

Monthly Meeting Minutes – 12 October 2017
8:30-9:30am, COORDINARE office, Ground floor iCentral building
Squires Way, Innovation Campus, North Wollongong
& video link to GPH Centre, 107 Scenic Dr, Nowra

1. Attendees

WOLLONGONG:

EMMA RINGLAND	(ER)	Project Coordinator, SP Collaborative
GRAHAME GOULD	(GG)	Lifeline South Coast
HEATHER MCCARRON	(HM)	TAFE NSW
JANET JACKSON	(JJ)	NSW Trainlink
JOAN GISSING	(JG)	Department of Education
LINDA LIVINGSTONE	(LLi)	SP Collaborative Executive; COORDINARE
LORNA MOXHAM	(LM)	School of Nursing & Global Challenges, UOW
NICK GUGGISBERG	(NG)	Kiama Council
REBECCA SNG	(RS)	SP Collaborative Executive; Grand Pacific Health (GPH)
ROBYN ZELVIS	(RZ)	Department of Education
ROZ JENNINGS	(RJ)	Department of Education
SARAH MOXOM	(SM)	NSW Ambulance
VIDA BLIOKAS	(VB)	School of Psychology, UOW

NOWRA:

ALAN BLACKSHAW	(AB)	Shoalhaven City Council
ALEX HAINS	(AH)	Regional Manager, SP Collaborative
CLARE LESLIE	(CL)	Lifeline South Coast
GLENN WLLIAMS	(GW)	SP Collaborative Executive; MIND the GaP

APOLOGIES:

FRANK DEANE	(FD)	UOW
LYNN LANGHORN	(LLan)	SP Collaborative Executive; Mental Health Director of Nursing, ISLHD
MELISSA CAMERON	(MCa)	Department of Education
SANDRA BOLACK	(SB)	iSPAN
TIM HEFFERNAN	(The)	SP Collaborative Executive; Lived Experience Representative

2. Welcome and introduction

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

3. Achievements

AH noted the Collaborative's exciting transition from planning to actually implementing strategies. Achievements will be a new standing agenda item.

AH highlighted four recent achievements:

- The Collaborative reached its two year anniversary.
- Safe & purposeful media reporting (strategy 8): Mindframe training on safe and responsible reporting of suicide in the media, was held with local spokespeople and journalists. The training was effective in

engaging local media and has resulted in a number of stories of hope from a lived experience perspective as well as coverage of local suicide prevention initiatives.

- Community awareness campaigns (strategy 7): the Collaborative's official launch of LifeSpan was held on RUOK? Day. The launch was attended by 166 people and there was a strong sense of hope at the event.
- Gatekeeper training (strategy 6): Question Persuade Refer (QPR) online suicide prevention training was launched on the Collaborative website. Around 50 individuals signed up to QPR online at the launch and a number of local organisations have also expressed interest in rolling out QPR across their workforce.

4. Terms of Reference (ToR) amendment

LLi noted that as the work of the Collaborative grows and matures, the ToR will need to be reviewed and adapted.

LLi brought attention to an amendment proposed by the Executive, which aim to clarify the role of the Collaborative in the ongoing shaping of suicide prevention activities in the region.

The group discussed the language and wording of the proposed changes. There was consensus that the amendment needed to be written in a way that clearly emphasised the Collaborative's intention to offer assistance rather than demand to be involved in suicide prevention activities.

ACTION 1: AH to work with Executive to further revise the proposed amendment and circulate updated ToR to Collaborative members via email for approval.

AH

5. Executive role EOI

AH noted Kimberley Chiswell has stepped out of the Shoalhaven-based NGO representative on the SP Collaborative executive due to changes in her position at Waminda.

An Expression of Interest has been sent out via email with members to vote on this appointment at the next Collaborative meeting.

ACTION 2: 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) by Thursday 9 November.

All

6. Working Group (WG) updates

a. WG1 (health interventions)

LLi reported WG1 has met twice since the last Collaborative meeting and provided an update on what has been discussed.

WG1 has been discussing the rollout of the new *Next Steps Aftercare Service*, which is up and running in the Wollongong Hospital Emergency Department (ED) and will commence at Shellharbour Hospital ED next Monday.

WG1 is also exploring how individuals can give feedback on their experience with health services/systems. An existing patient feedback collection service, called '[Patient Opinion](#)', has been identified as one option. Collaborative members are invited to share ideas about how we can gather individual feedback on our local health services/systems.

ACTION 3: Collaborative members send ideas about how to gather feedback on local health services/systems to WG1 via suicideprevention@coordinare.org.au.

All

WG1 members have identified their role in communicating local suicide prevention activities to their colleagues in the service sector. The group is reviewing all the available communications resources and will discuss what else they need to ensure they are well equipped to have those conversations.

LLi also reported WG1 has discussed the possibility of establishing a Respite House in the region. This will be put on hold for the meantime whilst LifeSpan is being implemented, but has been noted for future.

b. WG2 (community interventions)

CL noted that all three of WG2's LifeSpan strategies are now up and running.

CL reported the Mindframe training was used as an opportunity to engage local media and spokespeople, and has had a number of positive outcomes. In particular, strong relationships have been built with local journalists, who report feeling supported by the Collaborative. CL reminded Collaborative members that key messages and a statement for media releases are available for any media reporting, and that all journalists should be referred to the [Mindframe media guidelines](#).

CL reinforced the success of the LifeSpan launch, noting the positive feedback and diverse range of people who attended. CL highlighted that the challenge will be the ongoing engagement of the community. AH noted there was a number of other RUOK? Day activities across the region. The Collaborative was able to build on the momentum of RUOK? Day by making sure there was consistent messaging and media awareness of these local RUOK? Day events.

CL noted QPR online training is now available on the Collaborative website ([click here](#)). The training costs only \$10 and takes only one hour to complete. CL strongly encouraged Collaborative members to complete the training and provide feedback to WG2.

ACTION 4: Collaborative members complete QPR online training and provide any feedback to WG2 via suicideprevention@coordinare.org.au.

All

c. WG3 (school interventions)

ER reported WG3 is preparing for the roll out of the Youth Aware of Mental Health (YAM) program, which is due to be rolled out to all year 9 students in Term 1 and Term 2 of 2018. ER noted the YAM program will be delivered by trained YAM facilitators, with the help of local volunteer YAM Helpers.

WG3 has started engaging schools via two cross-sectoral Principal briefing sessions which were held this week. Both sessions were well attended and there was a very positive response from attending Principals. A practice YAM session was also run with TAFE Youth Work students, many of whom will become YAM Helpers. An EOI for YAM Helpers will be sent out shortly, and members are encouraged to send this out through their networks.

ACTION 5: ER to disseminate YAM Helper EOI to SP Collaborative following review by WG3.

ER

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

GG noted WG4's role in data informed decision making and reported the next revision of the Suicide Audit Report from the Black Dog Institute is expected shortly. AH noted that focus groups with local ambulance and police representatives will also be held to help gain more contextual information as well as data on suicide attempts.

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

AH reported WG5 are reviewing the resources relating to the Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project (ATSISPEP) report which have recently been released. These resources are available on the What's Happening page of the Collaborative's website, under the WG5 tab – [click here](#).

AH also noted the recent launch of the National Strategic Framework for Aboriginal and Torres Strait Islander Peoples Mental Health and Social and Emotional Wellbeing for 2017 – 2023 – [click here](#).

7. Suicide prevention training for organisations

ER noted that the Collaborative is aiming to have 10% of the Illawarra Shoalhaven adult population trained in evidence-based suicide prevention over the next two years. ER emphasised the target was achievable and highlighted the need for organisations to help by rolling out QPR online with their workforce.

ER provided an overview of the process for rolling out QPR in organisations (detailed in [QPR for organisations flyer](#)) and went through the resources available to support the roll out, including:

- [QPR for organisations flyer](#)
- [FAQs](#)
- [Promotional poster](#)
- [PowerPoint slide](#)
- [Email template including login instructions & email signature](#)

Collaborative members are obvious advocates for QPR in their organisations. AH asked Collaborative members to trial the above QPR resources within their organisations and feedback whether these resources fulfil their organisation's needs.

Collaborative members will also play a role in promoting QPR across their networks and QPR online business cards are available for Collaborative members to use. Collaborative member were asked to consider if they will need any other resources to promote QPR online.

ACTION 7: Collaborative members trial QPR resources within their organisations and send any feedback to suicideprevention@coordinare.org.au.

All

8. Next meeting

Date: Thurs 9 November 2017
 Time: 8:30-9:30am
 Venue: COORDINARE office, Ground floor iCentral 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.