



Spiritual Health Lived Experience Advisory Committee (SHLEAC)

Background

Founded in June 2021, the Spiritual Health Lived Experience Advisory Committee (SHLEAC) comprises four representatives with a lived experience of mental ill health working alongside the Mental Health Leader at Spiritual Health Association (SHA) to advance and embed the role of spirituality & spiritual care provision in mental health service delivery. Against the backdrop of the Royal Commission into Victorian Mental Health Services and the National Mental Health reform agenda, there is agreement that the time is ripe to align the narrative to what people who use mental health services desperately seek – compassionate holistic person-centred care that is inclusive of spirituality and spiritual care, and further supported by a growing evidence base of research. At the heart of SHA's vision and strategic plan is the creation of high quality and person centred spiritual care that is integrated into all health services.

Our Vision

SHLEAC seeks to advocate for the intersections of lived experience and spirituality - i.e. the lived spiritual reality - and its subsequent need to be supported by a suite of spiritual care services. Through our work we explore how spirituality relates to diverse consumer perspectives and recovery oriented practice.

Statement of Purpose

SHLEAC primary focus is to raise awareness, articulate policy recommendations and affect change through consumer leadership, education, consultation and collaboration. We explore the need, importance, and role spirituality plays as a domain of human expression. Further to this, we advocate that spiritual care be recognised as a multidisciplinary support in mental health settings, holistic wellbeing, and person centred recovery outcomes. SHLEAC will achieve this by contributing to the Victorian Mental Health Reform process via the principles of co-design and co-production.

SHLEAC Membership

Hannah Friebel, Evan Bichara, Maria Dimopoulos, Kevin Treloar, Jennifer Greenham

Endnote

Spiritual care is responsive to the range of people's beliefs, traditions, values, and practices; whilst spirituality broadly encapsulates how a person derives meaning, purpose, identity, connection and hope in their daily lives. This may or may not include a practice of religion.

7 March, 2022