

Monthly Meeting Minutes – 11 July 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:

AARON NEWTON	(AN)	Lived Experience
ADRIAN LARKIN	(AL)	headspace Schools
ALISON FRANCIS	(AFs)	Settlement Services International
ANDREA ARNDT-JACKMAN	(AJ)	Neami National
ARMANDO REVIGLIO	(AR)	Wollongong City Council
BREANNA SADA	(BS)	headspace Schools
BRIAN BOULTON	(BB)	Citylife Community Initiatives
BRUCE MCMILLAN	(BM)	Lived Experience
COREY DE BRUIN	(CdB)	Lived Experience
CARLIE SCHOFIELD	(CS)	Illawarra Aboriginal Medical Service
CARRIE LUMBY	(CLu)	Lived Experience
EMMA PATERSON	(EP)	SP Collaborative
JANE HAMMER	(JH)	Community member
JOAN GISSING	(JG)	Department of Education
JOHN PULLMAN	(JP)	ISLHD
MARY-ANNE FLEETON	(MF)	Anglicare
MELISSA CAMERON	(MC)	Department of Education
PATRICIA CULLEN	(PC)	Australian Health Services Research Institute, UOW
REBECCA SNG	(RSi)	SP Collaborative Executive; Grand Pacific Health
TIFFANY WESTON	(TW)	UOW
SALLY STEVENSON	(SS)	Illawarra Women's Health Centre
VIDA BLIKAS	(VB)	SP Collaborative Executive; School of Psychology, UOW

NOWRA:

ANN FRANKHAM	(AF)	Lived Experience
KIM KELLY	(KK)	COORDINARE
MICHELLE DICKSON	(MD)	Waminda
TEAGAN STARR	(TS)	Shoalhaven City Council
WENDI HOBBS	(WH)	SSPAN, ISLHD

PHONE:

GIULIANA MORANDIN	(GM)	South Coast Private Hospital
JOSEF GARRINGTON	(JG)	ACON
PAUL LILLYMAN	(PL)	COORDINARE

APOLOGIES:

ADAM BRYANT	(ABr)	ISLHD
ALEX HAINS	(AH)	SP Collaborative
ALISON TYE	(AT)	ISLHD
CYNTHIA MCCAMMON	(CM)	Catholic Education Office Diocese of Wollongong

GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
JANET JACKSON	(JJ)	NSW Trains
JULIE CARTER	(JC)	ISLHD
LINDA LIVINSTONE	(LLi)	SP Collaborative Executive; COORDINARE
LORNA MOXHAM	(LM)	UOW Global Challenges Program
MICHELLE ELLIS	(ME)	Anglicare
NICK GUGGISBERG	(NG)	Kiama Municipal Council
NICKY SLOSS	(NS)	Association of Independent Schools
SHARLENE CRUICKSHANK	(SC)	South Coast Medical Service Aboriginal Corporation
TIM HEFFERNAN	(TH)	SP Collaborative Executive; Lived Experience

2. Welcome and introduction

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

3. Working Group (WG) updates

a. WG1 (health interventions)

Recovery Camp

EP informed members that there are six funded places still available for health professionals working in mental health to attend the [Recovery Camp](#). EP encouraged members to continue to promote the opportunity.

ACTION 1: Collaborative members promote [Recovery Camp EOI](#) to local health professionals working in mental health.

All

Psychological treatment subgroup

RS provided update on the piloting of the self-assessment tool against the core components of effective care. The one-day training on the core components, which will be offered alongside the self-assessment tool, is scheduled for October. The training is targeted at private psychologists. EP noted a training will be run in Nowra and Wollongong.

ACTION 2: Emma distribute information on self-assessment tool and training.

EP

Safe Space subgroup

CLu reported on latest activities related to the development of a local non-clinical alternative for people in distress, being called 'Safe Space':

- Group has arranged teleconference with Bronwen Edwards, CEO of Roses in the Ocean, to discuss key issues around developing and implementing a Safe Space locally and to learn from her experiences of being involved in the Safe Space movement nationally.
- AH and CLu have joined the Suicide Prevention and Recovery Centre (SPARC) Advisory Group – the first federally funded Safe Space in Australia.
- Group is in the process of setting up a local 'Alternatives to Suicide' peer support group. BM is currently looking at potential places to host the meeting.
- Group members are presenting at the upcoming National Suicide Prevention Conference on the experience of participating in the Safe Space working group.

b. **WG2 (community interventions)**

BB informed members that a culturally and linguistically diverse (CALD) version of the [Where to go for support](#) resource is being developed. EP highlighted that we will be working with people from CALD backgrounds or with experience working with CALD communities, to adapt the existing resource. Members were encouraged to let the Collaborative know if they, or someone they know, would like to help.

ACTION 3: Members who would like to help adapt the [Where to go for support](#) resource for CALD communities please contact Alex/Emma (suicideprevention@coordinare.org.au).

All

BB reported RUOK? will be holding an event in Nowra as part of their [Trust the Signs tour](#) – see details below:

RUOK? Nowra

Saturday 7th September 2019

12pm – 1:30pm

Shoalhaven Entertainment Centre

BB asked members to promote the event through their networks. EP noted that RUOK? have invited local support services to hold a stall at the event. EP highlighted it will be a great opportunity to let community members know about the supports available locally and encouraged members to get involved.

AF noted that she had spoken with a local lived experience speaker Kez about speaking at the Nowra event and will let the group know when confirmed.

ACTION 4: Members disseminate [RUOK? Nowra flyer](#) throughout their networks.

All

ACTION 5: Members interested in holding a stall at the RUOK? Nowra event please contact Fiona from RUOK? (fiona@ruok.org.au).

All

ACTION 6: Ann let Emma know if Kez would like to speak at the RUOK? Nowra event.

AF

BB reported that WG2 has started making plans for the Collaborative's annual RUOK? Day event which will be held in place of the September monthly meeting – see details below:

Collaborative RUOK? Day event

Thursday 12th September

8:30am – 10:30am

Kiama Pavilion

BB invited Collaborative members to contact EP if they would like to get involved with organising the event, or have any ideas. EP highlighted that anyone in the community is welcome to attend the event. The invitation will be sent out next week. Collaborative members were encouraged to share the invitation across all their networks, particularly with anyone who has been involved, or would be interested in getting involved, with local suicide prevention efforts.

ACTION 7: Members interested in helping to organise the Collaborative's annual RUOK? Day event please contact Emma (epaterson@coordinare.org.au)

All

ACTION 8: Members distribute Collaborative RUOK? Day event invitation across all their networks.

All

c. **WG3 (school interventions)**

MC reported that 25 schools have completed [Youth Aware of Mental Health](#) (YAM) this year and that we are on track to eclipse 2018 completion numbers. MC noted that it is looking hopeful that YAM will continue next year and evaluation to date is promising.

MC also reported that a meeting was held to discuss recent youth suicides in the region. Communication across frontline workers, health and education was specifically looked at and there was discussion about how to do this better. There was also discussion about what else can be done in schools to promote mental health and wellbeing. AL emphasised that the national [Be You](#) initiative helps schools look at what they are already doing to promote wellbeing, and work on areas where they can do more. Schools who sign up to Be You are connected with a local Be You consultant and given access to free resources such as professional learning for school staff. AL and MC noted some of the challenges in engaging school staff in professional learning. EP reported the schools working group is looking at what else we can do in schools and how we can support the Be You initiative. EP invited members interested in getting involved with this work to get in touch.

ACTION 9: Collaborative members interested in getting involved with the schools working group contact Alex/Emma (suicideprevention@coordinare.org.au).

All

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

EP reported that there was no update as group hasn't met since last monthly meeting. The group continues to look at how to measure response times, as one of the indicators of whether the work we are doing is having an impact.

ACTION 10: Collaborative members with data on response times to contact Alex/Emma (suicideprevention@coordinare.org.au).

All

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

EP reported that WG5 is looking to set up a meeting with the [National Indigenous Critical Response Service](#) to discuss how it would work locally.

4. **Presentation by John Pullman: Model of Care for Adult In-Patient Unit document**

JP presented [ISLHD's Adult Acute Inpatient Model of Care](#). The document sets the expectations of how these units should function. JP explained that its development involved a 'bottom up' process that included consultation with broad scope of stakeholders, starting with consumers and their carers.

AF shared lived experience story of having significant physical health issues while she was a patient in a mental health unit that weren't addressed and questioned whether this problem would be resolved by the new model of care approach. JP acknowledged comorbidity as a major issue and said that this is explicitly addressed in the new model of care document.

CLu highlighted that the document suggested a transformational shift in how risk is conceptualised within the hospital system and asked JP how they will deal with the problem that the rest of the hospital system operates within a traditional risk culture. JP acknowledged this problem but explained that the new model of care specifically aims to get the fundamentals right in relation to inpatient units and that this will hopefully start to have an impact on other areas of the hospital system.

JP emphasised they are aware that systems reform often fails and so they are taking the time to publicise this piece of work widely in order to get as much feedback as possible. JP encouraged members to distribute the Model of Care document widely, and to contact him with questions or comments.

ACTION 11: Members distribute [ISLHD Adult Acute Inpatient Model of Care](#) across their networks and contact John Pullman (John.Pullman@health.nsw.gov.au) if they have any questions or feedback.

All

WH asked JP if he is aware of Shoalhaven SPAN's Journey to Home project which provides transport to people leaving a mental health facility. JP was keen to hear more about the project.

ACTION 12: Wendi send John information about SSPAN's Journey to Home project.

WH

5. StepCare: The Story so Far

PL provided members with an update on how the implementation of StepCare, the universal screening in general practice, has been going so far.

[Click here to view 'StepCare: the story so far' presentation.](#)

6. Next meeting

Date: Thurs 8 August 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.