



Stigma Project Lived-Living Experience Working Group: expression of interest

The Queensland Mental Health Commission is establishing a Stigma Project Lived-Living Experience Working Group to support us develop a range of activities to reduce stigma associated with mental ill-health, alcohol and other drugs, and suicidal distress and bereavement. This is an exciting project that implements a significant reform initiative. Queenslanders from diverse backgrounds are invited to submit their expression of interest to join the group.

Title:	Stigma Project Lived-Living Experience Working Group member
How to apply:	Complete the online expression of interest form
Duration:	October 2024 to April 2025 (with the possibility of extension)
Proposed meeting dates:	Wednesday 16 October 2024 Wednesday 23 October 2024 Thursday 24 October 2024 Thursday 31 October 2024 Tuesday 5 November 2024 Tuesday 3 December 2024 Thursday 5 December 2024 Tuesday 17 December 2024 Thursday 19 December 2024 Tuesday 7 January 2025 Friday 10 January 2025 Tuesday 21 January 2025 Thursday 23 January 2025 Thursday 27 March 2025
Remuneration:	As per level 2 of the Commission's Paid Participation Policy (<i>currently under review</i>)
Meeting location:	Microsoft Teams (online meeting) or at the Commission's offices in Brisbane city
Closing date for expressions of interest:	Wednesday 9 October 2024
Outcomes notified:	From Monday 14 October 2024
Contact:	stigmareduction@qmhc.qld.gov.au



About us

The Queensland Mental Health Commission (the Commission) is an independent statutory organisation. Our role is to drive systems reform in mental health, alcohol and other drugs, and suicide prevention for Queensland. We identify issues and priorities, advise on reform options, support the efforts of others to implement change, and check progress.

To achieve reform we work in partnership with others. This includes people who have lived-living experience, their families, kin, carers and supporters, as well as other government departments, funders, advocates, frontline workers and service providers, in both government and non-government sectors.

What we are doing

The Commission is developing and delivering a range of activities to reduce stigma and discrimination associated with mental ill-health (including eating disorders), alcohol and other drugs, and suicidal distress and bereavement. This work is in response to recommendation 5 from the Mental Health Select Committee following the [Inquiry into the opportunities to improve mental health outcomes for Queenslanders](#). This work will also seek to encourage help-seeking and help-offering behaviours.

Project deliverables will include:

- A social marketing campaign, with phase one aimed to be in market around April to June 2025
- Capacity and capability building initiatives in key audiences and key settings.

The campaign is aimed at increasing knowledge among the general population and encouraging attitude and behaviour change and positive social progress around mental ill-health, alcohol and other drug use, and suicide in Queensland. More information about the project is available [on our website](#).

Why this is important

Stigma and discrimination can have significant effects on people with a lived-living experience of mental ill-health, alcohol and other drug use, and suicidal distress or bereavement. It also impacts families, friends and carers.

Research tells us that stigma reduction activities and programs have the most chance of success when people with lived-living experience are engaged in their development. We want to make sure the voices of lived-living experience are at the centre of this project.

Your opportunity

To support us develop and deliver these activities, we are creating a **Stigma Project Lived-Living Experience Working Group**.

Members of the Stigma Project Lived-Living Experience Working Group will give specialised knowledge and lived-living expertise across mental ill-health (including eating disorders), alcohol and other drugs, suicidal distress and bereavement, and/or as a family member, kin, carer or supporter.

This is a high-level strategic working group that will be engaged to work very closely with the Commission's team and the Stigma Project Advisory Group on the project. This is an opportunity for people with lived-living experience to work on a high-profile government campaign with a range of stakeholders.

The group will be asked to:

- attend pre-briefings and orientations for each planned workshop
- participate in a program of half-day working group workshops between October 2024 and February 2025
- participate in research and consultations
- read a range of project materials
- be a critical friend and provide strategic lived-living experience advice to the project team.

Campaign development will include (but is not limited to) reviewing and providing advice on:

- research reports and summaries, information papers, meeting notes and surveys
- developing the research program and surveys
- campaign strategy
- creative concepts and messaging
- campaign assets (e.g. website)
- campaign evaluation
- capability and capacity building initiatives.

Remuneration

Group members will be remunerated according to the Commission's Paid Participation Policy (*currently under review*) at the level 2 rate. This will include payment for time and participation in meetings, as well as reimbursements for other pre-approved costs incurred as part of membership on the group (for example, transport or travel costs) on presentation of receipts or other evidence.

Successful applicants will need to complete the Commission's paid participation registration form prior to the first meeting to confirm which costs can be claimed. To be paid, members will be required to be set up as a vendor in the Commission's payment protection system (Eftsure). This process supports confidence in and integrity of the Commission's payment system and members' personal banking details.

Interested?

If you'd like to express your interest in joining the Stigma Project Lived-Living Experience Working Group, please [complete the online expression of interest form](#) by **Wednesday 9 October 2024**. We expect your application will take around 20 minutes to complete. Applications via another method will not be accepted, however if you are having difficulty using or loading the online form, please contact us at stigmareduction@qmhc.qld.gov.au.

Applications will be assessed by a panel against the following standard criteria.

The panel may conduct interviews with shortlisted applicants to assist decision-making and will provide as much notice of interviews as possible.

Skills, knowledge and requirements	Description and assessment
<p>1: Ability to use your lived-living expertise to lead and provide advice</p>	<p>This is a high-level strategic working group that will work closely with the Commission's project team, the Project Advisory Group and research and creative agencies throughout the project. We are looking for members with:</p> <ul style="list-style-type: none"> • experience in a designated lived-living expertise and/or leadership role • an ability to apply their lived-living experience to provide strategic advice and develop and shape solutions to complex issues. <p>While not necessary, experience and skill in social marketing, communication and or/advertising campaigns; and experience on government working groups would also be helpful.</p>
<p>2: What areas of the project can your lived-living experience inform?</p>	<p>Group members who have multiple and various lived-living experiences to contribute to the project are encouraged to apply. This may include one or more of the following:</p> <ul style="list-style-type: none"> • People with personal experience of stigma related to: <ul style="list-style-type: none"> ○ Mental ill-health, including severe/complex conditions (such as severe mood disorders or psychosis), eating disorders, anxiety, and/or depression ○ Alcohol use ○ Prescription/legal drug use ○ Illicit drug use ○ Self-harm/non-suicidal self-injury ○ Suicidal distress or crisis, and/or suicide attempts • Family members, carers, kin or supporters who have experiences stigma related to their relationship with a person with lived-living experience of: <ul style="list-style-type: none"> ○ Mental ill-health, including eating disorders ○ Alcohol and other drug use ○ Suicidal distress or crisis, and/or suicide attempts. ○ Suicide bereavement <p>The project will also benefit from input from people from diverse backgrounds, ages and locations across Queensland.</p>
<p>3: Why would you like to be a part of this working group?</p>	<p>It is important that applicants are passionate about stigma reduction and about contributing to reform. Tell us your reasons and motivation for wanting to be a member of this working group.</p>
<p>4: Availability</p>	<p>This group will be a critical part of the project and the Commission will be relying on group members to be available to contribute to and meet the project's critical timelines. There is significant and concentrated work up to February 2025.</p>

Additional information

Safety for group members

The Commission wishes to ensure your comfort and safety in participating in this project. We aim for the Stigma Project Lived-Living Experience Working Group to operate from a place of respect, care and kindness for fellow participants to ensure a safe space for all people to feel comfortable contributing. We are mindful that not everyone may agree, but how disagreement is safely and respectfully expressed is vital for supporting everyone participating in these important discussions. We will endeavour to provide clinical or peer support from a relevant Commission staff member if needed.

Research indicates people with lived-living experience often report experiencing stigma from people close to them, including their family, friends, carers, loved ones or colleagues. For this reason, we will ask the working group to consider whether it may be appropriate to hold some separate sessions for people with personal lived-living experience and people with caring lived-living experience to facilitate open conversations where nobody fears causing harm or offence.

Other opportunities to get involved

It is anticipated there will be high demand for the positions on the working group. If your expression of interest is not successful, we hope you will still support the project through other ways:

- A broad range of people with lived-living experience will be able to contribute to the project through the market and social research program and the consultation program.
- We will also engage with the sector and existing stakeholders for other consultation and feedback.

To stay up to date with opportunities to get involved, [please subscribe](#) for email updates about the project. Thank you for your interest in this important work.