WA groups – www.discharged.asn.au/our-groups

You may also wish to contact any of the following support numbers:

- Lifeline – 13 11 14
- Suicide Callback Service - 1300 659 467
- Beyond Blue – 1300 22 4636
- 13YARN – 13 92 76
- QLife - 1800 184 527 (3pm-12am AEST)

We will also ask you if you would like to nominate a trusted contact that you can indicate you would like to be contacted if you experience distress during evaluation activities. This trusted contact may be a friend, family member, partner, care worker or support worker, or health care worker. A trusted contact will be contacted if directed by you, or in an emergency. Their contact details will be stored separate to your responses and deleted after the interview.

What happens with your information?

By consenting to take part, you consent to the evaluation team collecting and using information from you as part of the evaluation project. Any information collected through this interview that can identify you will remain confidential unless you provide express consent for it to be shared or identified in publicly available documents. Your information will only be used as part of this evaluation.

We will additionally ask your permission to record the conversation. The recording may be transcribed via AI transcription software. All files will be kept on a secure server for five years and will only be accessible via password protected computers. No person outside the research team will have access to the data - LELAN, Alt2Su participants and funders (Wellbeing SA, Country SA PHN and Adelaide PHN) will not have access to your data.

What happens when the evaluation ends?

This project will be completed by 30 June 2023. A summary of the evaluation will be published by LELAN.

In accordance with relevant law, you have the right to request any information about you that is collected and stored by the research team (except where deidentification makes it impossible to determine whether the information relates to you). Please contact the evaluation team if you would like access to your information.

Who has reviewed this evaluation?

All research in Australia involving humans is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). This research project has been approved by Bellberry.

If you have any concerns about the evaluation that you do not wish to discuss with the evaluation team, you may contact Bellberry on 08 8361 3222 or bellberry@bellberry.com.au.

Contact us

If you want further information about this project, you can contact the evaluation team on: LELANAlt2SuEval@gmail.com or Tanya Blazewicz, Peer Project Worker (Suicide Prevention Projects) | tanya@lelan.org.au

About LELAN:

LELAN's purpose is to amplify the voice, influence and leadership of people with lived experience of mental distress, social issues or injustice to drive change. The organisation has three areas of focus:

- Developing the capability and influence of people with lived experience
- Nurturing organisational and sector capacity for partnering with people with lived experience, and
- Impacting system improvement agendas to benefit people with lived experience.

As the lead lived experience organisation in South Australia LELAN has particular expertise, networks and partnerships that centre the lives, wisdom, recovery and contributions of people with lived experience. Because of our strong and trusted relationships with people in the lived experience community we are able to have deeper conversations about things that matter, drawing our collective experiences and action together in purposeful ways.

By centering the perspective, collective insights and solution ideas of people with lived experience in all of our work, as well as being immersed in the lived experience community from grassroots to strategic levels, LELAN demonstrates the principles, practices and change dynamics that the social sector is calling for and desperately needs.

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