

Monthly Meeting Minutes – 12 July 2018
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:

BRIAN BOULTON	(BB)	Citylife Community Initiatives
EMMA RINGLAND	(ER)	SP Collaborative
IRENA PRESCOTT	(IP)	Lived Experience
LINDA LIVINGSTONE	(LLi)	SP Collaborative Executive; COORDINARE
MARK WILDER	(MW)	Salvation Army
MARY-ANNE FLEETON	(MF)	Anglicare
MELISSA CAMERON	(MC)	Department of Education
NICK GUGGISBERG	(NG)	Kiama Municipal Council
PAUL VAN DEN DOLDER	(PVD)	Illawarra Shoalhaven Local Health District
RACHEL NORRIS	(RN)	Lifeline South Coast
RACHEL ROWLEY	(RR)	Kiama Municipal Council
REBECCA SNG	(RS)	SP Collaborative Executive; Grand Pacific Health
RON DE JONGH	(RdJ)	Grand Pacific Health

NOWRA:

ANN FRANKHAM	(AF)	Lived Experience
CLARE LESLIE	(CL)	Lifeline South Coast
GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
MELISSA ANDREWS	(MA)	Shoalhaven City Council

PHONE:

WADE NORRIE	(WN)	ISLHD
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APOLOGIES:

ADAM BRYANT	(ABr)	ISLHD
ADAM WALKER	(AW)	NSW Ambulance
ALAN WOODWARD	(AWo)	Lifeline Australia
ALEX HAINS	(AH)	SP Collaborative
AMY BERTAKIS	(ABe)	Wellways
CARLIE SCHOFIELD	(CS)	Illawarra Aboriginal Medical Service
CATHERINE CAMPBELL	(CC)	Shoalhaven City Council
HEATHER MCCARRON	(HM)	TAFE NSW
JANET JACKSON	(JJ)	NSW Trains
KYLIE HANIGAN	(KH)	Lived Experience; Hansen & Cole Funerals
MICHELLE DICKSON	(MDi)	Waminda
NICKY SLOSS	(NS)	Association of Independent Schools
SANDRA BOLACK	(SB)	iSPAN
SHARLENE CRUICKSHANK	(SC)	South Coast Medical Service Aboriginal Corporation
TIM HEFFERNAN	(The)	SP Collaborative Executive; Lived Experience Representative
VIDA BLIKAS	(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)

LLi reported WG1's next meeting is tomorrow (Friday 13th July) and will focus on what aspects of psychological treatment need to be improved.

LLi also noted that the [StepCare](#) screening tool is now being rolled out at 4 general practices within the region.

RS reported that the NextSteps aftercare service partners are doing a 12 month review of the service. RS noted that although the service is working well for some, others, such as people experiencing homelessness, have been harder to engage. The service partners are working to improve engagement of these groups.

WN reported ISLHD is rolling out a process for referrals from ED to Community Mental Health. The aim is to enable people presenting to ED with a mental health issue to link in with the mental health service during business hours.

ER noted the Black Dog Institute (BDI) are holding a webinar on [best practice care for suicidal crisis in the emergency department](#) on Wednesday 8th August 6pm.

ACTION 1: Emma distribute invitation to BDI webinar to Collaborative members.	ER
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b. WG2 (community interventions)

BB reported WG2 has started focusing on plans for RUOK? Day 2018.

Part of this has involved scoping out what RUOK? Day activities are happening locally and how to maximise their impact. To help connect local events with the media campaign and ensure consistent key messages are being spread across the community, a resource outlining key messages and social media elements from the campaign has been prepared for event organisers.

Collaborative members were asked to use these key messages for their events and to share details of any other local RUOK? Day activities they are aware of.

[Click here for Key messages for community events](#)

ER noted there is also a 10% discount on RUOK? Day merchandise available for LifeSpan trial sites.

ACTION 2: Collaborative members use Key messages for their community events.	All
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ACTION 3: Collaborative members send details of local RUOK? Day activities and RUOK? Day merchandise orders to Emma (eringland@coordinare.org.au)	All
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WG2 will now start planning a 1 year celebration event, which will be held on RUOK? Day (Thursday 13th September). Collaborative members were invited to share ideas for the event and/or attend the planning meeting on Wednesday 18th July.

ACTION 4: Collaborative members SAVE THE DATE for 1 year celebration event on Thursday 13 th Sept	All
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ACTION 5: Collaborative members send ideas for 1 year celebration event to Emma (eringland@coordinare.org.au)	All
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c. WG3 (school interventions)

MC reported Youth Aware of Mental Health (YAM) has now been delivered in 25 schools across the region from Bulli to Ulladulla, and highlighted all the hard work which went into rolling out the program.

WG3 is now looking at how to improve the recruitment and training of YAM Helpers for 2019. Work is being done with Tafe to look at how YAM helping can be incorporated into the curriculum for relevant courses. MC noted that the students who helped with YAM this year were a real asset and it will be good to have more students helping out next year. MC also noted there will be an additional YAM Facilitator training in August 2018.

MA asked which schools in the Shoalhaven participated in YAM. MC responded Bomaderry High School, Vincentia High School, Ulladulla High School, Shoalhaven High School, Nowra Christian School and St John the Evangelist Catholic High School. MC noted Kiama High School chose not to do YAM this year. NG offered to help engage Kiama High School.

d. WG4 (data-driven suicide prevention)

ER reported WG4 has continued to scope out opportunities to work with local pharmacists to ensure the safe dispensing of medication.

WG4 have also broadened their scope and will now start exploring the development of a local After Suicide Response (ASR). ER noted the three functions of a local ASR will be to:

- 1) Coordinate support for those bereaved by suicide
- 2) Ensure safe and responsible reporting of suicide in the media
- 3) Facilitate accurate and up-to-date local suicide data collection

e. WG5 (Aboriginal suicide prevention)

GW reported WG5 is continuing to look at how the LifeSpan strategies can be applied across local Aboriginal communities. WG5 has also been working with local men's and women's groups to develop communication resources which are more engaging for local Aboriginal people.

4. LifeSpan funding meeting discussion overview

RS reminded Collaborative members of the [LifeSpan Funding Allocation Process](#). Meetings with people with lived experience and men have been held, and RS provided an overview of key themes coming out of those meetings. RS noted that lots of the suggestions were focused on community interventions, however when looking at the evidence,

community interventions are found to have a relatively small impact on suicide rates. WGs will need to consider these key themes alongside the evidence for what works and what is feasible, when preparing their funding proposals. RS reinforced the funding is one-off and there are only relatively small amounts available.

ACTION 6: Collaborative members contact Emma (eringland@coordinare.org.au) if they would like to have further input on the LifeSpan funding by attending the relevant working group meetings.

All

5. Media campaign

ER reported that the Collaborative has been working with the Illawarra Mercury on a media campaign, which launched on Saturday 7th July. ER and members expressed gratitude to AF who made a tremendous contribution to the campaign by sharing her story for the first article.

The main call-to-action throughout the campaign will be for community members to do the [Question Persuade Refer \(QPR\) online](#) training. ER noted 1000 free [QPR online](#) licenses were donated by NSW government to support the campaign, and since Saturday over 300 of these licenses have been accessed. Over 2500 people have also been reached via the Collaborative's Facebook page.

ER noted that each week of the campaign will have a key story that focuses on a different area of work. This week's story will be on QPR for organisations. Starting this week, a one page spread promoting all the employers in the region who have signed up to QPR will be in the Illawarra Mercury. This will be updated with new organisations who sign up throughout the campaign.

Key stories will be published every Saturday, and the media releases will be distributed to Collaborative members on the following Monday. Collaborative members were encouraged to help spread the key messages and increase awareness of the campaign by:

- Using media releases in their internal and external communications.
- Adding the #CARE2QPR Facebook frame to their personal and/or organisational profile pictures ([click here](#)).
- Promoting the QPR online training on social media ([click here for Facebook post](#))
- Sharing a photo of themselves and/or work colleagues with their QPR online certificate on social media using the hashtag #CARE2QPR

RS suggested Collaborative members 'challenge' their friends/networks on social media to get as many people to sign up to QPR in the lead up to RUOK? Day.

ACTION 7: Emma continue to distribute media releases to Collaborative throughout campaign.

ER

ACTION 8: Collaborative members use media releases and social media to help spread the word (as above)

All

RdJ acknowledged all the work that has gone into the media campaign, congratulating the Collaborative and the Illawarra Mercury on the success of the campaign so far.

6. Progress Report

LLi provided an overview of the [LifeSpan Project Update for June 2018](#). The report aims to capture what's happening by quantifying achievements as well as identifying challenges and next steps. The genuine Collaborative effort evident in the report, which reaffirms that everyone has a role to play in suicide prevention. LLi also highlighted the usefulness of seeing how your contributions fit within the bigger picture.

ACTION 9: Collaborative members send feedback on the [LifeSpan Project Update for June 2018](#) to suicideprevention@coordinare.org.au by 31st July 2018.

All

LLi noted 9 out of 39 Collaborative organisations have signed up to QPR online and the remaining members were encouraged to continue advocating for QPR within their organisations.

NG asked is we are able to measure impact on suicide rates so far. LLi noted this is a particular challenge and WG4 is working on getting more timely data. LLi also emphasized the importance of communicating any data on suicide in a safe and responsible way. RN noted that increasing awareness of suicide and support pathways, may increase the number of people seeking help in the short term.

ACTION 10: RN talk to Lifeline Australia about trends in the number of calls coming through to Lifeline from Illawarra Shoalhaven.

RN

7. Additional items

Engaging Allied Health

RN suggested the Collaborative spread the word about local suicide prevention activities to Allied Health professionals, as they are also coming in regular contact with people in the community who may be at risk of suicide.

ACTION 11: RN liaise with local contacts in Allied Health about how to engage Allied Health professionals in suicide prevention activities.

RN

8. Next meeting

Date: Thurs 9 August 2018
 Time: 8:30-9:30am
 Venue: COORDINARE office, Ground floor The Central 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.