



# SUMMIT PROGRAM

BRISBANE AUGUST 21 & 22

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



Panel Discussion



Professional relevance



Workshop



Personal Skill development



Contributing to program or research development / design



Be Inspired



Small group work

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**Australian Government**  
Department of Health



**Queensland Government**



**Australian Government**  
National Mental Health Commission



Australian Institute for Suicide Research and Prevention



**CATHAY PACIFIC**

# LE SUMMIT - DAY 1

BRISBANE AUGUST 21ST

## Summit Opening (9am-10am)



**MC:** Lesley van Schoubroeck, Roses in the Ocean, Chair

**Welcome to Country**

**Acknowledgment of Lived Experience and visual presentation**

**LE SUMMIT Opening Address:** to be advised

**Video Address:** Minister Greg Hunt, Minister for Health & Minister for Sport

**Roses in the Ocean CEO Welcome & Vision for lived experience**

## Morning Tea and Exhibitions (10.00am-10.30am)

## Whole of SUMMIT Session (10.30am-11.30am)



### Navigating power and expectations

**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

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.

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 reflect on the way they exercise power and to bring previously unstated expectations into the light. There will be an opportunity for questions or contributions from the audience.

## Breakout Sessions - 1 hour workshops (11.30am-12.30pm)

### 1. Pushing the Boundaries on Self Care



In all our programs, Roses in the Ocean encourages individuals to put self care plans in place from the outset. Although it's a simple concept in theory, there are deeper layers that need to be explored for those of us immersed in suicide prevention. Good intentions will only get us so far. It's time to challenge ourselves to be 'real' about the quality and quantity of our self care. It's time to explore the boundary between our individual responsibility to self care and an organisations Duty of Care to their employees and those with lived experience whom they engage.

### 2. Workplace Response to Suicide



This workshop will draw upon the collective expertise of people with lived experience and business management. In small groups we 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? What are the key recommendations for supporting staff immediately and in the weeks and months following?

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



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.

Some potential areas of exploration:

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)

### Life in Mind



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.

# LE SUMMIT - DAY 1

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## Breakout Sessions - 2 hour workshops (1.30pm-3.30pm)

### 1. Practical Workplace Solutions to contribute to suicide reduction



Chair: Andrew Dempster, KPMG

#### Panel:

Jorgen Gullestrup, Mates in Construction

Margo Lydon - CEO, Superfriend

Additional panellists to be confirmed

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



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) 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 the practical tool.

## Whole of SUMMIT - Relax and Recharge (4.00pm-4.30pm)



### Activity - to be advised

Host: to be advised

## Conclusion of Day One (4.00pm)



# LE SUMMIT - DAY 2

BRISBANE AUGUST 22ND

**Pre-SUMMIT Breakfast Workshop** (7.30am-8.45am)



**The Way Back Support Service - incorporating Lived Experience peers**

**Hosts: beyondblue and Roses in the Ocean**

A special workshop for people with a lived experience of suicide who have a particular interest in After Care services. Join beyondblue and the Roses in the Ocean 'Way Back Support Service Lived Experience Advisory Group' to progress the co-design of an integrated service model - incorporating lived experience peers into this After Care service.

**Opening Session Day 2** (9.00am-10.00am)



**Exploring Pathways for Lived Experience Contribution**

**Panel:**

**Jason St Martin - Roses in the Ocean WA**

**Martina McGrath - Lived Experience Collective**

**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; 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.

A facilitated, interactive group based session for lived experience people and those who work in suicide prevention.

**Morning Tea and Exhibitions** (10.00am-10.30am)

**Breakout Sessions - 2 hour workshops** (10.30am-12.30pm)

**1. Using Artificial Intelligence (AI) for good.**

**Host: beyondblue**



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**

**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)

**Life in Mind**



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# LE SUMMIT - DAY 2

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## Breakout Sessions - 1 hour workshops (1.30pm-2.30pm)

### 1. Creating a personal Lived Experience Media template



Host: MindFrame & 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



Host: Roses in the Ocean

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

Kerrie Keepa, Michael Raftery, (third person to be confirmed)

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



Host: Queensland Forensic Mental Health Services

Dr Ed Heffenan - Director and Dr Carla Meurk - Project Manager

Emergency service agencies including police, ambulance and mental health 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, funded by Queensland Government's Suicide Prevention Health Taskforce, 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)

## Whole of SUMMIT Session - 1 hour workshops (3.00pm-4.00pm)

### Hospital, Health and Community Services



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. Options that are staffed with a combination of peers and community support workers, where they feel safe, supported and genuinely understood will be discussed, reviewing existing models overseas and their potential applications within Australia.

## Relax, Reflect and SUMMIT close (4.00pm-4.30pm)