

Monthly Meeting Minutes – 14 March 2019  
8:30-9:30am, COORDINARE office, Ground floor The Central building  
Squires Way, Innovation Campus, North Wollongong  
& video link to GPH Centre, 107 Scenic Dr, Nowra

1. Attendees

WOLLONGONG:

ADAM BRYANT	(ABr)	ISLHD
AMY BERTAKIS	(ABe)	WellWays
ARMANDO REVIGLIO	(AR)	Wollongong City Council
BRIAN BOULTON	(BB)	Citylife Community Initiatives
CARRIE LUMBY	(CLu)	Lived Experience
CYNTHIA MCCAMMON	(CM)	Catholic Education Office
EMMA RINGLAND	(ER)	SP Collaborative
HANNAH ROSEBROCK	(HR)	Black Dog Institute
JANET JACKSON	(JJ)	NSW Trains
JOAN GISSING	(JG)	Department of Education
JOHN PULLMAN	(JP)	ISLHD
LINDA LIVINSTONE	(LL)	SP Collaborative Executive; COORDINARE
LORNA MOXHAM	(LM)	UOW Global Challenges Program
MARK WILDER	(MW)	Lived Experience
RACHEL NORRIS	(RN)	Lifeline South Coast
VIDA BLOKAS	(VB)	SP Collaborative Executive; School of Psychology, UOW

NOWRA:

ALEX HAINS	(AH)	SP Collaborative
ANN FRANKHAM	(AF)	Lived Experience
CLARE LESLIE	(CLe)	Lifeline South Coast
GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
KIM KELLY	(KK)	COORDINARE
TEAGAN STARR		Shoalhaven City Council

PHONE:

REBECCA SNG	(RS)	SP Collaborative Executive; Grand Pacific Health
TEDDY COOK	(TC)	ACON

APOLOGIES:

ERIN HIESLEY	(EH)	ISLHD
KELLY LANE	(KL)	St Vincent de Paul Society
MARY-ANNE FLEETON	(MF)	Anglicare
MICHELLE DICKSON	(MD)	Waminda
MICHELLE ELLIS	(ME)	Anglicare
NICK GUGGISBERG	(NG)	Kiama Municipal Council
NICKY SLOSS	(NS)	Association of Independent Schools
TIM HEFFERNAN	(TH)	SP Collaborative Executive; Lived Experience
SHARLENE CRUICKSHANK	(SC)	SP Collaborative Executive; South Coast Medical Service Aboriginal Corporation

WADE NORRIE	(WN)	ISLHD
WENDI HOBBS	(WH)	SSPAN

## 2. Welcome and introduction

LL welcomed attendees and did Acknowledgement of Country and Acknowledgement of people with lived experience.

## 3. Working Group (WG) updates

### a. WG1 (health interventions)

LL reported WG1 has agreed to fund 10 health professionals to attend the Recovery Camp in 2019. An expression of interest will be sent out to Collaborative members soon. Group is now looking at how to evaluate impact of Recovery Camp on staff burnout, workplace culture, and consumer experiences.

#### *SafeSpace subgroup*

CLu provided an overview of the SafeSpace subgroup that has been developing a proposal for a peer-respite (or 'SafeSpace'). A group of people with lived experience have prepared the proposal to a point where it is now ready for services to get involved. Services who have expressed interest so far include Wellways, Flourish, Neami and ACON. CLu encouraged interested Collaborative members to join the subgroup. AH noted that the draft SafeSpace proposal will be shared with anyone who is interested. TC indicated he would like to read the draft proposal.

ACTION 1: Collaborative members interested in getting involved with the SafeSpace proposal email Alex/Emma ([suicideprevention@coordinare.org.au](mailto:suicideprevention@coordinare.org.au)).

All

ACTION 2: Alex send draft SafeSpace proposal to Teddy Cook.

AH

CLu reported that the NSW Mental Health Commission are currently doing the mid-term review of the [Living Well Strategic Plan](#). As part of this review, the Commission are doing a video case study of the SafeSpace subgroup. The video will be presented during a 2 day consultation being held in Bateman's Bay on 20<sup>th</sup>-21<sup>st</sup> March ([click here for details](#)). LL emphasised that even though the SafeSpace project is still in the early stages, it is important to celebrate achievements such as the progress made with the proposal and recognition gained from state-based decision makers.

#### *Psychological treatment subgroup*

RS noted that there are a number of core components of effective care. The psychological treatment subgroup is working on how to make sure local clinicians are embedding these components into their practice. Private practitioners are being focused on initially as they provide the bulk of psychological treatment in the region.

RS reported the group is looking to engage practitioners in a self-assessment against the core components of care, to get a snap shot of the psychological treatment already being provided. Clinicians who complete a self-assessment tool will be invited to attend a free day of training. RS highlighted that this process encourages clinicians to reflect on their practice and keep up with the latest evidence. The self-assessment tool is currently being drafted and will be reviewed at the group's next meeting.

**b. WG2 (community interventions)**

BB reported that WG2 has finalised the Support resource for adults. The resource is available electronically in A4 ([click here to access](#)) and will also be printed on foldup business sized cards and large posters. The Collaborative will make a large purchase of these resources using the additional LifeSpan funding. ER encouraged Collaborative members to take this opportunity to order as many resources as they need.

**ACTION 3:** Collaborative members send number of support cards and/or posters they would like printed to Emma ([eringleland@coordinare.org.au](mailto:eringleland@coordinare.org.au)).

All

CLu asked how WG2 is planning to embed the resource in the community. CLe noted that WG2 has brainstormed how to disseminate the information but hasn't started implementing these ideas yet. BB highlighted that Collaborative members will need to help distribute the resources. TC suggested the resource is shared via social media.

**ACTION 4:** Emma [post Support resource on social media](#) for Collaborative members to share.

ER

**ACTION 5:** Collaborative members share Support resource on social media ([click here](#)).

All

BB reported WG2 has also been working to better coordinate community suicide prevention training across the region. Part of this involves embedding local evaluation into all training programs. This local evaluation will provide the information needed to plan future trainings as well as check whether community training is working. A common evaluation form has been developed and now the group is working out how to engage trainers to use the form. BB highlighted the evaluation will not compare between programs.

BB also noted that the Collaborative has been running a stall promoting the [Question Persuade Refer \(QPR\) online](#) training at UOW's Shoalhaven Campus this week. UOW purchased licenses to enable their students at regional campuses to access the training for free.

**c. WG3 (school interventions)**

ER noted that 100% of Government and Catholic schools have now signed up to deliver the [Youth Aware of Mental Health \(YAM\) program](#) in 2019. There are 27 schools signed up - 12 of these have already started or completed the program. ER reported that 6 schools have also signed up to be a part of the Black Dog Institute's formal evaluation of YAM. ER highlighted the importance of gathering evidence to determine the impact of the program.

ER reported a second YAM Helper training was held at Shellharbour TAFE. There were 43 participants bringing the total number of local YAM Helpers to 200. AH emphasised that this means there are 200 people in the community volunteering their time to help with the program.

ER reported WG3 is also working to engage schools and parents in QPR online. So far 9 schools have purchased over 700 licenses for their staff, ~600 of which have completed the training. ER highlighted that schools are leading the way when it comes to training staff in suicide prevention.

d. **WG4 (data-driven suicide prevention)**

AH reported WG4 has received the second instalment of the Suicide Audit Report from the Black Dog Institute. The report includes data on suicide attempts from hospitals and police. WG4 is now processing all the information in the report so they can communicate findings to the broader Collaborative.

a. **WG5 (Aboriginal suicide prevention)**

GW reported WG5 is focusing on preparing for Sorry Day events in Nowra & Bomaderry on Friday 24<sup>th</sup> May. GW highlighted the group is looking at what positive messages they can bring to the day.

**4. LifeSpan Project Update**

VB provided an overview of the [LifeSpan Project Update for December 2018](#). VB noted the update includes hyperlinks to the Collaborative's [Dashboards](#). Collaborative members were encouraged to use these dashboards to promote the work their organisations are supporting wherever possible. LL also encouraged members to read through the [LifeSpan Project Update](#) and let Alex/Emma know if there is any information missing.

ACTION 6: Collaborative members review the [LifeSpan Project Update for December 2018](#) and send any feedback to Alex/Emma ([suicideprevention@coordinare.org.au](mailto:suicideprevention@coordinare.org.au))

All

RN suggested it would be good to know what is happening at other LifeSpan trial sites. AH agreed an overview of what is happening in other LifeSpan trial sites will be provided at the next monthly meeting.

ACTION 7: Alex/Emma provide overview of what is happening in other LifeSpan trial sites at Collaborative's April monthly meeting.

AH/ER

**5. Cohort Study**

HB presented on the Black Dog Institute's Cohort Study ([click here to view presentation](#)). The study involves tracking the experiences of people who have been to the Emergency Department (ED) with suicidal crisis.

CLu noted that Peer Workers hear a lot of stories from people who attend ED with suicidality and could be able to help with the study. CLu also suggested recruitment strategies are developed by people with lived experience. HB noted that the Black Dog Institute are recruiting a lived experience advisory group to help with the study. TC and LM emphasised importance of research proposals going through a lived experience group prior to or as part of ethics approval process. Group reinforced that people with lived experience should be involved in research projects from the beginning.

LL suggested a person with lived experience sharing their story on the local radio may be another effective way of recruiting people to the study.

**6. Other**

a. **Suicide Prevention Australia (SPA) LiFE awards**

AH noted the [SPA LiFE award](#) applications close on Friday 22<sup>nd</sup> March. The Collaborative will be nominating the Illawarra Mercury for the media category. LM suggested the uptake of YAM by local schools be recognised.



## 7. Next meeting

Date: Thurs 11 April 2019

Time: 8:30-9:30am

Venue: COORDINARE office, Ground floor The Central building  
Squires Way, Innovation Campus, North Wollongong  
& video link to GPH Centre, 107 Scenic Dr, Nowra

Meeting schedule for 2019 available [here](#). Please put these dates into your diary.