



University of  
South Australia



## 13<sup>th</sup> Shared Learning in Clinical Practice Symposium Safety Planning: Evidence and Practical Application



Friday 6 December 2019



8.45am – 11.30am (registration from 8.30am)



Lecture Theatre C3-16  
Level 3 Centenary Building  
University of South Australia City East Campus  
Corner North Terrace and Frome Road  
Adelaide

### Presented by

Mental Health and Suicide Prevention Research Group, University of South Australia



## The Shared Learning in Clinical Practice Philosophy

Shared Learning in Clinical Practice (SLICP) is a policy relevant and service delivery focussed collaboration to promote best practice in mental health and suicide prevention. The strategic purpose of the initiative is to demonstrate through research and practical example, how much people with lived experience, carers, clinicians, policy makers and academic faculty can achieve working together.

Deep discussion, deep connectivity and diffusion of the insights are central to its philosophy. With a nursing focus and multidisciplinary in composition, the aim of each publication, podcast, film, social media communication and symposium is to capture and spread new ideas and know-how in mental health and suicide prevention practice and challenge traditional ways of thinking. SLICP updates are regularly posted on Twitter at [@MHResearchUniSA](https://twitter.com/MHResearchUniSA) or can be subscribed to by contacting [mentalhealth@unisa.edu.au](mailto:mentalhealth@unisa.edu.au).

## About the 13<sup>th</sup> Shared Learning in Clinical Practice Symposium

Safety planning is an internationally recognised indicated suicide prevention strategy, involving the co-creation of a personalised list of strategies for those who experience onset or worsening suicidal ideation and/or behaviour to use during a suicidal crisis. The 13<sup>th</sup> Shared Learning in Clinical Practice Symposium will discuss and examine safety planning technique. Specifically, we will examine the origins and conceptual basis of safety planning alongside current practices and applications.

Speakers at today's symposium will also showcase their use of safety planning alongside the beliefs of why they work the way they do. Participants attending the symposium will also hear contributions from people with lived experience of using safety plans.

## Program – 6 December 2019

8.30am	<b>Registration</b> (foyer adjacent lecture theatre C3-16)
8.45am	<b>Acknowledgement of Country and Symposium Overview</b> Professor Nicholas Procter   Chair: Mental Health Nursing, University of South Australia
8.55am	<b>Safety Planning: Conceptual Basis and Processes</b> Dr Monika Ferguson   Lecturer in Mental Health, University of South Australia Professor Nicholas Procter   Chair: Mental Health Nursing, University of South Australia
10.15am	<b>Morning Tea Break</b> (foyer adjacent lecture theatre C3-16)
10.35am	<b>Safety Planning: Lived Experience and Practical Applications</b> Ms Annette Jones   Senior Social Worker, SA Health Dr Conrad Newman   Senior Consultant Psychiatrist, SA Health Lived Experience Speaker
11.30am	<b>Symposium Close</b> Professor Nicholas Procter   Chair: Mental Health Nursing, University of South Australia