

Lived Experience Story Game: Train the Trainer

Relationships Australia SA Consumer Voice Program

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Overview

Lived experience stories are important because they offer a human face to a greater social problem. Sometimes it is understandably difficult for people to talk about the harm and devastation they have experienced. For this reason, this resource may generate collective stories bringing together the experiences of many, that are shared with the roll of a dice, without inviting re-traumatisation or exposing individuals. It offers a great deal more than just a game, as the playing of it is framed as a workshop and set up as a safe place to come together, talk about it, share food and engage in art and story making.

This Lived Experience Collective Story game/tool has assisted people affected by addictions, mental health challenges and social disadvantage, giving voice to their experiences. Informed by the Narrative Therapy, it encourages participants to share their expert knowledge, to assist others to overcome similar obstacles. While the game play can be both combative, humorous, and treacherous, it reflects upon the highs and lows of navigating difficulty, and honours some of the ways that people have managed. It has also been known to invite gutsy laughter, grow connectedness and honour creativity as a way through tough times.



Pictured above is the prototype of this resource in the making, with images and artworks from this 'Writers Wave' group of the Living Arts Program (LWB) 2018. A copy of this prototype was created for the Mental Health Coalition to grow with their people and deliver fun and informative activities for Mental Health week. They contextualised and developed their edition and utilise it for public presentations and training sessions.

The 'Lived Experience Story Tool' as it is known at Relationships Australia SA (RASA), has also been useful for the Consumer Voice (CV) Program as a part of the CV training. It has also been a welcome aspect of the Aboriginal and Non-Aboriginal group sessions shared with Flinders Wellbeing Centre. The workshops and game play assists to break the silence, fire up useful conversations, bring people closer together and educate others in the community. The story tool itself has also been implemented to develop the story boarding of two film scripts. (RASA's own Roller of Gambling Harm and LEIGH).

Key Characteristics

- Compiled with 54 numbered squares with canvass 'tiles' numbered to match the squares so that it is possible to set it up the same way each time and structure the 'story build.'
- The 54 Canvasses have 2 purposes- To be filled with art works on one side and situations and stories on the other. The underside of the tiles presents potentially real situations that may come up navigating the problem that is being explored
- The game is played with a facilitator as a group experience
- **CHARACTER CARDS** are created and used in conjunction with the game. Each player represents their character
- **STORY CARDS** are attached to the underside of the painted canvass tiles. These are written by community members
- Dice is used to move squares, like any other board game-following the numbers and directives, collecting the canvass tiles on which they land
- They must always share with the other players what is written on their **STORY CARD** as they obtain them
- the winning point is square 54 which represents recovery- as identified in the lived experience recovery model/ or other culturally appropriate understandings of what it looks like to live and be well in the community
- At completion the tiles are lined up **IN SEQUENCE**. Each player uses them as **STORY CARD** prompts to tell the FULL story of their character's experience
- Each player will contribute at least one new **STORY CARD, CHARACTER CARD** and **ARTWORK** so the game, so it continues to grow and evolve each time it is played
- The game may also reference *snakes and ladders*, which heightens the stakes and makes it harder to play

STORY GAME INSTRUCTIONS

Objective

The objective of the game is to collect tiles as the player advances and retain them in the sequence they were obtained. The underside of the tiles present potentially real situations that may come up navigating the system

How to play:

- 4 - 6 players
- Each player rolls the dice the highest value goes first
- Each player chooses a story card. this will remain their "character" for the entire game
- Player 1 rolls the dice, collecting and answering the tiles on each square, keeping them in sequence
- If they land on a ladder, once they have answered they go up the ladder to that square, they do not need to answer that question.
- If a player lands on the head of the snake they go down to the end of the tail, they do not need to answer that question.
- Snakes and ladders only come into play when all the cards have been collected and only numbers remain
- To get to the finishing square, you **must** roll the exact number of squares left to win the game

When the game ends the tiles are lined up in a row and each player uses them to tell the story of their "character's" experience, the winning point is recovery as in what is understood about recovery in a contemporize lived experience recovery model.

How to Create Your Own

How to create your own Lived Experience Story Game/ Resource: The cost of creating this resource is approximately \$500. This is for the 54 10x10 canvass squares, canvass backing boards, snakes, ladders and dice. Posca pens, stencils, glue and colouring in templates are also recommended.

Rule up backing boards and number 54 squares

SNAKES and LADDERS This aspect of the game is optional however makes the 'roller coaster' effect more severe. It is possible to play the game without the Snakes and Ladders, simply with the roll of the dice, following the directives on the card and collecting the canvasses in sequence. Snakes and ladders can be sourced or made of any material and draped on the board after setting it up. The facilitator/ game host may choose to shift the snakes and ladders around during the game to make it even harder.



Structure of Collective Story

When matching the stories and creative offerings collected from players and community members, it is useful to assemble these on the board where they work best to develop a sense of structure. Stories may bear general headings such as *Choice, Chance, Stigma, Wellbeing and Relationships*. It doesn't matter if the layout is a bit convoluted, but here is a rough guide to follow:

Collective Story Structure/Rows 1-6

Row 6: Recovery- Chance/ Choice with some pitfalls (Square 46-54)

Row 5: Adversity awareness: Negative extremes in Relationships/Wellbeing/Choice/Stigma lead to help seeking/and or end of road situations (Squares 37-45)

Row 4: Problem controls person: Negative extremes in Relationships/Wellbeing/Choice/Stigma (Squares 36-28)

Row 3: Problem impacts person: Negative consequences in Relationships/Wellbeing/Choice/Stigma (Squares 19-27)

Row 2: Problem taking hold-Changes in Relationships/Wellbeing/Choice (Squares 10-18)

Row 1: Pre-problem- Choice/Chance (Squares 1-9)

Character Cards

Invite the writing of these from your community. They may be fictitious characters with realistic situations. Character cards are usually designed to glue to the back of a deck of cards. These are important because each player will choose a character, and the story they present at the end of the game will be that of their character, not themselves personally.

Bring along blank **CHARACTER CARDS** for people to fill in during the group.

I am
Matthew

Age: 36

Background: Port Lincoln
Narrunga

Situation:
I have Anxiety and feel relaxed only when I am at the Pokies.

I am

Name:

Age:

Background:

Situation:

I am

Name: Tamiti Te-Mahae
Age: 42

Background: Came over to Australia from NZ 15 years ago and made good money working in the mines. I got married over here and had 2 kids. I had a work accident, and my relationship broke up. I'm on my own now.

Situation: I had a good win 18 months ago and I have been gambling since. I have had to get rid of a few things to keep it up, but I am sure I will make it back.

Story Cards

Design and print out plenty of blank story cards that are the right size to glue to the back of the 10x10cm canvas.

The story cards must be numbered between 1 – 54.

Invite stories from players, workers or members of the community. This will be a predicament or situation with negative or positive implications, depending on what they think is important to offer. Game players also contribute new story cards for future players

13.

Stigma

I encounter judgemental attitudes about gambling addiction. Name 3.

Roll dice and go back the same number squares

35.

Relationships

Relationship failure - A partner leaves / or a relative shuts contact, saying my gambling is unacceptable to them.

Move back to square 2

15.

Wellbeing

I join a gym and feel all the better for it!

move forward 1 square

38.

Choice

I have decided enough is enough. I dial Gambling Helpline 1800 858 858 for free confidential assistance.

Roll dice. If even number move forward 1 Square. If Odd, stay here

Number (52)

Story:

Directive: Miss a turn

Artworks

Paintings, drawings, prints- with the artworks anything goes! The purpose of these are to enrich the experience, give people time and space and give each game/resource character, community context, and community ownership.

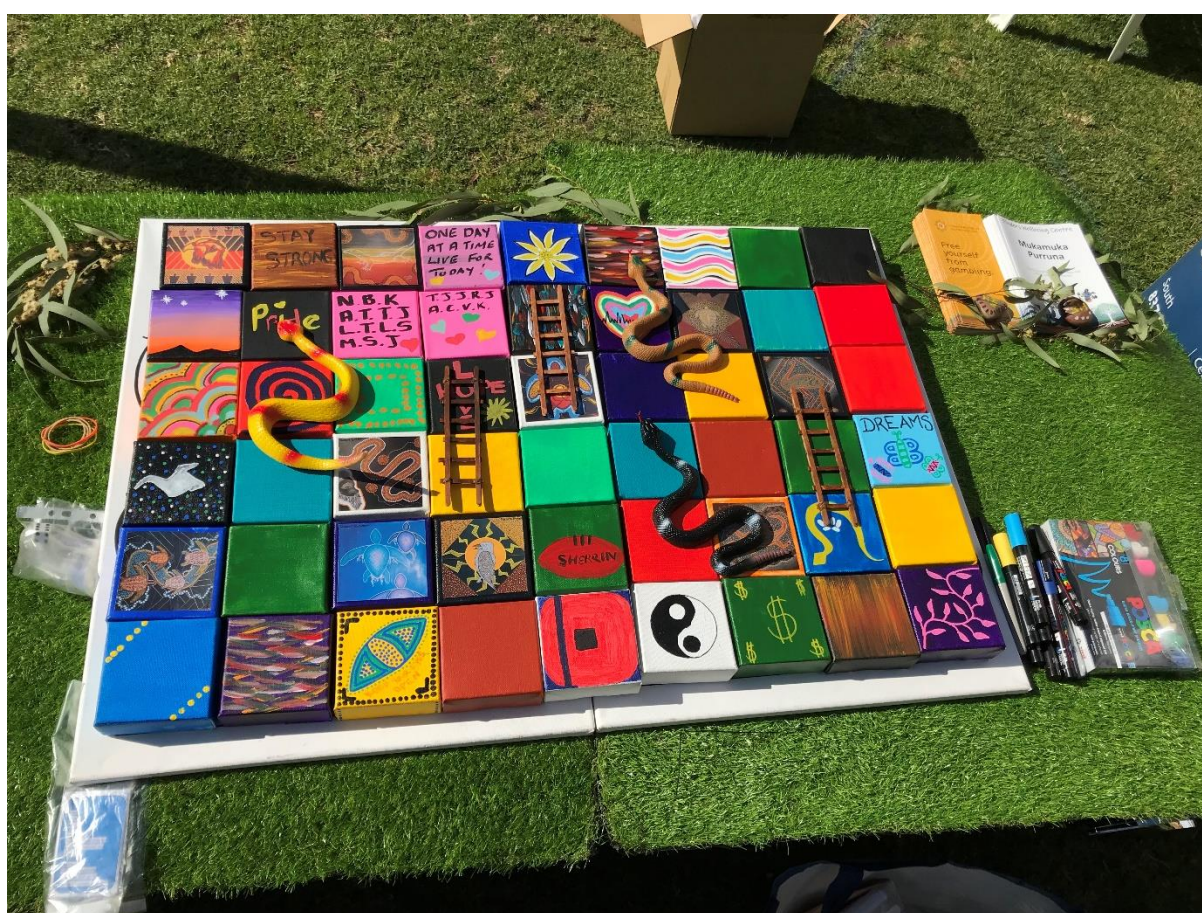
The artmaking process also compliments the story development and offers a range of choices in how people wish to participate.



Directive

Make up a directive that matches the situation: e.g., *Things are looking up, I have been offered a job could be accompanied by directive: Roll dice- if even numbers move forward **the same number of squares as rolled**, or **'I'm feeling lonely. I go out, gamble and loose. Miss a turn!**)*

This resource offers an interactive activity that may assist groups and communities to link individual experience, break down isolation and inspire community action. It invites people to get together and use hands on creative skills and take a break from mobile phones and screen technology. This aims to celebrate lived experience, shared knowledges and coming together to navigate challenging problems.



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Collective Story Tool Resource design including key characteristics L'hibou Hornung ©2018 and Train the Trainer course content L'hibou Hornung ©2022