

Monthly Meeting Minutes – 12 April 2018
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 WALKER	(AD)	NSW Ambulance
AMY BERTAKIS	(AB)	Wellways
EMMA RINGLAND	(ER)	SP Collaborative
JANET JACKSON	(JJ)	NSW Trains
JOAN GISSING	(JG)	Department of Education
MARY-ANNE FLEETON	(MF)	Anglicare
RON DE JONGH	(RDJ)	Grand Pacific Health
SARAH MOXON	(SM)	NSW Ambulance
VIDA BLIKOKAS	(VB)	SP Collaborative Executive; School of Psychology, UOW
WADE NORRIE	(WN)	Wollongong Community MH, ISLHD

NOWRA:

ANN FRANKHAM	(AF)	Lived Experience
CLARE LESLIE	(CL)	Lifeline South Coast
GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
LINDA LIVINGSTONE	(LLi)	SP Collaborative Executive; COORDINARE
MICHELLE DICKSON	(MD)	Waminda
WENDI HOBBS	(WH)	Shoalhaven Suicide Prevention Awareness Network

APOLOGIES:

ALEX HAINS	(AH)	SP Collaborative
ARMANDO REVIGLIO	(AR)	Wollongong City Council
HEATHER MCCARRON	(HM)	TAFE NSW
MARK WILDER	(MW)	Lived Experience
MELISSA CAMERON	(MC)	Department of Education
MICHELLE ELLIS	(ME)	Anglicare
NICK GUGGISBERG	(NG)	Kiama Council
NICKY SLOSS	(NS)	Association of Independent Schools
REBECCA SNG	(RS)	SP Collaborative Executive; Grand Pacific Health
SANDRA BOLACK	(SB)	iSPAN
TIM HEFFERNAN	(The)	SP Collaborative Executive; Lived Experience Representative
TOM MCCOLL	(TM)	Shellharbour City Council

2. Welcome and introduction

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

3. Working Group (WG) updates

a. WG1 (health interventions)

LLi reported WG1 next meeting will be on Monday 30th April. LLi noted that work relating to specific strategies has been progressing outside of the working group.

Aftercare

RdJ reported the *NextSteps Aftercare service* is now up and running at Wollongong, Shellharbour and Shoalhaven Emergency Departments (EDs), and there has been very positive feedback from the peer workforce involved. Referrals have been increasing slowly, although not as much as the service providers would like and more work needs to be done to improve referrals into the service.

Crisis care

LLi reported AH has been discussing the Black Dog Institute's (BDI) [Guidelines for Integrated Suicide-related Crisis and Follow-up Care in Emergency Departments](#) with ISLHD staff. SM noted these guidelines were also discussed at a recent meeting between Wollongong ED's Mental Health team, Police and Ambulance. SM reported Wollongong's ED Mental Health team are keen to be involved in the work of the Collaborative and are looking to send someone to participate in WG1.

NSW Mental Health Commission visit

LLi noted the NSW MH Commission's recent visit to consult on their *Strategic Framework for Suicide Prevention in NSW*. The value of cross-sectoral collaboration and coordinating efforts was a key theme emerging from the consultation, highlighting that no one service can do it all.

StepCare – universal mental health screening tool in general practice

LLi reported that 14 general practices have signed up to implement the [StepCare](#) screening tool and are currently going through training on how to rollout the tool in their practices. LLi noted that a number of practices have also trained their staff in [Question Persuade Refer](#) (QPR), and highlighted the high level of engagement from general practices in the different suicide prevention initiatives.

b. WG2 (community interventions)

ER reported that WG2 has been mapping out how Community Suicide Prevention Training (CSPT) is currently working and how it would ideally work. WG2 will now plan out what needs to be done to achieve this.

WG2 has also begun planning a media campaign which will communicate:

1. Local suicide statistics - using the 1-page summary discussed at the March Collaborative meeting,
2. How the Illawarra Shoalhaven is working together to address suicide – reporting on local suicide prevention activities such as NextSteps, StepCare and QPR.

RdJ asked if the 1-page summary will be brought back to the Collaborative for further discussion before going out to the media. LLi noted that the feedback from the last meeting has been incorporated into the summary, which has been reviewed by WG4 and deemed ready for dissemination. The summary was going to be disseminated through the Collaborative, however WG4 recognised the opportunity to increase its impact by releasing it as part of a media

campaign that promotes all the work we are doing to address suicide. LLi agreed Collaborative members should have another opportunity to comment on the 1-page summary and suggested it is attached with the minutes. LLi emphasised that the summary is not for wider distribution.

ACTION 1: Collaborative members review 1-page summary (attached) and send comments to Emma (suicideprevention@coordinare.org.au) by COB Friday 20 April.

ER

c. WG3 (school interventions)

ER reported WG3 has been working on the rollout of Youth Aware of Mental Health (YAM), a universal mental health program which will be delivered to Year 9 students in Term 1 & 2 each year. YAM delivery started in February, and 16 schools (including public, Catholic and independent schools) have already completed the program. There has been a positive response from schools and ER noted a [Q&A with Edmund Rice Principal](#) has been published on the Collaborative website.

ER highlighted that WG3 has not just been working on the rollout of YAM, but also to prepare potential student supports, such as school staff, parents, school counsellors and local support services, through suicide prevention training. ER provided an update on training uptake so far:

- CatholicCare school counsellors and local support services, such as Anglicare, are working with BDI to organise *Advanced Training in Suicide Prevention (ATSP)* workshops for their teams.
- Department of Education have started training local school counsellors in a youth-specific version of ATSP called *Youth in Distress*.
- 3 schools have trained all their staff in QPR and a number of other schools are trialing QPR with small groups of staff before rolling it out further.

ER noted that local ACCHOs have also been supporting the rollout of YAM by having their staff trained as YAM Helpers, who will help deliver YAM in schools with a high proportion of Aboriginal students.

ER reported that another 9 schools are already booked in for YAM in Term 2 and WG3 are working to engage the remaining independent schools. ER highlighted that now YAM has started, WG3 will start to shift their focus towards reviewing the YAM rollout, and have already started talking about how to monitor the quality of YAM delivery ongoing.

CL asked what the process is for YAM Helpers to give feedback on YAM delivery. ER responded that currently YAM Helpers and Facilitators complete a reflection sheet together at the end of each session. ER noted that the feedback YAM Helpers can provide through this process is limited and emphasised that this an example of one of the processes WG3 is working to improve. ER also reported that BDI is preparing an online survey which will be sent out to YAM Helpers so that they can give anonymous feedback. RdJ asked if there is any update from BDI on what evaluation/feedback on YAM we will have access to and the timing for us receiving this.

ACTION 2: ER to follow up with AH on Action 1 from [March meeting](#) – that is, what we will have access to locally from the evaluation/feedback on YAM, and the timeline for us receiving this.

ER

AH confirmed that YAM evaluation data (e.g. quantitative and qualitative feedback from students & schools) is being sent directly to BDI and will be made available to us locally towards the end of Term 2 (i.e. June). Alongside feedback on local implementation processes, this data from students & schools will form part of the review to be conducted by WG3 and then shared with the broader Collaborative.

d. WG4 (data-driven suicide prevention)

LLi noted WG4's work on the 1-page summary discussed earlier in the meeting. LLi also reported WG4 has been progressing work to make public locations where suicides are known to occur, safer.

e. WG5 (Aboriginal suicide prevention)

MD reported WG5 is making changes to their meeting schedule to help improve attendance. MD also noted that Waminda has been rolling out the QPR online training and have had great feedback from staff so far.

4. Roses in the Ocean

AF provided an update on the recent [Roses in the Ocean](#) training run with people with lived experience, called '[Our Voice in Action](#)'. Nine people of varying age attended the training, and AF noted the youngest person was 18 years old. The facilitators were very caring and AF described the training as one of the best she has undertaken.

VB asked if there is any follow up planned for the participants. AF confirmed that participants have been connected with a mentor who they will meet with regularly and can speak with anytime. VB also asked if there are plans to have more training in future. LLi confirmed the Collaborative's intention to provide more training for people with lived experience, particularly considering the overwhelmingly positive feedback from this first workshop.

5. Funding allocation process – meetings update

As discussed at the last few Collaborative meetings, some one-off funding has been made available as part of the LifeSpan project (there are relatively small amounts available for specific strategies) and the Collaborative is now going through a process of deciding how to spend this funding.

As a first step, meetings are being held with groups at high risk of suicide (including people with lived experience, Aboriginal people and Men), with the aim of defining what the community needs to prevent suicide. This feedback will then be taken through the Working Groups who will put together proposals on how to best spend the funding. Importantly, anyone from the high risk groups who attend the initial meetings will also be invited to participate in the working groups so that they have the opportunity to be involved in preparing the proposals as well. [Click here for an overview of the funding allocation process](#)

ER provided details on two meetings already scheduled:

1. Meeting with people with lived experience: Tuesday 17th April, 2pm – 4pm at COODINARE
2. Meeting with men: Tuesday 8th May, 2pm – 4pm (Venue TBC)

ER emphasised that getting local men to attend a meeting may be difficult and asked Collaborative members to delegate a male from their organisations to attend the meeting.

ACTION 3: ER send meeting invitation to Collaborative members to share with their male colleagues/networks.

ER

ACTION 4: Collaborative members designate male staff member to attend funding meeting with men and send their contact details to Emma (suicideprevention@coordinare.org.au).

All

RdJ asked about how much funding is available. VB noted the amounts vary and reinforced that the amounts are relatively small and would certainly not be enough to run a new service. LLi noted the funding needs to be expended by the end of June 2019.

6. Community suicide prevention training (CSPT) dashboard

ER highlighted the importance of making sure what we are doing is effective and noted how the Collaborative's working groups are preparing dashboards to help report on how we are going with the different strategies.

ER noted last November, the Collaborative looked at the first [Community Interventions Dashboard](#), which included information on CSPT. Previously, we only had access to information about the number of QPR online licenses being purchased, however we now have access to more information about those licenses, e.g. whether they are actually being used.

ER presented WG2's draft CSPT dashboard and noted the aim of the dashboard to communicate:

- 1) How many QPR online licenses have been sold?
- 2) Who is purchasing QPR online licenses (individuals vs organisations, and which organisations)?
- 3) Are QPR online licenses being used to complete the training?

LLi suggested that the dashboard portray how we are tracking towards our overall target of number of people trained, as well as being more specific about what the 'education' sector included (i.e. schools versus Tafe or University).

CL asked whether the dashboard is only for internal distribution. ER responded that once the dashboard is finalised it will be published on the Collaborative website.

RdJ asked whether QPR licenses being sold outside of the Collaborative website are being captured in this dashboard. ER clarified that we only have access to data on the QPR licenses sold via the Collaborative website, so if someone purchases QPR on another platform it would not be included in this Dashboard. ER also noted that being unable to capture information on all the CSPTs available in the region is one issue being worked on by WG2.

7. Shoalhaven NGO executive vacancy

LLi noted that Faye Worner has stepped out of the Shoalhaven NGO executive role. An EOI for the vacancy has been sent out by Alex but no EOIs have been received yet.

ACTION 5: AH/ER redistribute Shoalhaven NGO executive vacancy EOI to Collaborative members

AH/ER

ACTION 6: Collaborative members interested in the Shoalhaven-based NGO Executive role, please email a brief outline of what you can contribute to the role to AH (ahains@coordinare.org.au)

All

8. Additional items

MIND the Gap update

GW reported that the MIND the GaP facility at UOW's Shoalhaven Campus in Nowra has been built and they are planning the official opening. MIND the GaP are now looking at referral pathways and planning out service provision.

9. Next meeting

Date: Thurs 10 May 2018
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 2018 available [here](#). Please put these dates into your diary.