

# Illawarra Shoalhaven Suicide Prevention Collaborative

Breakfast Meeting Minutes – 1 September 2016  
8:00am – 9:00am, room 3.301, IHMRI

## 1. Attendees

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| PAULA HAKESLY     | (PH)  | Director Mental Health Services, ISLHD              |
| KARA LAMOND       | (KL)  | Chief Operations Officer, IHMRI                     |
| VIDA BLIOKAS      | (VB)  | ISSPC Executive; ISLHD                              |
| BRIN GRENYER      | (BG)  | ISSPC Executive; IHMRI                              |
| ROZ JENNINGS      | (RJ)  | Department of Education                             |
| FRANK DEANE       | (FD)  | Director, Illawarra Institute of Mental Health; UOW |
| TIM HEFFERNAN     | (TH)  | ISSPC Executive; Lived Experience                   |
| NICK GUGGISBERG   | (NG)  | Kiama Council                                       |
| HEATHER TAFERNER  | (HT)  | Shellharbour City Council                           |
| JUDITH SIMONS     | (JS)  | Schizophrenia Fellowship                            |
| JENNY VALDIVIA    | (JV)  | ISPIR Team Leader, GPH                              |
| LEANNE LAWRENCE   | (LL)  | Illawarra AMS                                       |
| RON DE JONGH      | (RdJ) | CEO, GPH  |
| PAUL MCCANN       | (PMc) | Catholic Education                                  |
| CYNTHIA MCCAMMON  | (CMc) | Catholic Education                                  |
| GRAHAME GOULD     | (GG)  | Lifeline South Coast                                |
| ERIN HIESLEY      | (EH)  | Youth Health Manager, GPH                           |
| MARILYN DUNN      | (MD)  | First Floor Program Coordinator, Salvation Army     |
| ALEX HAINS        | (AH)  | Regional Manager, ISSPC                             |
| DEBRA MURPHY      | (DM)  | CEO, Regional Development Australia Illawarra       |
| SALLY MCNEIL      | (SMc) | Research Development Officer, IHMRI                 |
| LINDA LIVINGSTONE | (LL)  | ISSPC Executive; COORDINARE                         |

### NOWRA:

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| WENDI HOBBS       | (WH)  | Shoalhaven Suicide Prevention Awareness Network    |
| TIM HUDMAN        | (THu) | Shoalhaven Suicide Prevention Awareness Network    |
| KIMBERLY CHISWELL | (KC)  | Senior Social Worker, Waminda                      |
| WADE LONGBOTTOM   | (WL)  | South Coast Medical Service Aboriginal Corporation |
| ALAN BLACKSHAW    | (AB)  | Shoalhaven Council                                 |

### APOLOGIES:

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| DARREN BROWN   | (DB) | Wollongong LAC, NSW Police         |
| GREG HAND      | (GH) | Department of Education            |
| LEANNE WOODLEY | (LW) | Association of Independent Schools |
| PETER BROWN    | (PB) | Illawarra SPAN                     |
| EMMA RODRIGUES | (ER) | LGBTI advocate; ISLHD              |

## 2. Welcome and introduction

BG welcomed attendees and noted the Collaborative had now been meeting for a full 12 months, with our first meeting in September 2015.

### 3. LifeSpan project

LL noted that the LifeSpan project was officially launched on 4 August 2016 at the NSW Parliament House. Ten Collaborative members attended. The Illawarra Shoalhaven was formally announced as one of four successful pilot sites, with this region commencing in February 2017. Other sites are Newcastle (October 2016), Central Coast (June 2017) and Murrumbidgee (October 2017).

LL advised members that we have begun working on the development of a website for the Collaborative, which will help disseminate up-to-date and accurate information to all.

LL noted that limited information has been available from the Black Dog Institute (BDI) about what will actually be involved. We are hoping for more information in the coming weeks. Representative(s) from the BDI will attend the Collaborative meeting scheduled for 3 November 2016. This is an opportunity for Collaborative members to find out more about the LifeSpan program and how it will be implemented. All agreed that the November Collaborative meeting should therefore be longer than the usual 1 hour.

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| ACTION 1: Executive to discuss options for meeting format and length for the November meeting over next two weeks. These options will be fed back to the Collaborative and the proposed schedule will be suggested to the BDI.                                   | Exec |
| ACTION 2: LL to check with the BDI on what capacity they have, e.g. are they able to attend a 1-, 2- or 4-hour meeting?  | LL   |
| ACTION 3: AH to circulate more background information regarding the evidence-base underpinning the LifeSpan project so that members can review and identify any particular question or issues they would like to discuss further with the BDI representative(s). | AH   |
| ACTION 4: Members to send questions for the BDI representative(s) to AH. These will be collated and provided to the BDI prior to them attending the November meeting.  | All  |

### 4. Collaborative executive vacancy

TH opened proceedings for filling vacant NGO executive position. BG and others clarified the role of executive members and emphasised that it requires increased commitment compared to general membership. Nominees received were:

- GG (Lifeline South Coast),
- EH (GPH), and
- KC (Waminda).

Prior to voting, RdJ questioned whether there was a vacancy at all, suggesting that executive position previously held by AH should in fact remain with Grand Pacific Health (GPH). The Collaborative Terms of Reference (ToR) were referred to, noting that the executive position was for an NGO representative and didn't specify a particular organisation.

GG withdrew his nomination to become an executive member, noting the importance for the Collaborative to have an Aboriginal representative from the Shoalhaven as a member of this group.

After discussion, it was unanimously agreed to amend the Collaborative ToR to accommodate two NGO executive members, one Illawarra-based and one Shoalhaven-based.

The two remaining nominees – EH and KC – were unanimously voted to fill the now two NGO executive positions. EH to be the Illawarra-based NGO representative, and KC to be the Shoalhaven-based NGO representative.

It was also unanimously agreed that there be an additional executive position for an identified Aboriginal representative, thereby taking the total number of executive positions to 7. Expressions of interest for this role will be sought and the Collaborative will vote on nominations at the October meeting.

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| ACTION 5: Amend Collaborative ToR to reflect new executive membership profile.                      | Exec |
| ACTION 6: Distribute expression of interest for Aboriginal person to join executive to all members. | Exec |
| ACTION 7: All members to distribute EoI and actively encourage suitable nominations.                | All  |

Collaborative members to vote on Aboriginal executive nominations at the October meeting.

## 5. Regional Suicide Prevention Plan

See attached Progress Report tabled by AH.

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| ACTION 8: All members to contact AH if they are able to identify (and potentially help arrange) additional consultations, particularly with groups who are significantly affected by suicide. | All |
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## 6. Strategy focus: Appropriate and continuing care after leaving EDs

See attached document tabled by AH.

PH provided updates on recent improvements made by the ISLHD related to some of the components of mental health crisis care within Emergency Departments.

- New suicide prevention guidelines recently implemented within EDs.
- Currently undertaking audit of ED data.
- Acknowledged need for further work on structured collaboration with aftercare providers.
- Suicide prevention training has commenced for all non-mental health ED staff and will continue to occur every 6 months.

PH also looking to develop consistent training across all sectors in relation to Trauma Informed Care. PH noted improved outcomes achieved in the USA after screening all 0-9 year olds in order to identify issues early in life and minimise more urgent and serious treatment later in life.

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| ACTION 9: PH to present ED data audit at a future Collaborative either October or November meeting. | PH |
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## 7. Other business

AH advised that Police data (Illawarra LAC) has been provided by ISPAN to the Collaborative for analysis.

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| ACTION 10: AH to explore potential to work with Police (and ambulance services?) to maximise benefits of such data. | AH |
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AH advised of opportunities to participate in upcoming research (Delphi study) that is being led by the BDI. Alex agreed to advise members of these opportunities as they arise.

All agreed that it would be good for future meetings to focus on looking at each of the 9 strategies over time, understanding the evidence and then identifying what action needed to be undertaken locally in order to implement any changes required.

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| ACTION 11: AH to provide further summaries of strategy components at future Collaborative meetings. | AH |
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SSPAN advised of upcoming launch of some referral pathways that were developed by final year medical student for GPs at the Shoalhaven Medical Association Conference in October.

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| ACTION 12: TH to email relevant documents to AH to include as attachments to meeting minutes. | TH |
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