

Monthly Meeting Minutes – 11 May 2017
8:30-9:30am, 32.301, level 3, IHMRI building, UoW Wollongong campus
& video link to GPH Centre, 107 Scenic Dr, Nowra

1. Attendees

WOLLONGONG:

ALEX HAINS	(AH)	Regional Manager, SP Collaborative
ARMANDO REVIGLIO	(AR)	Wollongong City Council
CYNTHIA MCCAMMON	(CMc)	Catholic Education
GRAHAME GOULD	(GG)	Director, Lifeline South Coast
HEATHER MCCARRON	(HMc)	TAFE NSW, Shellharbour & Moss Vale Campuses
HELENE TANARETOS	(HT)	West Street Community Service
JANET JACKSON	(JJ)	NSW Trains
JOHN CASEY	(JC)	ACON
REBECCA SNG	(RS)	SP Collaborative Executive; Grand Pacific Health (GPH)
ROZ JENNINGS	(RJ)	Department of Education
SANDRA BOLACK	(SB)	ISPAN
TIM HEFFERNAN	(The)	SP Collaborative Executive; Lived Experience Representative
VIDA BLIKAS	(VB)	School of Psychology, UOW

NOWRA:

GLENN WILLIAMS	(GW)	SP Collaborative Executive, MIND the GaP
WENDI HOBBS	(WH)	SSPAN

APOLOGIES:

ANTHONY TALTY	(AT)	Ambulance Services, Illawarra Zone
BRIN GRENYER	(BG)	SP Collaborative Executive; IHMRI
CLARE LESLIE	(CL)	Lifeline South Coast
DEBRA MURPHY	(DM)	Regional Development Australia Illawarra
HELEN BACKHOUSE	(HB)	Flourish (formerly Richmond PRA)
JUDITH SIMONS	(JSi)	One Door (formerly Schizophrenia Fellowship)
KELLY PARISH	(KP)	ARAFMI
KIMBERLY CHISWELL	(KC)	Waminda
LEANNE WOODLEY	(LW)	Association of Independent Schools
LINDA LIVINGSTONE	(LLi)	SP Collaborative Executive; COORDINARE
LYNDALL FOWLER	(LF)	West Street Community Service
LYNN LANGHORN	(LLan)	SP Collaborative Executive; Mental Health Director of Nursing, ISLHD
MICHELLE FRASER	(MF)	Disability Services Australia
NICK GUGGISBERG	(NG)	Kiama Council
RON DE JONGH	(RdJ)	Grand Pacific Health (GPH)
TIM HUDMAN	(THu)	SSPAN

2. Welcome and introduction

GW welcomed attendees and did Acknowledgement of Country.

THE noted his change in role from ISLHD Peer Worker to COORDINARE Mental Health Peer Coordinator, effective from 16 May 2017.

3. Aftercare – Next Steps Service

RS noted that the *Next Steps Aftercare Service* has been officially announced as the largest recipient of funding from the NSW Suicide Prevention Fund, with the official launch to be held on Fri 12 May at GPH Centre, Nowra.

RS outlined model of new aftercare service (see attached). Members agreed it was a very welcome addition to the supports available in the region and congratulated all those involved.

THE noted that the service is dependent on Peer Workers and that this workforce is still maturing in terms of experience. But he emphasised that there are some very experienced Peer Workers and that this service would help to continue to build this workforce.

ACTION 1: RS to liaise with Lynne Blanchett (ISLHD) and Irene Constantinidis (ISLHD) about cultivating the peer workforce capacity.	RS
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JJ asked what will be available for those who need support after 10pm. RS noted that Emergency Department staff have indicated that they very rarely discharge someone during the night time and would more likely keep them in until the next day, at which point the Next Steps team would be able to support them.

In terms of timing, RS advised that the roll out of this service will be staggered, starting with Wollongong Hospital in Aug 2017, Shellharbour Hospital towards the end of 2017, and Shoalhaven Hospital early in 2018.

The funding for this service ends in 2020, but enables this service to be provided free-of-charge to consumers and their families.

THE asked about evaluation to underpin this service. RS noted that UOW and the Black Dog Institute are interested in supporting the evaluation, but discussions are just getting underway about this. THE recommended consulting with the *Consumer Led Research Network* to ensure that any evaluation is informed by people with lived experience from the outset. VB noted that a proposal has been made to develop a research protocol to determine the feasibility of an evaluation for the Next Steps Service.

ACTION 2: RS & VB to liaise with the Consumer Led Research Network about evaluation.	RS
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HT reflected that people often complain of having to wait for long periods of time in Emergency Departments for an assessment to take place. RS stated that these initial assessments will still be done by ISLHD staff and so this problem will not be addressed by the Next Steps Service. The Next Steps will provide an initial contact via phone, and then a planning session to clarify what the person needs.

4. Working Groups

Working Group 2 (WG2) (community interventions) have met. AR noted that suicide prevention is not considered core business for local Councils and so the Working Group is trying to identify concrete things that businesses etc can do. The key opportunity identified already is for the Council's 1100 staff to receive gatekeeper training, with the 1 hour online version seeming very feasible. GG (in place of CL) noted that Working Group 2 also identified the need to combine existing media calendars for events relevant to mental health and/or suicide prevention.

HMc suggested life guards are also a potential group to target with gatekeeper training, and TAFE may be a useful way of connecting with hairdressers, beauticians, etc.

ACTION 3: Working Group 2 to add these suggested leads to their actions for roll out of gatekeeper training.

WG2

Other Working Groups currently arranging times for initial meetings.

ACTION 4: Working Group Leads to continue to arrange meetings and provide progress reports back to the SP Collaborative members at the June meeting.

Working
Group
Leads

5. Project Officer recruitment

AH advised that 65 applications were received in total, with 7 interviewed. The preferred candidate has accepted the offer and will commence on Mon 29 May 2017. She will attend the June meeting and Working Group meetings, working with AH and all members to support the implementation of LifeSpan across the region.

6. Additional items

Advanced Training in Suicide Prevention

Sessions scheduled for Sat 20 May in Wollongong and Sat 17 June in Nowra. This is a highly recommended training and a key component of the LifeSpan strategies to ensure service providers are using evidence-based practice.

Anyone interested in attending can register via the COORDINARE website -

<https://portal.coordinare.org.au/events/170520-Suicide-Prevention-Wollongong?schedule=220451b4-1e10-e711-8b06-005056b42d20&start=2017-05-19T23%3a00%3a00.000000Z>

PhD on impact of suicide and self-harm on train drivers

JJ advised members that she is about to commence a PhD on the above topic. She will keep the group up-to-date as she learns more on this topic.

Research on mental health literacy of teachers

AH advised members of recently conducted research by a student of the UOW Graduate School of Medicine on the mental health literacy and suicide stigma amongst teachers. Over 100 teachers from a range of government and non-government schools completed a voluntary online survey. Results indicated some areas in which we could improve the capacity of teachers to be an effective conduit for students seeking help.



ACTION 5: AH to share the details of this research with Working Group 3 (schools interventions).

AH

SP Collaborative website

AH reminded members that minutes and other updates will be posted on the SP Collaborative website – www.suicidepreventioncollaborative.org.au. Also, if anyone had feedback on the website or ways it could be improved, please contact AH.

7. **Next meeting**

Date: Thurs 8 June 2017

Time: 8:30-9:30am

Venue: Level 3 meeting room, IHMRI building, UoW Wollongong campus

Video link: from GPH Centre, 107 Scenic Dr, Nowra

Phone link: contact AH for details if this is required

Meeting schedule for 2017 available [here](#). Please put these dates into your diary.