

Community co-design of Aboriginal and Torres Strait Islander led suicide alertness training: safeYARN

Research Project Information Sheet

Ethics approval number: **A201367**

Chief Investigators

- Dr Gabrielle Simcock (Co-Chief Investigator, Thompson Institute, University of the Sunshine Coast [USC])
- Mrs Tegan Scheffe (Co-Chief Investigator, First Nations Engagement Co-ordinator, Thompson Institute, USC)

What is the research project about?

Rates of suicide among Australian First Nations people (Aboriginal and Torres Strait Islanders) is double that of non-First Nations Australians, and it is the leading cause of death in First Nations people aged 15 to 34 years. We are working towards closing this gap by working together with First Nation Australians from the Sunshine Coast by adapting a well-known suicide alertness training program to be culturally safe for Australian First Nation peoples.

Aims

The aim of this study is to adapt the LivingWorks safeTALK suicide alertness program to be culturally safe and relevant to the needs of Australian First Nation peoples by (a) reviewing the current suicide prevention program to assess its cultural relevance and (b) using co-design methodology with Indigenous community members and the Thompson Institute First Nations Advisory Group to develop an adapted model that reflects community need.

Participation

You are invited to participate in this project because you are 18 years of age or older and identify as an Australian First Nation person (Aboriginal and/or Torres Strait Islander). There are three parts:

1. Take part in a one-day safeTALK suicide alertness training program delivered by First Nations trainers who are registered with LivingWorks. safeTALK helps people to recognise when someone is thinking about suicide and how to respond helpfully.
2. Following a catered lunch and a break, you will be invited to meet with Tegan Scheffe and the other First Nations trainers to yarn about the cultural appropriateness, relevance, and safety of safeTALK.
3. One month later, take part in a two-hour co-design workshop where your feedback will be used to redesign safeTALK into a culturally appropriate and relevant First Nations-specific suicide prevention training package: safeYARN.

Research project setting

Parts one and two of this study, participating in and reviewing the current safeTALK program, will be conducted at the Thompson Institute. Part three of the study will be undertaken at a location suitable such as Triballink, which provides participants with the opportunity to connect with land and country and supports moving about during the workshop.

Risks and benefits of participating

You will be rewarded with a \$50 Coles shopping voucher to thank you for participating in this study.

This research proposal has been guided by the Principles of Ethical Research in which Indigenous peoples are respected, engaged and consulted in all parts of the research with the researchers to ensure the outcomes meet community needs and are culturally safe and empowering for community. The information we gather will help to develop suicide prevention activities on the Sunshine Coast that are culturally appropriate and suited to the needs of our community.

Research has demonstrated discussing suicide does not increase the risk of suicide. However, if this workshop causes distressing feelings about suicide and mental health, please let us know so we can discuss your feelings. If you are distressed after the workshop, please contact the following First Nations mental health providers: *National Indigenous Critical response service 1800805801, Lifeline (13 11 14) or 1300 MH CALL (1300 64 2255), Cultural Healing Program Phone: 5450 4730 Mobiles: 0414 671 534 and 0419 028 308 or make an appointment to see your doctor.*

If you get tired or need a break you should take one at any time.

Voluntary Participation

You can choose whether or not to take part – it is up to you. There will be no consequences if you change your mind and withdraw from the study. Your decision to participate (or not), will not have any effect on your relationship with USC or the Thompson Institute.

Agreement (Consent)

Your understanding of the project and your agreement to take part in the workshops will be checked before you begin. The anonymous use of your data in unspecified future projects will be undertaken by the study investigators.

Privacy and Confidentiality

Your participation in the workshop or yarning circle means that group members may know your name. However, we will not identify you by name in dissemination of results, publications, or conference proceedings. All data collected in this research will be stored securely as per USC's Research Data Management policy.

Results

We will present the findings from this study back to the First Nations community, which you will be invited to attend. Results of this study will be written as journal articles and will help make suicide prevention activities on the Sunshine Coast culturally appropriate and suited to the needs of the First Nations community. The published findings will not reveal the identity of any participant. Non-identifiable findings from the survey may also be presented at conferences or meetings.

Concerns or Complaints

If you have any complaints about this research project you discuss them with the Chief Investigators (Dr Gabrielle Simcock and Tegan Scheffe) or you can contact the Chairperson of the Human Research Ethics Committee at the University of the Sunshine Coast: telephone (07) 5459 4574; email humanethics@usc.edu.au).

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The researchers and the University of the Sunshine Coast would like to thank you for your interest in this project and appreciate the effort involved.