



***Roses in the Ocean Peer Support Program***  
*navigating life after suicide, together*

Roses in the Ocean was founded on, and operates through the lens of lived experience of suicide. We exist to change the way suicide is spoken about, understood and prevented. We are committed to building the capacity of people with a direct lived experience of suicide to play an integral role in the future direction of suicide prevention and enhance service provision. Roses in the Ocean continues to grow, empower and support a valuable lived experience workforce.

Roses in the Ocean will work collaboratively with your organisation to provide lived experience informed peer support training to your peer support workers/volunteers, and/or complement and enhance your existing training schedule.

Roses in the Ocean can also identify, screen for readiness and recruit lived experience people interested in becoming peer support workers, if this is a service you require.

We provide people with a lived experience of suicide a framework for their involvement in peer support activities including training, mentoring, and networking opportunities.

The result of these activities includes the creation of a suicide peer support community, the strengthening of the lived experience workforce, the linking of peer support groups to share experiences and skills, and the opportunity for wider connection through the Roses in the Ocean Lived Experience Collective.

### **Why Peer Support?**

Peer support involves individuals with personal experience of suicide providing comfort, understanding and insight to a person and/or family who are experiencing a similar experience of suicide. Their specific experience, be it personal suicidal ideation; suicide attempt/s; loss of a loved one through suicide is then matched to that of the people they are supporting.

Our program develops the skills of peer support volunteers to complement and extend existing services provided in a clinical sense, by bringing the element of personal experience and connection through shared experience to the recovery process.





## **Who are Peer Support volunteers?**

Peer Support Volunteers are independent people identified, recruited, trained and supported by Roses in the Ocean (or existing Peer Support workers engaged by an organisation), who have a lived experience of suicide and are stable in their own recovery. They also believe they have something positive to offer others going through a similar experience to their own, as they seek to find their path to recovery or in the case of suicide loss, come to terms with their 'new normal'.

Peer Support Volunteers can provide one-on-one, face-to-face and telephone support and friendship focused on compassionate, non-judgemental connection and empathy, providing insight and practical suggestions to assist people come to navigate life after the impact of suicide.

## **As a result of attending the Roses in the Ocean Peer Support Program participants will be equipped with:**

- a deeper understanding of their lived experience and how it can be utilised to bring comfort and understanding to others experiencing the impact of suicide
- an appreciation for the perspectives of other people with a different lived experience to their own
- an understanding of the grief cycle, and the complexity that suicide attempts and loss brings to grief
- clarity of what practical and emotional strategies/ activities were useful for them, that may help others
- knowledge of appropriate messaging and language when discussing suicide and their own lived experience
- confidence to engage meaningfully with others who are in pain and distress
- ability to walk alongside a person and help navigate 'next steps'
- ability to identify early invitations for help from the people they are supporting, and awareness of the process for engaging professional help
- the importance of being able to support someone when personal values may conflict with your own
- awareness of potential biases that can influence interactions
- robust self-care plans and personal awareness of the importance of daily wellbeing rituals



## Lived experience peer support volunteers

- Listen without judgment
- Offer insight into their personal path to living with their loss
- Provide power of example of positive recovery
- Listen with emotional sensitivity
- Embrace diversity in lived experience
- Encourage others to implement self-care
- Help keep perspective on personal expectations of recovery
- Gently guide through the myriad of emotions that are associated with suicide loss

## **Program Overview**

### Pre-Program Activities

The Roses in the Ocean Peer Support Program offers a blended learning experience with *pre-program activities* designed to prepare participants for in-depth group discussion and engage them in active reflection prior to coming together for the *two-day face to face workshop*.

The program is highly experiential in nature, embracing discovery learning and reflective practices culminating in a personal practice plan. *Follow up activities* and a *final day's workshop* 4-6 weeks after the initial program uncovers further challenges and prepares participants for such challenges.

### Face to face 2-day workshop (2 professional Facilitators with personal lived experience)

#### Day 1

- **My Lived Experience – What is my story? How can I contribute?**

A facilitated process that gently guides people with a Lived Experience of suicide to explore their story and in particular their personal path to meaningfully re-engaging in life after suicide. It allows for reflection and discovery in a safe and supported environment, while highlighting to people how their insight and wisdom gained through their experience can provide incredible comfort, support and hope to people experiencing a similar loss.

Given that we continue to reflect on our lived experience throughout our involvement, and different components of our stories surface at different times, participants will be shown a process of how to self-reflect, identify varied and relevant components of their experience; how to relate the insight to their role as a peer support volunteer.





- The role of a Peer Support Volunteer – expectations, boundaries, responsibilities, duty of care to self and others
- Principles of Connection & Communication
- Interpersonal Communication - Real Dialogue - Micro Skills
- Power of strengths
- Biases

## Day 2

- Values and 'Values in Conflict'
- Human Centred Therapy
- Invitations for Help
- Conversations
- Advanced listening skills
- Myths & Misconceptions of suicide vs lived experience perspectives and facts
- Groups at heightened risk
- Self-care and ongoing wellbeing – personal awareness
- Roses in the Ocean Mentoring Program

## Post Program Activities and Day 3

Follow up activities ensure quality transference of learning and a final day's workshop 4-6 weeks after the initial program uncovers further challenges and prepares participants for such challenges.

### Investment:

Pre-program activities to initiate thought processes and prepare for Program.

Day 1 & 2 - face-to-face facilitated workshop

Post-program activities

Day 3 – follow up workshop including Solution Focused Approach techniques

Total 3 days face-to-face facilitated workshop

Pre and Post program activities

2 x professional Facilitators who also have lived experience of suicide

Up to 12 participants - \$17500 + GST





### **Optional Extras**

**Identify, screen for readiness and recruit lived experience people** interested in becoming peer support workers. Provision of report outlining applicants lived experience and readiness. Cost depends on number of people required. \$1500 - \$4500 + GST

**Mentoring of Peer Support workers** through the Roses in the Ocean Mentoring Program  
\$50 / person / month (for a specified time or unlimited)

