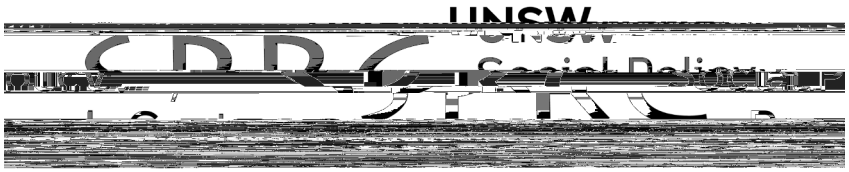

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Big OrVieSA

Leadership development and opportunities

OrVieSA SA. .

Recognised and respected in the broader community

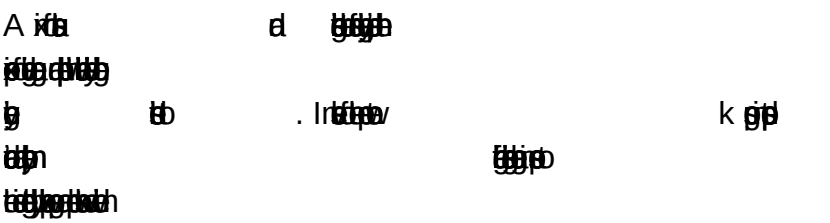
OrVieSA .

Participating in the community and connecting with peers

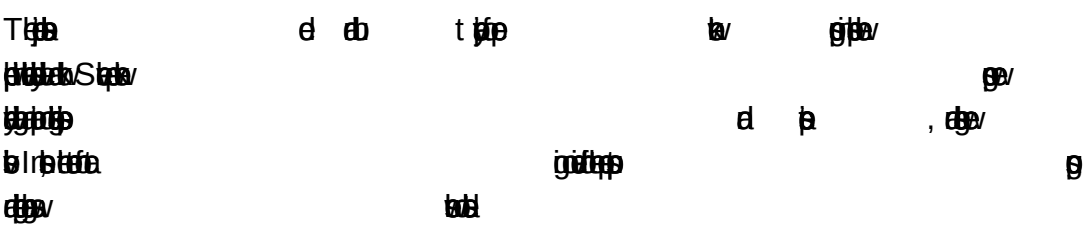
OrVieSA OrVieSA

Respecting, valuing and listening to people

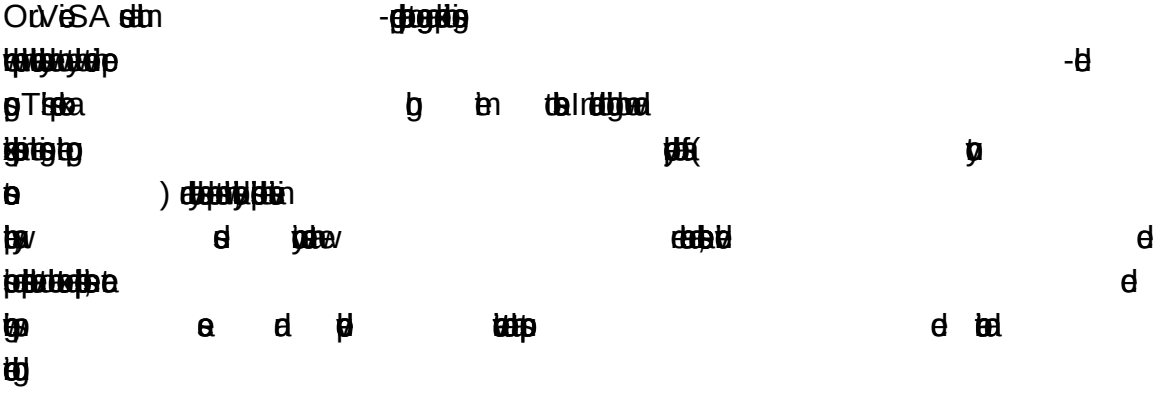
OrVieSA



Overall impact and outcomes



Effective processes used by Our Voice SA



Challenges and opportunities for self-advocacy

Organisational culture and accountability

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1 Our Voice SA Reaching Out Project

1.1 Background

Our Voice SA is a peer-led project that aims to support people with lived experience of mental health challenges and suicidality. The goal of Our Voice SA is to provide a safe space for people with lived experience to share their stories and connect with others who have had similar experiences.

Our Voice SA has been developed in response to the following:

- The high rates of mental health challenges and suicidality in South Australia, particularly among young people.

1.3 Our Voice SA activities

Peer group meetings

OurVoiceSA is guided by a Peer Group of individuals with lived experience of homelessness. The Peer Group meets regularly to provide advice and feedback on the project's direction, activities, and outputs. Members of the Peer Group are also invited to participate in other OurVoiceSA activities, such as community consultations and workshops.

Our Voice SA monthly meeting

OurVoiceSA team members meet monthly to discuss project updates, share insights, and plan upcoming activities. These meetings are also used to coordinate tasks and ensure alignment across the OurVoiceSA team.

Community consultations

Members of the OurVoiceSA team have conducted consultations in a number of locations, including Redfern, Waterloo, Kings Cross, Bondi Junction, Parramatta, Liverpool, Campbelltown, Penrith, Blacktown, Mt Druitt, Fairfield, Bankstown, Hurstville, Sutherland, Manly, Dee Why, Brookvale, Mona Vale, Newtown, Glebe, Leichhardt, Marrickville, Ashfield, Burwood, Strathfield, Canterbury, Rockdale, Kogarah, Sutherland, Cronulla, Miranda, Caringbah, Gymea, Sylvania, Taren Point, Kirrawee, Jannali, Como, Oyster Bay, Woolooware, Cronulla, Kurnell, Botany, Maroubra, Coogee, Randwick, Kensington, Kingsford, Matraville, Malabar, La Perouse, Little Bay

- Identify issues and opportunities
- Participatory GIS (PGIS) survey

The following sections describe the OurVicSA

The OurVicSA, developed by the Faculty of Arts and Social Sciences at UNSW Sydney, is a free and open-source software application that can be downloaded from the OurVicSA website.

Any questions or feedback can be directed to the

2 Impact and outcomes for people with intellectual disability

Th Rg Ot u j a
f

2.1 Having a voice and speaking up

Th d Rg Ot p p f
t n

- [illegible]
- [illegible]

[illegible]

Figure 6: Life changes for a new member, Monika

Monika (name changed) is a new member of Our Voice SA. She has Cerebral Palsy and was [illegible] in 2021. Through 2022, she [illegible] . Monika [illegible] .

"*I've grown confidence and come out of my shell. You've got rights to speak up.*"

Monika has also [illegible] Our Voice SA [illegible] . "*My support coordinator is wrong, what she said to me … she offended me*". Monika [illegible] , [illegible] "*I've built my confidence well*."

Monika [illegible] Our Voice SA , "*They help people to learn they have rights, know about services, and what they can do*". She [illegible] NDIS [illegible] a State MP, [illegible] Monika [illegible] Our Voice SA [illegible]

Monika [illegible] MyJourney [illegible] NDIS [illegible] Our Voice SA [illegible] .

Monika [illegible] Our Voice SA. In [illegible] , [illegible]

Monika [illegible] Our Voice SA [illegible] [illegible] "*I love Our Voice SA…They need to spread the word. Not enough people know about them.*"

Impacting change

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i n A f o g t
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y g f . T e e g d g
p e r i- 3 3 6 0 T -4 u 2/63
v o a b y e b y a n a g e m t n t c - d (a c) 4 (t) 2

E p a p e m a
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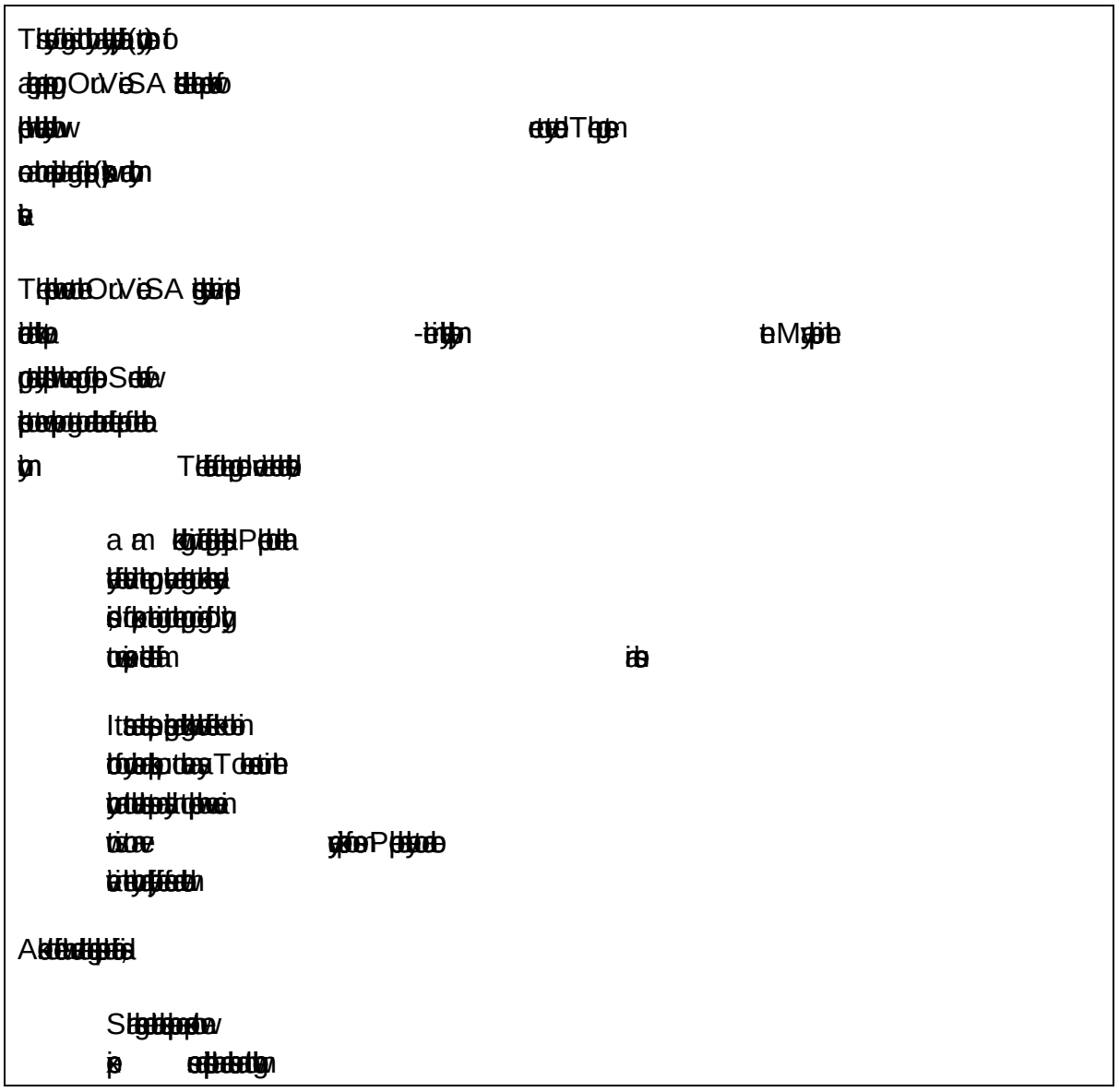
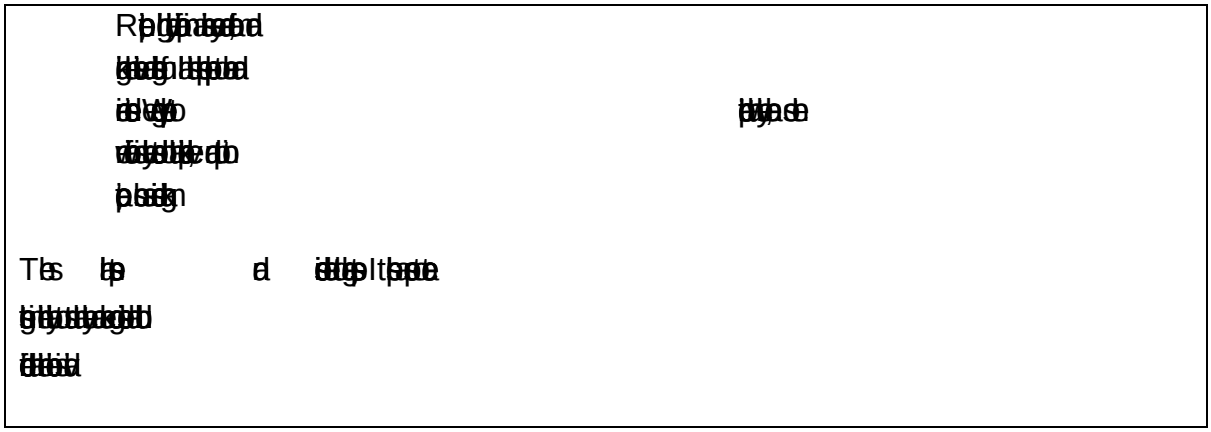
3.3 Leadership development and roles

Figure 9: Story of change: Practising being in control





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3.5 Board structure and functioning

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4 Challenges and opportunities for self-advocacy

4.1 Sustainability of peer support

Opportunities

Fo ea ch ar ea of op po rt un ity

- Cl ea r ob je ct iv es ar e ag re ed in ad va nc e
- Ri sk s, ch al le ng es an d ob st ac le s ar e id en tif ie d
- Sk ill s, kn ow le dg e an d ex pe rie nc e ar e ma tc he d to th e op po rt un ity . Qu al ity , ra th er th an qu an tit y, is th e ai m

[illegible]

[illegible]

Opportunities

OnVicSA [illegible]

- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]

4.3 Future sustainability of self-advocacy

[illegible]

OnVieSA id ig ap The NDIS
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a d p p , d ig d
d m ' d f - y k .

F g s a m h g h
h . The OnVieSA
h g a g p H w
d a g f - h d p a h a m b s g h s .

Opportunities

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in h g h h s .

- F y h p d m – g m , a
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p h d h g a

- L k h m a f b p g
y p a . E k h m
i h g p a .

- F s w q p m . E d
g h f b g p m .
C d f m a a h g a
y h g d h g h
h f p , p d a
a .

- L g d h - y g h p b
h m " g h i n

The h a OnVieSA's R g O p d
p f b p h p , i g h g
f a d a i w p , i g h g

Appendix A: Research methods

The following sections describe the research methods used in the Our Voice SA study, including the co-design approach, data sources, and analysis methods.

Co-design approach

The co-design approach involved working with people with lived experience of mental health challenges and substance use issues, as well as service providers and other stakeholders, to develop the research questions, methods, and interpretation of findings.

Data sources

The following data sources were used in the study:

- Survey data
- Observations of Our Voice SA activities
- Interviews with people and staff
- Participatory Geographic Information Systems (PGIS) mapping (2021-22).

Stories of significant change

The Stories of Significant Change approach was used to collect and analyse stories from participants about the most significant changes they had experienced as a result of their involvement in Our Voice SA activities. Stories were collected through interviews and focus groups, and were analysed using a thematic approach.

Observation of Our Voice SA activities

Researchers observed Our Voice SA activities to understand the context in which they were delivered and to identify factors that may have influenced their outcomes.

Interviews with people and staff

Interviews were conducted with people who had participated in Our Voice SA activities and with staff who had delivered them. The interviews were conducted using a semi-structured approach.

Program data

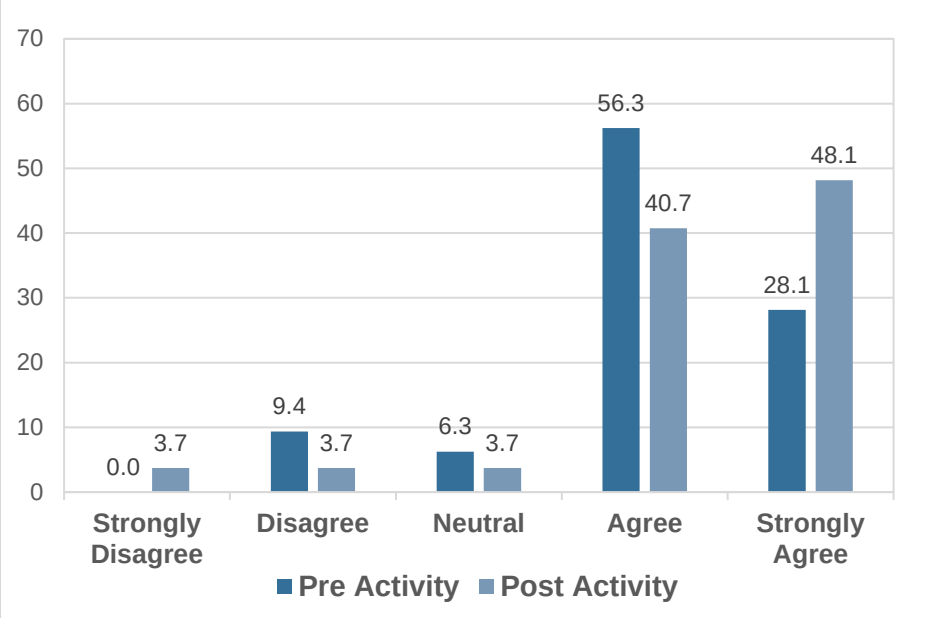
2021-2022 Consultations		
Focus Groups	11	44
IDPWD	3	27
NDIS	1	11
Restrictive Practices		4
PO Strategic Planning		5
SA government		4
DRC		1
Universityadvisory 1		4
University advisory 2		4
Business consultancy		3
DRC		2
IDPWD 2021		3

2020 Consultations		
Co-design	3	7
Taskforce		5
IDPWD 2020		4
DRC		9

*A

Personal Growth Initiative Scale, 32 (n) pre-workshop activity and 27 (n) post-workshop activity

I know how to change things in my life if I want to (per cent)

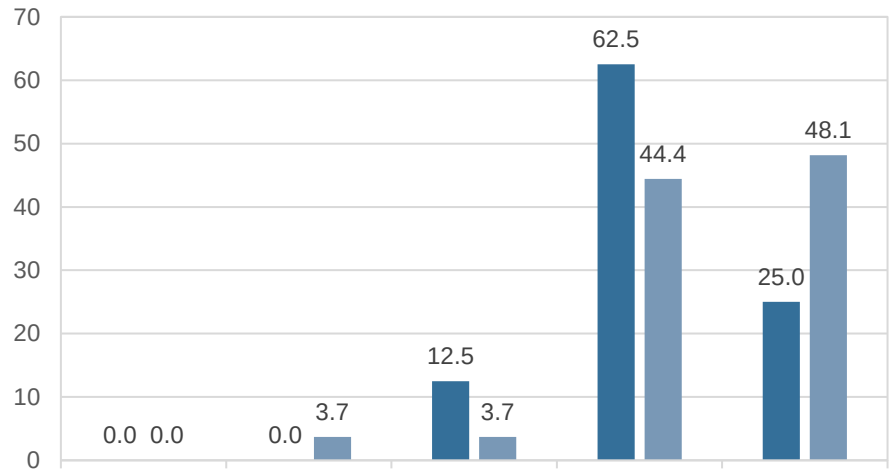


Se 2021-22, P G SH (PGIS) (R 1998)

I have a plan about my future (per cent)

Se 2021-22,

I can choose what groups I go to and what I do there (per cent)



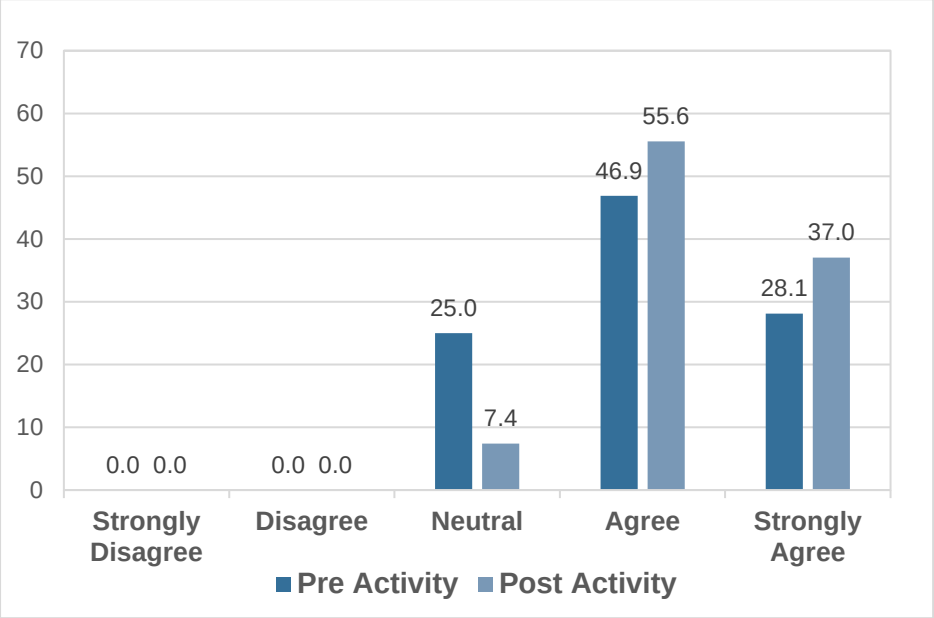
Sou 2021-22, PGHSK(PGIS) (Rb1998)

I am in charge of my life (per cent)

Sou 2021-22, PGHSK(PGIS) (Rb1998)

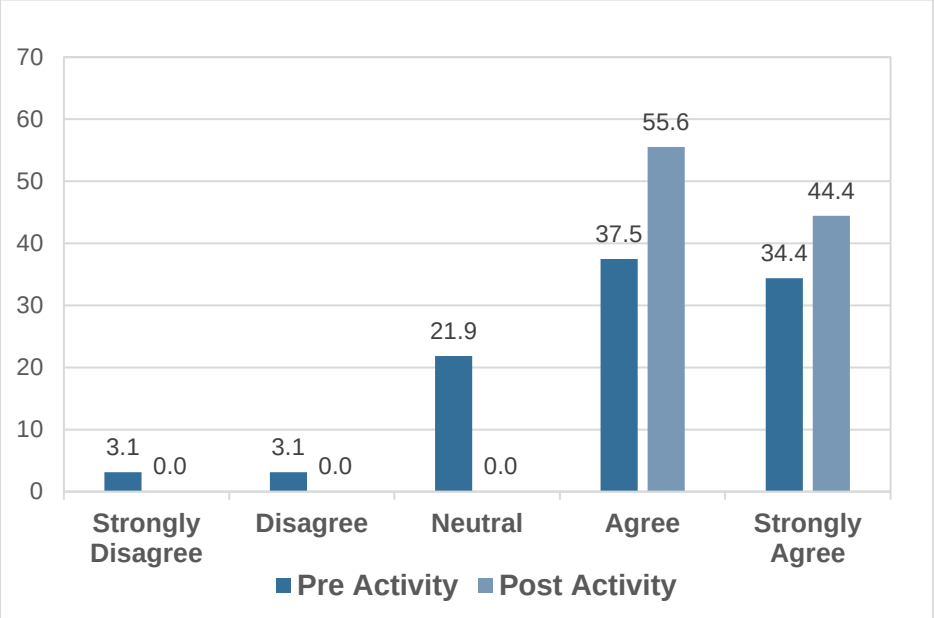
I feel good about who I am

I choose what to do everyday (per cent)



Se 2021-22, Pl G W S(PGIS) (R 1998)

I choose where I live and who I live with (per cent)



Se 2021-22, Pl G W S(PGIS) (R 1998)