



Excerpt taken from AISRAP/Griffith University report September 2018

Evaluation of the Roses in the Ocean Lived Experience Training Programs

“This is the first piece of research to explore the effectiveness of training programs for people with a lived experience of suicide to increase their capabilities to participate with a ‘lived experience’ towards workforce contributions in suicide prevention.

The *Our Voice in Action* program successfully increased suicide literacy, knowledge of safe suicide language, and confidence to support people experiencing a suicidal crisis. Both the *Our Voice in Action* and *Voices of In-Sight* participants were more confident in their abilities in the key actions required to perform a lived experience representative role. Participants also demonstrated a greater value of lived experience contributions towards suicide prevention activities after the *Voices of In-Sight* workshops.

One of the most notable findings from this study was that people with a lived experience of suicide participating in programs discussing suicide did not demonstrate increased psychological distress.....These results indicate that suicide can be discussed safely and sensitively with people with a lived experience. The significant decrease in distress from the *Our Voice in Action* results, in conjunction with the qualitative participant reports reflecting personal benefits, suggests that participating in these programs may also have a therapeutic effect. This further demonstrates that it is very possible to safely and effectively partner with those bereaved or with previous attempts (who may be often excluded from research programs due to perceived vulnerability) without doing harm. Following the *Voices of In-Sight* workshop many people reported that it was a “healing” and “cathartic” experience.

The findings of this report add to our knowledge, not only about how training of those with lived experience can be done safely, but they also shed light on the recovery and support of people with a lived experience of suicide. Participants from both programs indicated that they benefitted uniquely from connecting with others affected by suicide and having a safe and supportive space to talk about suicide.

The outcomes of this evaluation provide unique and novel research findings contributing to our understanding of lived experience in suicide prevention activities. If implemented, the recommendations from the present study can well ‘pave the way’ to inform other lived experience suicide prevention evaluation methodologies and program development. It is essential that rigorous research on the effectiveness of lived experience training programs build on these learnings to continue to explore participant learnings and experiences in order to safely and effectively guide suicide prevention policy, practice, and research.”

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