

Monthly Meeting Minutes – 11 August 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:

ALEX HAINS	(AH)	Regional Manager, SP Collaborative
ARMANDO REVIGLIO	(AR)	Wollongong City Council
CARLIE SCHOFIELD	(CS)	Illawarra Aboriginal Medical Service
CYNTHIA MCCAMMON	(CMc)	Catholic Education
DAVID BUNDER	(DB)	Child, Adolescent & Youth Mental Health, ISLHD
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
LYNN LANGHORN	(LLan)	SP Collaborative Executive; Mental Health Director of Nursing, ISLHD
MARILYN DUNN	(MDu)	Salvation Army
REBECCA SNG	(RS)	SP Collaborative Executive; Grand Pacific Health (GPH)
SANDRA BOLACK	(SB)	ISPAN
TIM HEFFERNAN	(The)	SP Collaborative Executive; Lived Experience Representative

NOWRA:

ALAN BLACKSHAW	(AB)	Shoalhaven City Council
CLARE LESLIE	(CL)	Lifeline South Coast
HELEN BACKHOUSE	(HB)	Flourish (formerly Richmond PRA)
JUDITH SIMONS	(JSi)	One Door (formerly Schizophrenia Fellowship)
KIMBERLY CHISWELL	(KC)	SP Collaborative Executive; Waminda
MICHELLE DICKSON	(MDi)	SP Collaborative Executive; Waminda
WENDI HOBBS	(WH)	SSPAN

APOLOGIES:

BRIN GRENYER	(BG)	SP Collaborative Executive; IHMRI
GLENN WLLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
JOHN CASEY	(JC)	ACON
JULIE CARTER	(JC)	SP Collaborative Executive; Director of Mental Health, ISLHD
LINDA LIVINGSTONE	(LLi)	SP Collaborative Executive; COORDINARE
LEANNE WOODLEY	(LW)	Association of Independent Schools
MELISSA CAMERON	(MCa)	Department of Education
NICK GUGGISBERG	(NG)	Kiama Council
ROZ JENNINGS	(RJ)	Department of Education
VIDA BLIKAS	(VB)	School of Psychology, UOW

## 2. Welcome and introduction

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

## 3. Working Group (WG) updates

### a. WG1 (health interventions)

AH noted WG1 has not met since the July Collaborative meeting – their next meeting is scheduled for Friday 25<sup>th</sup> August 10am to 12pm.

### b. WG2 (community interventions)

CL reported Wollongong City Council's trial of Question-Persuade-Refer (QPR) online training is continuing. CL also noted the upcoming Mindframe media training on 30<sup>th</sup> - 31<sup>st</sup> August and official LifeSpan launch on 14<sup>th</sup> September for discussion later in the meeting (see below).

### c. WG3 (school interventions)

DB reported WG3 has been discussing the logistics of introducing the Youth Aware of Mental Health (YAM) program to local schools and noted that independent schools in particular have a number of different issues to resolve. Key learnings will be taken from Newcastle who have begun booking in YAM sessions at their local schools.

DB highlighted that educating schools on YAM will be critical and WG3 is working to localise YAM promotional material including information sheets for teachers and parents. Llan asked whether there can be a FAQ section on the Collaborative website. AH confirmed a FAQ on the website is possible and reported that the Collaborative website will soon be updated with more information on specific interventions and resources.

CMc mentioned she has heard that Newcastle has employed a coordinator to oversee the implementation of YAM across non-government schools. AH noted this role is likely a part of the Black Dog contract with headspace who are responsible for delivering and coordinating YAM in non-government schools.

ACTION 1: ER to follow up with Newcastle LifeSpan site coordinators to find out whether a YAM coordinator for non-government schools has been employed.

ER

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

AH noted there is no update from WG4. The group is waiting for the next revision of the Suicide Audit Report to be received from Black Dog before they meet again.

### e. WG5 (Aboriginal suicide prevention)

MDi reported WG5 has been focusing on community awareness campaigns. Sporting events for Aboriginal communities are seen as a key opportunities to engage local Aboriginal communities. WG5 members are sharing LifeSpan communications resources with local community groups for feedback to ensure these materials are appropriate and effective.

#### 4. Mindframe Training & Media Briefing

CL provided an update on the upcoming *Mindframe* Plus training.

*Mindframe* is a national media initiative which aims to encourage safe and responsible reporting of suicide in the media. *Mindframe* has developed guidelines for reporting on suicide and offers training and support on these guidelines to media and key sources of media, such as organisational or community spokespeople. CL emphasised that it is important for the Collaborative's spokespeople to be trained on the *Mindframe* guidelines.

As part of LifeSpan, *Mindframe* will be delivering a two day training on the 30<sup>th</sup> - 31<sup>st</sup> August at Kiama Pavilion. Click [here](#) to access the training program for more details.

Day 1 of the training will target:

- communications and community engagement staff
- spokespeople from local organisations and community groups
- people from the community with lived experience who are willing to speak of their own personal story of recovery

Day 2 of the training will be for the media and journalists, however communications staff may also want to attend. The media training will be followed by a media briefing where local media will be provided with details on the LifeSpan launch, local RUOK? Day activities and local spokespeople.

CL requested members provide the name and contact details of anyone within their networks who fits into the *Mindframe* training target audiences, i.e. communications/community engagement staff, organisational/community group spokespeople and spokespeople from the community with lived experience.

ACTION 2: SP Collaborative members to send name and contact details of their communications/community engagement staff to ER ( <a href="mailto:eringland@coordinare.org.au">eringland@coordinare.org.au</a> )	ALL
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ACTION 3: SP Collaborative members to send name and contact details of spokespeople from organisations/community groups and spokespeople from the community with lived experience to ER ( <a href="mailto:eringland@coordinare.org.au">eringland@coordinare.org.au</a> )	ALL
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#### 5. LifeSpan launch & RUOK? Day activities

##### LifeSpan launch

ER reported that the next Collaborative meeting on 14<sup>th</sup> September falls on RUOK? Day and will be used for the official LifeSpan launch.

ER noted the time and venue of the launch:

**Thursday 14<sup>th</sup> September**

**8:30am – 10:30am** (including light breakfast)

**Kiama Pavilion** (2 Bong Bong St, Kiama NSW 2533)

AH noted the meeting will not be a normal meeting and provided an overview of the plan for the LifeSpan launch, which will include speeches from key Collaborative/community spokespeople, an information stall for each of the five Working Groups and a RUOK? Day stall.

LLan emphasised that senior representatives will need to know immediately if they are to attend the launch. AH reported an invitation to the launch will be sent out to the Collaborative as soon as possible. AH noted the event will be open to the public and asked members to distribute the invitation through their networks.

ACTION 4: SP Collaborative members distribute LifeSpan launch invitation through their networks.	ALL
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#### RUOK? Day activities

ER noted that to help increase awareness and coordinate messaging from local RUOK? Day events, the media will be provided with a list of RUOK? Day events happening in the region during the media briefing. ER requested members provide details of any RUOK? Day events they are aware of, including best contact details for each event.

ER also noted that as part of LifeSpan, the Collaborative are receiving a 10% discount on all RUOK? Day merchandise and are looking to do a bulk order in a few weeks. ER encouraged members to take advantage of this discount and send through their requests for merchandise by Friday 18<sup>th</sup> August.

ACTION 5: SP Collaborative members to send ER ( <a href="mailto:eringland@coordinare.org.au">eringland@coordinare.org.au</a> ) details of RUOK? Day events and merchandise orders to ER by <b>COB Friday 18<sup>th</sup> August</b> .	ALL
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AH noted the main call to action for RUOK? Day will be the QPR training which has now been adapted to the Australian context and will soon be accessible via the Collaborative and RUOK? Day websites.

AR noted that the trial of QPR with Wollongong City Council staff will include a pre and post briefing session. AR also mentioned that the QPR training website was blocked by their firewall and needed to be unblocked by IT before staff were able to access it. ER advised members to get in contact if they would like to organise the rollout of QPR in their workplace and she will work with IT to ensure the website is unblocked.

ACTION 6: SP Collaborative members to contact ER ( <a href="mailto:eringland@coordinare.org.au">eringland@coordinare.org.au</a> ) if they would like to organise the rollout of QPR in their workplace.	ALL
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## 6. Collaborative website and LifeSpan video

ER noted the new Working Groups section on the 'What's Happening' page on the Collaborative website. The section includes a tab for each of the working groups and will allow everyone to find out what each group is working on. AH noted that the new LifeSpan information brochures for each strategy are available under the relevant working group tabs. Click [here](#) to view the new What's Happening page and access the information brochures.

ER reported the LifeSpan video is now complete with closed captions. AH noted the video will soon be broken down into each strategy so that the viewer can choose to only watch the sections which interest them. The group viewed the beginning of the video. Click [here](#) to view the full LifeSpan video.

KC noted that the LifeSpan video may be too simplistic and not take suitable note of the severity of 'upstream' issues for Aboriginal communities. HB asked whether it is too late to give feedback on the video. AH emphasised that feedback is always welcome on these resources, and that they won't be considered finished until they are effective within our communities. AH also noted that all the LifeSpan resources are currently going through the WGs and community groups for feedback, and encouraged Collaborative members to send through any feedback.

ACTION 7: ER include link to the new LifeSpan video and brochures into minutes (see above)	ER
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ACTION 8: SP Collaborative members please send any feedback on LifeSpan video or other resources to AH ( <a href="mailto:ahains@coordinare.org.au">ahains@coordinare.org.au</a> )	ALL
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## 7. National Suicide Prevention Conference update

AH presented key themes from the National Suicide Prevention Conference (NSPC) and noted the particularly strong focus on Aboriginal and Torres Strait Islander suicide prevention which had a dedicated stream for the duration of the conference. Click [here](#) to access the full NSPC presentation.

In relation Aboriginal suicide prevention work being linked to human rights, TH highlighted the Report of the Special Rapporteur on the right for physical & mental health. Click [here](#) to access the report.

ACTION 9: TH to send ER copy of Report of the Special Rapporteur for distribution to the Collaborative.	TH
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## 8. Additional items

SB reported the next Mental Health Professionals Network (MHPN) meeting is on Wednesday 16<sup>th</sup> August and noted John Casey from ACON will be the guest speaker. SB invited members to contact her if they would like to attend.

ACTION 10: SP Collaborative members interested in attending the MHPN meeting please contact SB ( <a href="mailto:bolacks@hotmail.com">bolacks@hotmail.com</a> )	ALL
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DB mentioned ISLHD will be running RUOK? Day activities at Wollongong Hospital on 14<sup>th</sup> September. Llan noted there will also be activities for RUOK? Day at Shellharbour Hospital.

## 9. Next meeting

### LifeSpan Official Launch

Date: Thurs 14 September 2017

Time: 8:30-10:30am

Venue: Kiama Pavilion, 2 Bong Bong St, Kiama NSW 2533

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