



# 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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With special thanks also for their support:



Australian Institute for  
Suicide Research and Prevention



## Registration (8.15am-9.00am) - Chelsea

## Summit Opening (9am-10am) - Chelsea



**MC:** Lesley van Schoubroeck, Roses in the Ocean, Chair  
**Welcome to Country** - Songwoman Maroochy  
**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 - Chelsea

**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 bring previously unstated expectations into the light. There will be an opportunity for questions or contributions from the audience.

11.30 - MindwithHeart

End of Session - Self Care Break

## Breakout Sessions – 1 Hour Workshops (11.35am-12.30pm)



### 1. Pushing the Boundaries on Self Care - Taldora

**Presenter:** Marian Spencer - Head of Operations, People & Culture & Laura Kampel, Clinical Psychologist

This workshop will give participants strategies and tools that build resilience, help identify strengths and develop helpful self management strategies to combat stress particularly in a workplace setting  
Its' time to challenge ourselves to be 'real' about the quality and quantity of our self care.



### 2. Workplace Response to Suicide - Glanworth

**Host:** StandBy Support After Suicide  
**Presenter:** Trent Harvison

This workshop will showcase the expertise of StandBy regarding the key recommendations for supporting staff immediately and in the weeks and months following a suicide. Collectively, people with lived experience and business management, In small groups 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?



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

**Panel:** Tina Winchester - Director EAP Provider Career development Centre  
**Other Panel members to be confirmed**

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.  
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.

## Breakout Sessions – 2 hour workshops (1.30pm-3.45pm)



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

- Taldora

Chair: Andrew Dempster, KPMG

Panel:

Jorgen Gullestrup, Mates in Construction  
Margo Lydon - CEO, Superfriend  
Erin Oldman, Lived Experience - Construction  
Samuel Lane, Lived Experience - Legal Profession

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 - Glanworth

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 and NGO's) 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 this practical tool which will be part of a wider set of resources being developed by Black Dog Institute and Roses in the Ocean to assist the engagement and integration of Lived Experience into organisations.

## Afternoon Tea and Exhibitions (3.45pm-4.15pm)

## Whole of SUMMIT – Relax and Recharge (4.15pm-5.00pm)



### Mindfulness and Compassion for Yourself

- Chelsea

Host: MINDwithHEART

Presenter: Lyndi Smith, Director

You can expect 45 minutes of practical exercises in mindfulness and self-compassion, to help us centre and nourish ourselves, together with some reflection time on our own wellbeing needs.

## Networking Drinks (5.00pm-6.00pm)



Host: Griffith University

We look forward to you joining us at the conclusion of Day 1 to relax and network - catch up with old friends and make new ones, continue conversations from through the day.

## Registration (8.30am-9.00am)

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



### Exploring Pathways for Lived Experience Contribution

- Chelsea

Panel:

David Kelly - Roses in the Ocean WA

Martina McGrath - Lived Experience Collective

Pattie Hudson - CEO 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; the need for us to show initiative to create opportunities; to 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.

10.00 - MindwithHeart

End of Session - Self Care Break

## Morning Tea and Exhibitions (10.05am-10.30am) - Pre-Function Area

## Breakout Sessions – 2 Hour Workshops (10.30am-12.30pm)



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

- Taldora

Host: beyondblue

Presenters:

Simon Lock - beyondblue

Chris Vanstone - The Australian Centre for Social Innovation

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

- Glanworth

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) - Pre-Function Area



### 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.

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## Breakout Sessions – 1 Hour Workshops (1.30pm-2.30pm)



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

- Taldora

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

- Glanworth

Host: Roses in the Ocean

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

Kerrie Keepa, Michael Raftery, Philipa Seldon

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

- Burke

Host: Queensland Forensic Mental Health Services

Dr Carla Meurk - Project Manager  
Jess Smith - Lived Experience Working Group Member

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

- Chelsea

Chair: Pete Shmigel - Director, Roses in the Ocean

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. A stocktake of current non-clinical models being trialled will be made before turning our sights on "what else"? Think innovation. Think blue sky. Think practical non-clinical alternatives that could compliment existing services and offer life saving alternatives for people at risk of suicide and/or post attempt.

## SUMMIT Close (4.00pm-4.30pm) - Chelsea

Wayapa Wuurrk - "Aboriginal people have always known that the earth does not belong to us, we belong to it... we need to rebalance this world by connecting back into it so that we can energise it and in return, it will energise and sustain us."

Raffle Draw - Presented by Cathay Pacific

Official Lived Experience SUMMIT Close - Bronwen Edwards, CEO Roses in the Ocean

1. The first part of the document discusses the importance of maintaining accurate records of all transactions.

2. It is essential to ensure that all receipts and invoices are properly filed and indexed.

3. Regular audits should be conducted to verify the accuracy of the financial statements.

4. The second section covers the various methods used to collect and analyze data.

5. These methods include surveys, interviews, and focus groups, each with its own strengths and limitations.

6. The choice of method depends on the specific research objectives and the nature of the data being collected.

7. The third section discusses the ethical considerations that must be taken into account.

8. Researchers must ensure that all participants provide informed consent and that their privacy is protected.

9. Additionally, the data must be stored securely and used only for the purposes stated in the research protocol.

10. The final section provides a summary of the key findings and conclusions drawn from the study.

11. It highlights the implications of the research for practice and suggests areas for further investigation.

12. The document concludes with a list of references and a bibliography of the sources cited throughout the text.

13. The overall goal of this document is to provide a comprehensive overview of the research process and findings.

14. It is intended to serve as a valuable resource for researchers and practitioners alike.

15. The information presented here is based on the best available evidence and is subject to change as new research emerges.

16. We hope that this document will be helpful and informative to all who read it.

17. Thank you for your interest in this research and for your support.

18. Sincerely,  
[Name]

19. [Title]

20. [Institution]

21. [Address]

22. [City, State, Zip]

23. [Phone Number]