

Monthly Meeting Minutes – 9 May 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:

CARRIE LUMBY	(CLu)	Lived Experience
COREY DE BRUIN	(CdB)	Lived Experience
CYNTHIA MCCAMMON	(CM)	Catholic Education Office
EMMA RINGLAND	(ER)	SP Collaborative
JANET JACKSON	(JJ)	NSW Trains
JOAN GISSING	(JG)	Department of Education
LORNA MOXHAM	(LM)	UOW Global Challenges Program
MELISSA CAMERON	(MC)	Department of Education
MICHELLE ELLIS	(ME)	Anglicare
MORGAN WAY	(MWa)	Wayward films
RON DE JONGH	(RdJ)	Grand Pacific Health
SAM DOYON	(SD)	Wayward films

NOWRA:

ANN FRANKHAM	(AF)	Lived Experience
GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
KIM KELLY	(KK)	COORDINARE
LINDA LIVINSTONE	(LL)	SP Collaborative Executive; COORDINARE
SHARLENE CRUICKSHANK	(SC)	SP Collaborative Executive; South Coast Medical Service Aboriginal Corporation
TEAGAN STARR	(TS)	Shoalhaven City Council
WENDI HOBBS	(WH)	SSPAN, ISLHD

APOLOGIES:

ALEX HAINS	(AH)	SP Collaborative
BRIAN BOULTON	(BB)	Citylife Community Initiatives
ERIN HIESLEY	(EH)	ISLHD
JOHN PULLMAN	(JP)	ISLHD
MARK WILDER	(MWi)	Lived Experience
MARY-ANNE FLEETON	(MF)	Anglicare
NICK GUGGISBERG	(NG)	Kiama Municipal Council
NICKY SLOSS	(NS)	Association of Independent Schools
REBECCA SNG	(RS)	SP Collaborative Executive; Grand Pacific Health
TIM HEFFERNAN	(TH)	SP Collaborative Executive; Lived Experience
TIFFANY WESTON	(TW)	UOW
VIDA BLOKAS	(VB)	SP Collaborative Executive; School of Psychology, UOW

2. Welcome and introduction

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

3. Working Group (WG) updates

a. WG1 (health interventions)

ER noted some of the additional LifeSpan funding will be used to fund 10 x local health professionals working in mental health to attend the [Recovery Camp](#). An [expression of interest](#) has been sent to Collaborative members for distribution. A letter about the opportunity has also been sent directly to local service directors. The EOI has also been promoted in the Collaborative's health professional mailing list ([click here to register](#) for the mailing list).

ER reported only a couple of EOIs have been received so far and encouraged Collaborative members to distribute the [Recovery Camp EOI](#) throughout their networks.

ACTION 1: Emma redistribute Recovery Camp EOI to Collaborative members.	ER
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ACTION 2: Collaborative members distribute Recovery Camp EOI to local health professionals working in mental health.	All
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Psychological treatment subgroup

ER noted that there is a subgroup working on how to make sure that the psychological treatments being provided in the region are evidence-based and effective. The group has been preparing a self-assessment tool against the core components of effective care that is targeted towards private practitioners. In exchange for doing the self-assessment, practitioners will receive free entry to a one-day training on those core components. ER highlighted that the tool provides a way to educate private practitioners about the core components of effective care whilst gathering information about the care currently being provided in the region.

CM asked how we will get private practitioners to complete the self-assessment. ER noted there are some well-known local private practitioners in the subgroup and engaged with the Collaborative who can help spread the word. The tool will also be promoted through the [health professional mailing list](#).

GW asked when the self-assessment tool will be released. ER reported that the group is close to finishing the tool but will also need to organise the one-day workshop, so it may be a month or so before the self-assessment tool is ready for promoting.

SafeSpace subgroup

CL reported the Safe Space subgroup recently had a video meeting with the Western Massachusetts [Recovery Learning Community](#) (RLC). The RLC run a peer-led, peer-respite which is internationally recognised as exemplar and have a lot of learnings to share. The meeting has re-energised the group and reaffirmed that the local Safe Space being proposed is on the right track.

CL reported representatives from the subgroup have also met with ISLHD to discuss how the proposed local Safe Space can tie in with the funding NSW Health has allocated to non-clinical alternatives to Emergency Departments. The meeting went extremely well. The group will now work with ISLHD to progress the local Safe Space.

b. WG2 (community interventions)

AF noted that some of the additional LifeSpan funding will be used to develop 4-5 short videos promoting key messages out into the broader community. WG2 has started identifying what these key messages will be, for example 'Suicide is a big issue' and 'Recovery is possible'.

AF reported the next step is to work out what the videos will actually look like. WG2 has been looking at examples of impactful videos such as the [Man Up Speak Up](#) campaign and the [You Can't Ask That](#) TV show, for inspiration.

WH highlighted that we will need to make sure people participating in these videos are supported. WH also suggested Mindframe should be involved to ensure the videos are safe for the community.

c. WG3 (school interventions)

MC reported that WG3 has been working with local schools to make sure everything is on track for the delivery of the remaining [Youth Aware of Mental Health \(YAM\) programs](#) for 2019.

MC reported WG3 has also started working with representatives from the [National Be You initiative](#) to work out how we can get more schools involved with Be You. MC highlighted that it is great that so many schools are getting involved with YAM, but the program is only for year 9 students and there needs to be other things happening in schools. [Be You](#) can help schools work out what else they can do to promote mental health and wellbeing for their students.

d. WG4 (data-driven suicide prevention)

[See item 4.](#)

e. WG5 (Aboriginal suicide prevention)

SC reminded members about the Sorry Day event being held on Friday 24th May – [click here for flyer](#) and see details below:

The Reconciliation Walk will depart at 11am from Moorhouse Park, 1 Scenic Drive Nowra, over the Nowra Bridge to the Bomaderry Homes, 59 Beinda Street Bomaderry.

Members were strongly encouraged to get involved and support the event.

ACTION 3: Collaborative members share [Sorry Day flyer & invitation](#) with their networks.

All

4. How does all the work we are doing fit together?

LL reported WG4 has been working to communicate how all the work we are doing is aiming to lead to reduced suicide. LL provided an overview of the '[Intermediary Outcomes](#)' figure and invited feedback from Collaborative members.

CM noted the visual representation of all the work we are doing will be really helpful for sharing with schools so they can see how they are one part of something bigger. CL suggested that the figure needs to better capture the

system change we are hoping to achieve by working collaboratively and involving people with lived experience, highlighting that we need to build an evidence base for that.

LM reported there is a group at the University of Wollongong researching organisational networks/collaborations who could help, suggesting they can present to WG4.

ACTION 4: Lorna follow up with research group looking at collaborations to see if they would like to present to data driven working group.

LM

LL reported WG4 has also been working out how to safely and appropriately communicate the data available on suicide to Collaborative members. LL noted there appears to be a downward trend in attempts, based on data gathered from the hospitals. There is a two year delay on data on suicide deaths.

RdJ cautioned that even if there is not a downward trend we should not get too disappointed as there is no way of knowing what would have happened if we didn't do anything. It is important that we are doing something, and something is better than nothing.

5. Capturing the Collaborative in video

ER reminded members that some of the additional LifeSpan funding will be used to develop videos. There will be two types of videos, with two different functions:

1. To promote key messages into the community – these are the videos being worked on by WG2 ([see item 3b](#)).
2. To capture how we as a Collaborative are working, and how our way of working is having an impact - to help advocate for the collaborative way of working and engage others to get involved, as well as reflect on areas we can improve. This video is intended for an internal audience rather than the broader community. It will be available for all Collaborative members to access and share as they like.

For the second video, Collaborative members will be asked questions during video interviews to help draw out the information we need. ER invited members to share feedback on the draft video questions.

ER noted we will also need to work out what the video will look like and where to film it. MWa suggested we get footage of the Collaborative working in the community, not just in meeting rooms, to help make it more interesting for the viewer. There was unanimous agreement that the video needs to be representative of the whole region, so filming needs to take place in the Shoalhaven not just Illawarra. Group suggested footage is taken at:

- Local schools
- Sorry Day event on 24th May
- Organisations who have taken up QPR
- NSW trains (group of managers listening to talk from person with lived experience)

RdJ asked how long the video will be and whether Collaborative members will have access to them. MWa reported the video will be 5 – 10 minutes long, but shorter versions of the video will also be available. LL reinforced the videos will be accessible to everyone.

ACTION 5: Alex and Emma work with Collaborative members and Wayward films to develop Collaborative videos.

AH/ER

6. Other

a. Physical Activity & Mental Health Seminar

ER noted ISLHD, Shellharbour City Council and Wollongong City Council are running a Physical Activity and Mental Health seminar on Friday 21st June ([click here for details](#)).

b. Postvention Australia Conference

ER noted the Postvention Australia Conference will be held on 13th – 15th of June in Sydney ([click here for details](#)).

c. Department of Education (DoE) tender for services

RdJ asked if anyone was aware of what was happening with a tender the Department of Education (DoE) have put out for services for regional schools without access to counsellors. MC has heard about the initiative which has come out in response to huge gaps in counselling services, but is unsure where the proposals are up to. JG offered to follow up.

ACTION 6: Joan follow up on DoE tender for services for regional schools and feedback to Ron.

JG

d. LifeSpan funding

RdJ asked where the LifeSpan funding is up to. LL reported funding has been allocated based on input from the working groups (as per the [Funding Allocation Process](#)). The Collaborative also has approval to extend expenditure the LifeSpan funding until October 2020, including the extension of the Project Coordinator role. LL reported the Collaborative has also been meeting with key players about ongoing funding of the Collaborative. Whilst this is still happening, it is good to know we are covered for the next financial year.

7. Next meeting

Date: Thurs 13 June 2019
Time: 8:30-9:30am
Venue: COORDINARE office, Ground floor The Central building
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Meeting schedule for 2019 available [here](#). Please put these dates into your diary.