

# Alfred Mental & Addiction Health

## LIVED EXPERIENCE SYMPOSIUM EVENT PROGRAM

Wednesday 11 September 2024  
9:00 am – 1:00 pm

### Part 1: Setting the Scene

#### Conversation Quarter Stage

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|---------|--|
| 9.00am  | Acknowledgement of Country by Alfred Health's Senior Aboriginal Advisor, Alison Craigie-Parsons  |
| 9.20am  | Welcome presentation from AMAH's Lived and Living Experience Directors, Rebecca Langman and Violeta Peterson   |
| 9.40am  | <b>Keynote by Dr Louise Byrne</b> , lead author of AMAH's Lived Experience Workforce Framework   |
| 10.30am | <b>Panel Discussion</b><br>Moderated by AMAH Participation Lead, Tharindu Jayadeva.<br>A dynamic panel discussion featuring Dr Louise Byrne and AMAH peer workforce members Sarosh Shareef and Sarah Aoun-Walker |
| 11.00am | <i>Morning Tea</i>   |

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## Part 2: Lived Experience in Action

### Conversation Quarter

8:30 am – 1:00 pm

(Activity ongoing throughout event)

### The Gift of Lived Experience

Facilitator: Gabriel Leeves

Participate in an interactive letter project where individuals share their lived experiences, learning from each other and passing on wisdom. Share your lived expertise as a gift to others.

11:15 am – 12:10 pm

### Peer Cadet Showcase

Presenters: Sue Belmore, Heidi Farrant, Damon Langley, Bettina Abbott, Hannah Davis

Explore the 14-week consumer peer work cadet program, designed to empower participants in clinical peer work. Hear from former cadets in an insightful panel discussion.

11:15 am – 12:10 pm

(Activity resets every 10 minutes)

### Co-Lab Kit Creativity

Facilitators: Maria Bradshaw, Charmaine Curtain, Jan Holt

Engage in a hands-on, small group activity using kit activity cards and playful tools like playdough, pipe cleaners, and fidget toys. Learn co-design principles in a fun, interactive way.

### Seminar Rooms (Upstairs)

8:30 am – 1:00 pm

(Available throughout event)

### Sensory Space/Private Family Room

Producers: Danielle Colegrave, Dr Shaun Rigney

A sensory-friendly, private space designed for Symposium guests, highlighting the importance of such spaces for participants and families who need a calm environment.

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## Part 2: Lived Experience in Action

### Seminar Rooms (Upstairs)

11:15 am – 12:10 pm

(drop-in/drop-out activity)

#### Open Dialogue with Lived Experience

Facilitators: Vanessa Lindley, Deborah Warner, Catherine Wood, Sandra Dorse

Join a Fish Bowl discussion on Lived Experience and Open Dialogue. Participate or listen to conversations in a dynamic, interactive setting.

11:15 am – 12:10 pm

#### Storytelling: A Journey to Participation

Facilitators: Anna Gould, Tharindu Jayadeva, Kirsty Parsons

Discover the journey of participation in mental health services through storytelling. Learn about creating a Participation Lead role and how AMAH's participation program has evolved.

### Online (for online guests)

11:15 am – 12:15 pm

#### dc Bites

Facilitators: Claire Harcla, Lucy Mahony, Jack Smith, Rachel Barbara-May

Join our youth discovery college for bite-sized learnings about who they are and how they work alongside Lived and Living Experience. Explore how the Extremely Human podcast was created and get a taste of a discovery college course.

## Part 3: Reflecting and Looking Ahead

### Conversation Quarter Stage

12:15 pm

Short message from Alfred Health Deputy CEO/COO, Prof Simone Alexander

12:20 pm

Closing reflection by Sandra Keppich-Arnold, AMAH Director of Operations, and A/Prof Simon Stafrace, AMAH Program Director

*Following the closing reflection, we invite guests to join us for lunch in the Conversation Quarter.*