

## Information Sheet: LGBTIQ+ Aftercare Co-Design Project

This information sheet accompanies the LGBTIQ+ Aftercare Co-Design Project Expression of Interest form which can be found here: <https://forms.office.com/r/2D86049x17>

Closing Date for the Expression of Interest is 5pm 9<sup>th</sup> October 2023

If you have any questions in relation to this Project, please contact:

[lgbtiqaftercare@impactco.com.au](mailto:lgbtiqaftercare@impactco.com.au)

### Who is leading this project?

The Victorian Government is looking for LGBTIQ+ people who have attempted suicide or experience suicidal behaviour to help design a new mental health service, specifically an aftercare service for LGBTIQ+ people (including young people, adults and older adults).

This project is being led by Victorian Department of Health in collaboration with Impact Co. Our steering committee is chaired by Switchboard and has membership from Roses in the Ocean, VMIAC, SHARC, and Tandem.

We are inviting LGBTIQ+ people who have a lived, or living experience, of suicidality to have their say about this service. This includes people who are bereaved by suicide, or who have been a carer of someone experiencing a suicidal crisis.

### What do we mean by Aftercare?

Aftercare refers to the care provided to people after a suicide attempt. Aftercare services are a critical component of suicide prevention services as evidence demonstrates that effective and compassionate aftercare reduces further suicide attempts and suicide deaths.

LGBTIQ+ people experience unique challenges during the time after a suicide attempt. Because of this, there is a recognition that these communities need a specifically tailored aftercare service to meet their needs. These focus group sessions are a way of us hearing your voice about what these services should look like.

Aftercare is designed to reduce the risk of future suicide, and can include brief contact support such as letters, phone calls and postcards to encourage help-seeking, ongoing risk assessment and problem-solving, solution focused counselling as well as brief therapy and support groups.

Current aftercare services which you may be familiar with include the Hospital Outreach Post-suicidal Engagement (HOPE) program and the Mind Australia LGBTIQ+ Aftercare programs in

Victoria, Healthwise and Next Steps in New South Wales, and The Way Back Support Service in operates in some states.

## Why Now?

This project aligns with Recommendation 27 of the [Royal Commission into the Victorian Mental Health System](#) which recommended the design of an aftercare service specific to lesbian, gay, bisexual, trans and gender diverse, intersex, queer and questioning people following a suicide attempt that is tailored to young people and adults (Royal Commission).

This project is being led by Victorian Department of Health in collaboration with Impact Co. Our steering committee is chaired by [Switchboard](#) and has membership from [Roses in the Ocean](#), [VMIAC](#), [SHARC](#), and [Tandem](#).

## What your involvement looks like:

We would like to give you the opportunity to contribute your lived experience because we know that your perspective as a LGBTIQ+ person is invaluable. Your voice has the potential to shape suicide prevention aftercare services to be more-affirming and intersectionally inclusive for LGBTIQ+ people.

Participants will be invited to participate in a total of three sessions across three months. They will be such as:

- **Briefing session:** participants will be oriented to the project. This will include providing an overview of the aims of the project, the co-design session safety protocols and key project parameters and limitations
- **Co-design session 1:** participants will identify and discuss key elements of the aftercare service, including the desired outcomes, guiding principles, desired supports and key features, etc.
- **Co-design session 2:** participants will come together to validate and build on the prototype model of care for the aftercare service (dates TBC)

There will be a short break between co-design session 1 and co-design session 2 as the output developed by the participants across each group will be developed into a prototype. This prototype will then be shared with a broader group of people via an online platform to ensure a broad range and diversity of perspectives are considered in the development of the aftercare service model.

Participation will be remunerated at the rate of \$224 (plus GST) per workshop.

## Length and anticipated time commitment:

Involvement in this project will mean participating in a total of three sessions which will run for between 2-4 hours.

There may be some out-of-session reading, including pre-reading for workshops and/or a review of workshop outputs.

**Where:** These sessions will be held online via Zoom. Participants are encouraged to engage in the sessions using video and audio but we understand that some participants may feel more comfortable turning off their video feed. If there is anything Impact Co. can do to support your engagement, please let us know.

**Who:**

The sessions will be run by professional LGBTIQ+ identifying facilitators who are experienced in creating safe and engaging spaces, where participants can contribute to the extent they feel comfortable. Some of the facilitators also have lived and living experience with suicidality. There will be safety protocols in place prior, during and after the workshops, including access to an LGBTIQ+ peer support worker.

To help ensure this experience is a safe and positive one, Impact Co. will prioritise a consent-led environment, inclusion, accessibility and support.

**When:**

While submitting your EOI, you will be able to select one of the engagement streams from the list. Impact Co. acknowledges that peoples’ identities are multifaceted, fluid and intersecting in many ways and encourage you to select a peer group you feel most comfortable participating in discussions.

The proposed timing for each focus group is outlined below:

Key cohort/ engagement stream	Briefing Session	Co-design Session 1 (pre-prototype)
LGBTIQ+ people with lived and living experience of suicidality and suicide attempts	Thursday 26 <sup>th</sup> October 4pm – 6pm	Thursday 16 <sup>th</sup> November 3pm – 6pm
Carers, families (including family of origin and family of choice) and those bereaved by suicide	Tuesday 14 <sup>th</sup> November 4pm – 6pm	Tuesday 5 <sup>th</sup> December 3pm – 6pm
LGBTIQ+ multi-faith and multicultural/ QTBIPOC community members with lived and living experience of suicidality and suicide attempts	Thursday 9 <sup>th</sup> November 4pm – 6pm	Thursday 30 <sup>th</sup> November 3pm – 6pm
Trans and gender diverse community members with lived and living experiences suicidality and suicide attempts	Wednesday 1 <sup>st</sup> Nov 4pm- 6pm	Wednesday 15 <sup>th</sup> Nov 3pm – 6pm
Aboriginal and/or Torres Strait Islander LGBTIQ+SB community members with lived and living experiences suicidality and suicide attempts	Thursday 23 <sup>rd</sup> Nov 4pm – 6pm	Thursday 7 <sup>th</sup> December 3pm – 6pm
LGBTIQ+ community members with a disability (or disabilities) with lived and living experiences suicidality and suicide attempts	Thursday 2 <sup>nd</sup> November 4pm – 6pm	Thursday 30 <sup>th</sup> November 3pm – 6pm
LGBTIQ+ community members who identify as neurodiverse with lived and living experiences suicidality and suicide attempts	Tuesday 31 <sup>st</sup> October 4pm – 6pm	Tuesday 21 <sup>st</sup> November 3pm – 6pm

People born with a variation of sex characteristics (also known as intersex people) with lived and living experiences suicidality and suicide attempts	Wednesday 22 <sup>nd</sup> November 4pm – 6pm	Wednesday 6 <sup>th</sup> December 3pm – 6pm
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## Is it right for you?

### **I have had experiences around suicide, but I am not sure if I am ready to participate. How do I know?**

For many LGBTIQ+ people, suicide has been part of our lives. Our experiences have been shaped by what it is like for us to be LGBTIQ+, our relationships with others, the types of support available to us and our connections with LGBTIQ+ communities. As well as being LGBTIQ+, all aspects of our identities, such as being Aboriginal and Torres Strait Islander or living with disability, are part of our unique and individual experiences surrounding suicide.

Please take time to consider the timing for your involvement in this work. Connect with your body and your feelings of safety. It is okay to register for a focus group session and then change your mind on the day.

### **Will there be someone to talk to if I am not feeling okay about the session content?**

Peer support services, will be available to participants prior, during and post workshop participation.

If you would like to talk through any considerations in relationship to this project, please contact [lgbtqaftercare@impactco.com.au](mailto:lgbtqaftercare@impactco.com.au)

## Selection process

Unfortunately, not everyone who has submitted an EOI will be successful. We will be looking to represent a broad range of voices and experiences. If you have any questions about the selection process please feel free to be in touch using this email address:

[lgbtqaftercare@impactco.com.au](mailto:lgbtqaftercare@impactco.com.au)

The closing date of the EOI process is 9<sup>th</sup> October 2023 and we will be in touch shortly afterwards with a confirmation email and next steps.

## Payment for Participation

If selected, you will be asked to participate in three sessions in total. The first is a Briefing to explain the project. Then there are two focus group sessions following.

You will be paid \$224+GST for each session you attend, through your nominated Lived Experience Registry. This payment is based on the [2023 Tandem-VMIAC Register Payscale](#).

You can select the Registry you prefer using the Expression of Interest Form.

The Lived Experience Registries available are VIMIAC, Tandem and SHARC. You may already be a member of one of these Registries. If you are not, select the one that is the best fit for you.

Please note that your nominated registry will ONLY have access to the following information:

your legal name  
your preferred name  
your phone number and email address (to contact you and request your financial details)

The nominated registry will not view any of the other information you submit on this form.

All the Lived Experience registries will pay the same rate for your participation. Payment will be distributed after the third session is held in February 2024.

Upon your acceptance as a participant, your nominated Lived Experience Registry will be in touch with you to confirm your payment details.

## Privacy

The Expression of Interest web form requests personal health information. All records you provide will go directly to Switchboard Victoria only and will be kept securely in accordance with the Privacy Act 1988 and the Health Records Act 2001. The information you provide to Switchboard Victoria will be used only for purposes related to this opportunity. For the selection process, your Expression of Interest data will be shared with the Project Team at Impact Co.

All identifying data will be destroyed at the conclusion of the Project. You may also request to have your data destroyed at any time by contacting: [lgbtqaftercare@impactco.com.au](mailto:lgbtqaftercare@impactco.com.au)

**Please register here:** <https://forms.office.com/r/2D86049x17>



Department  
of Health

