

# Peer CARE Companions

*Peers in suicide crisis / Peers in suicide bereavement*



All *Roses in the Ocean* programs and workshops are lived experience informed, designed and delivered by professional facilitators who also have a personal lived experience of suicide.

Our Peer CARE Companion Program offers a blended learning experience with pre-program activities designed to prepare participants for in-depth group discussion and engage them in active reflection prior to coming together for the three-day face to face program.

The program is highly experiential in nature, embracing discovery learning and reflective practices culminating in a personal practice plan. It can be run as a 2 day program with a third day's workshop 4-6 weeks after the initial program, or, over three consecutive days. Follow up activities uncover further challenges and prepares participants for such challenges.

## Who are Peer CARE Companions?

**C**ompassion - **A**cceptance - **R**espect - **E**mpathy

Peer CARE Companions are independent people identified, recruited, trained and supported by *Roses in the Ocean*, who have a lived experience of suicide and are stable in their own recovery. They also believe they have something positive to offer others going through a similar experience to their own, as they seek to find their path to recovery or in the case of suicide loss, come to terms with their 'new normal'.

Peer CARE Companions can provide one-on-one, face-to-face and telephone support and friendship focused on compassionate, non-judgemental connection and empathy, providing insight and practical suggestions to assist people come to navigate life after suicide loss.

## Duration of Program

Pre program activity work / 3 day Program / Post program tasks

## Who is this program for?

This program is designed for people with a direct lived experience of suicide who are looking to support others 1-on-1, have robust self care rituals in place and strong support networks. The nature of their lived experience will determine who and where they provide support.



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## **As a result of attending the Peer CARE Companions Program participants will be equipped with:**

- A deeper understanding of their lived experience of suicidal crisis or bereavement and how it can be utilised to bring comfort and understanding to others experiencing similar experiences.
- An appreciation for the perspectives of other people with a different lived experience to their own
- An understanding of the grief cycle, and the complexity that suicide attempts and/or loss brings to grief
- Clarity of what practical and emotional strategies/ activities were useful for them, that may help others
- Knowledge of appropriate messaging and language when discussing suicide and their own lived experience
- Confidence to engage meaningfully with others who are in emotional pain and distress
- The importance of establishing boundaries and empowering others in doing so
- Ability to identify early invitations for help from the people they are supporting, and awareness of the process for engaging professional help
- The importance of being able to support someone when personal values may conflict with your own
- Robust self-care plans and personal awareness of the importance of daily wellbeing rituals

## **Content Day 1 & 2:**

*(selection of content only shown)*

- Exploration of personal lived experience for greater insight and understanding
- Role of a Peer CARE Companion – expectation, boundaries
- Duty of care – for self and others / wellbeing
- Vicarious trauma
- Communication styles
- Micro skills communication
- Personal values and ‘values in conflict’
- Invitations for help
- Types of conversations and difficult conversations
- Referral pathways
- *Roses in the Ocean* Mentoring Program

## **Post Program Activities and Day 3:**

Day 3 focuses on Solution Focused Strategies and looks deeply at the potential challenges the Peer CARE Companion role brings and prepares participants for such challenges. Follow up activities ensure quality transference of learning.

