



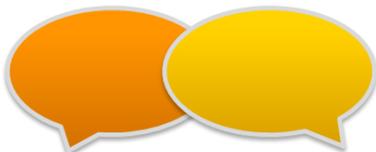
**ALTERNATIVES TO SUICIDE
PROGRAM 2018**

Conversations on Suicide

**Two Day Workshop in Mirrabooka, 14 & 15
March 2018**

This workshop is brought to you by the **Alternatives to Suicide WA Steering Committee** (MercyCare, ConnectGroups, Consumers of Mental Health WA, HelpingMinds, Suicide Prevention Australia, UWA Centre for Aboriginal Medical and Dental Health, Margaret Doust, Ella Macnish and Kai Schweizer) and **Western Massachusetts Recovery Learning Community**.

CONVERSATIONS



**ON SUICIDE
14 & 15 MARCH**

The Conversations on Suicide workshop supports individuals through an in-depth exploration of the topic of suicide and how to sit with someone in deep emotional distress. It provides a brief overview of 'Alternatives to Suicide' groups, but is not intended as facilitator training. It is geared toward people working in peer roles, provider roles, family members, suicide attempt survivors and other community members.

MIRRABOOKA

9.30 am – 4.30 pm

Wednesday 14 & Thursday 15 March 2018

MercyCare Office, 4 Brewer Place, Mirrabooka WA 6061

WA Steering Committee

	 <small>Consumers of Mental Health WA (Inc)</small>	 <small>Mental Health Services & Carer Support</small>
 <small>helping support groups & individuals</small>	 <small>Suicide Prevention Australia</small>	 THE UNIVERSITY OF WESTERN AUSTRALIA <small>Centre for Aboriginal Medical & Dental Health</small>

REGISTRATION IS REQUIRED: FILL IN THE FORM BELOW

PLEASE NOTE: REGISTRATIONS CLOSE ON 7 MARCH 2018

Background

Alternatives to Suicide is an innovative peer-led suicide prevention approach from the Western Massachusetts Recovery Learning Community (WMRLC) in the USA. The WA Steering Committee is pleased to bring Sera Davidow and Caroline Mazel-Carlton to Perth to follow up presentations previously made in Perth in February 2017.

WMRLC creates conditions that support recovery at both the individual and community level through trauma-sensitive peer supports and the development of a regional network. They believe that human relationships are at the centre of what heal people who have experienced extreme emotional states, trauma, mental health diagnoses and a variety of other challenges in life. Their lived experience and 'humanness' is what unites them. Their stories, collective wisdom and strength are what guide them and their community to wellness. You can view further information about Alternatives to Suicide and WMRLC at

<http://www.westernmassrlc.org/alternatives-to-suicide>

Presenters



Sera Davidow

Sera received her first psychiatric diagnosis as a teenager, accumulating a handful more by her early twenties. That, along with a lengthy history of self-injury and emotional distress, led to her first hospitalization against her will at the age of 22, and an array of prescriptions for psychotropic drugs. However, it was her 'non-compliant' and rebellious nature that paved her way down another path.

Sera's journey first brought her to a position in a traditional role in the mental health system, but she soon found her way to peer-to-peer support communities, advocacy and social justice efforts. At present, Sera works as the Director of the Western Massachusetts Recovery Learning Community (RLC) where she focuses much of her time on grant writing, oversight and project development. Through this work, she has gained a range of experiences including starting up a peer respite, opening resource centres, and producing educational materials (including co-authoring handbooks on peer respites and developing peer roles). She has also found a passion for filmmaking, beginning with 'Beyond the Medical Model' in 2013. In addition to the RLC, Sera is a founding member of the Hearing Voices USA Board of Directors, and a regular blogger at Mad in America (www.madinamerica.com/author/sdavidow).

More about Sera's story and work can be found in a full-length interview featured in Sun Magazine's April, 2017 issue:

<https://www.thesunmagazine.org/issues/496/an-open-mind>



Caroline Mazel-Carlton

Caroline first interfaced with psychiatry at the age of eight, and years later was able to find a path out of a world defined by diagnoses and medications through roller derby and social activism. Since moving out of a staffed group home eight years ago, she has worked tirelessly to create change in the mental health system, developing and re-defining peer roles and values in various organizations in North Carolina and Massachusetts.

Caroline currently serves as Director of Training for the Western Mass Recovery Learning Community, promoting an ethos of self-determination and mutual support in a number of settings across the globe. She has been privileged to be a facilitator/trainer for the "Alternatives to Suicide" approach for over five years, promoting conversation and connection over the current paradigm of "risk assessment". Caroline also works towards developing regional networks of support for voice-hearers in her role as Training Coordinator for the national Hearing Voices Research and Development Project.

Perth Events

Myths of Suicide is part of a series of events being organised in Perth for March 2018.

Event	Date
Myths of Suicide Presentation	13 Mar
Conversations on Suicide Workshop	14-15 Mar
Myths of Suicide Presentation	16 Mar
Youth Forum	19 Mar
Facilitator Training Course	20-22 Mar

For more information, email alternativesforum@mercyare.com.au or phone 0433 821 214.

Sydney and Melbourne Events

Events are being held in Sydney and Melbourne in the week beginning 5 March 2018.

Sydney	Enquiries to Kath Thorburn, inside out & associates Australia (0435 348 168 or kath@insideoutconversations.com.au) regarding an open forum on the Alternative to Suicide approach with the WMRLC presenters
Melbourne	Enquiries to Flick Grey and the team at Alternatives Melbourne (alternativesmelb@gmail.com) regarding 3-day Facilitator Training and an open community event

REGISTRATION FORM FOR CONVERSATIONS ON SUICIDE BEGINS ON THE NEXT PAGE

Registration Form – Conversations on Suicide – 14 & 15 March 2018

PLACES ARE LIMITED AND REGISTRATION IS ESSENTIAL

COST IS \$300 PER PERSON, PAYABLE BY CREDIT CARD UPON CONFIRMATION OF REGISTRATION

MORNING TEA AND LUNCH WILL BE PROVIDED

PLEASE NOTE: REGISTRATIONS CLOSE ON 7 MARCH 2018

Location	MercyCare Office, 4 Brewer Place, Mirrabooka WA 6061
Time	9.30 am – 4.30 pm
Title	Mr / Ms / Mrs / Dr / Other
Name	
Organisation (if applicable)	
Role (if applicable)	
Address	
Email (required for confirmation)	
Mobile (required for confirmation)	
Dietary Requirements (if any)	
Special Access Need (if any)	
Credit Card Details	<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Other
Name on Card	
Credit Card Number	
Expiry Date (Month/Year)	

Email your registration by 7 March 2018 to

alternativesforum@mercycare.com.au with **Conversations on Suicide** (in subject header)

Or **Post** your registration by 7 March 2018 to

Conversations on Suicide

Attention: Nicole Smith

MercyCare Community Services

P.O. Box 202,

Wembley, WA 6913

For **further enquiries**, contact Joe Calleja 0433 821 214

END OF REGISTRATION FORM
