

**Seeking Expressions of Interest**  
**Being – Self-Harm Advocacy Co-design Committee**  
**Monthly Online Co-design Group – June 2023**  
**Paid Opportunity**  
**Applications close 20<sup>th</sup> May 2023**

**Background and opportunity**

The NSW Ministry of Health have been rolling out new services that are aimed at giving people more options when experiencing mental health crises, particularly peer run services as part of the State Wide Towards Zero Suicide Initiatives. The main objectives are to provide holistic approach to suicide prevention by investing in new services, offering suicide prevention training to NSW frontline staff and community members and enhancing support in regional and rural areas.

As part of these initiatives, BEING has been invited to establish a monthly co-design committee to discuss topics around self-harm and service experiences. The sessions will run **for 10 monthly sessions on the second Friday of every month- starting June from 10am-12:00pm (Dates below)**. This is an exciting opportunity for committee members to review and provide feedback on the Towards Zero Suicide Initiatives to the community and health sectors and the NSW Ministry of Health.

The online co-design groups may be recorded if the co-design committee decide it's a good idea. These recordings would not be distributed externally. Recordings would only be used to ensure accurate information is captured in the review process to share with committee members and in writing de-identified reports directly related to this project.

**Payment and dates**

Co-designers will be paid in line with the Being participation policy- the standard rate of \$44 per hour of participation for each 2-hour co-design session (\$88 per session), inclusive of one short minute break, preparation time and additional feedback (if provided).

<b>Second Friday of every month 10am-12pm</b>	8 <sup>th</sup> September
9 <sup>th</sup> June	13 <sup>th</sup> October
14 <sup>th</sup> July	10 <sup>th</sup> November
11 <sup>th</sup> August	(Final 4 sessions TBC)

## Selection Criteria

### Essential Criteria:

- Are over 18 and currently live in NSW
- Identify as someone with direct lived experience of mental health issues with experiences of using NSW-based mental health services when harming oneself
- Are able to confidently access and use Zoom from a quiet and comfortable space
- Demonstrate a strong interest in the project and provide a thorough explanation of why you are interested in being involved
- Provide answers to expression of interest application form questions in a meaningful way that demonstrates you have given serious thought to the co-design committee
- Are comfortable contributing your opinions and sharing experiences when relevant in a group setting
- Are able to express clearly how you can best contribute to the process and how the project aligns with your professional and/or lived experience

### Desirable Criteria:

- You have been involved in previous committees or policy-related activities or workshops (not inclusive to BEING activities) and have demonstrated a high level of competence and engagement throughout

**We welcome and encourage people of all diverse backgrounds and ages to apply, including First Nations people, people from culturally and linguistically diverse (CALD) backgrounds, people of colour, people from rural and remote communities, and LGBTIQ+ people.**

## Application process

If you are interested in applying, please complete the application **Expression of Interest (EOI) form (website and QR code below)**. The closing date for expressions of interest will be **20<sup>th</sup> of May 2023**. Applicants will be contacted after the closing date. **If you are interested in the Suicide Advocacy Committee, we encourage you to apply for both committees and indicate if you have a preference for either as individuals will only be able to join one standing BEING committee\*.**

## Reasonable Adjustment

For further information, assistance in applying or to discuss reasonable adjustments to fully participate in co-design sessions please contact Peter Schmiedgen via email:

[peter.schmiedgen@being.org.au](mailto:peter.schmiedgen@being.org.au).

## Terms for payment

Please note the following requirements for paid participation and to qualify for reimbursement:

1. **You must attend the full co-design session**. Special consideration can be provided in exceptional circumstances and under the discretion of the facilitators. Please ensure you allocate the full 2 hours to sessions. If you anticipate that you won't be able to attend the entirety of the session due to another appointment, meeting or caring responsibility please inform the facilitators well ahead of time. You may be required to withdraw from the committee if you are unable to commit to ongoing.
2. You will need to demonstrate a **satisfactory level of contribution** to the discussion. A satisfactory level of contribution will be determined under the discretion of the facilitators.

Attendance and a satisfactory level of contribution to the discussion are essential criteria for participation. Please let us know if you require any reasonable adjustment support to fully participate in the discussions.

While we take every possible opportunity to encourage and support participation from all participants, the primary responsibility rests on each person attending this meeting to contribute their voice.

Participants that do not meet the requirements for paid participation will not be reimbursed for their involvement in the session. By attending the meeting, you agree that you understand what is expected of you and are able to participate and contribute to the discussion.

## Online meeting protocols and etiquette

- Please make sure you are in a safe space with a stable internet connection when attending this meeting.
- Please also make sure you have available to you the necessary supports and resources you need to access at any time during the meeting in the event you become distressed by anything shared or presented. If during the meeting you find yourself becoming distressed and require support, please let one of the facilitators know (either via direct message in the chat or email) or you may call the external peer support worker via the warm line for support during the co-design session or up to one hour after.
- We have a list of contacts (including crisis lines) which can be found [here](#) if needed. If we notice you becoming highly distressed during the meeting, we will ask you to step out and seek support and then return when you are ready. This is for your safety and the

psychological safety of all other participants. Though the peer worker is there to provide anonymous support, we require that all co-designers have their own external supports.

- Finally, please also note that these sessions are a safe space for people to contribute their thoughts without judgement or shaming. Please refrain from using the chat as a platform to propagate an agenda that is not relevant to the discussion. Please be respectful to allow other participants' space to share as well and not to overwhelm the chat function as this can be very distressing for other co-designers involved. We ask that you keep the chat posts succinct and relevant to the discussion at hand.
- Abuse and harassment during sessions will not be tolerated. Co-designers that abuse or harass others (either verbally or via the chat) will be removed from the online session. Co-designers that actively disrupt and derail the meeting may also be asked to leave or be removed from the session. Co-designers who are asked to leave or are removed from the session due to either of these reasons will not be paid for their participation or invited to future BEING advocacy activities.

Click here to apply: <https://forms.office.com/r/dpUykvMxvr>

