

Monthly Meeting Minutes – 9 April 2020
8:30-9:30am, videoconference

1. Attendees

VIDEO/PHONE:

ALAN WOODWARD	(AW)	National Mental Health Commission
ALEX HAINS	(AH)	SP Collaborative
ANDREW LORD	(AL)	Be You
ANN FRANKHAM	(AF)	Lived Experience
BRUCE MCMILLAN	(BM)	Lived Experience
CARRIE LUMBY	(CLu)	Lived Experience
CHRIS ARDLER	(CA)	South Coast Medical Service Aboriginal Corporation
CLARE BATE	(CB)	ISLHD
CYNTHIA MCCAMMON	(CMc)	Catholic Education Office
EMMA PATERSON	(EP)	SP Collaborative
FIONA READ	(FR)	COORDINARE
GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
HEATHER MCCARRON	(HM)	Tafe NSW
HELEN PIPER	(HP)	Neami National
JOAN GISSING	(Jgi)	Department of Education
JAMES BRADBURY	(JB)	ISLHD
JANET JACKSON	(JJ)	NSW Trains
JOHN PULLMAN	(Jpu)	ISLHD
JOSEF GARRINGTON	(Jga)	ACON
KATHERINE ROLLINGS	(KR)	NSW Ambulance
LORNA MOXHAM	(LM)	Recovery Camp
LINDA LIVINSTONE	(LLi)	SP Collaborative Executive; COORDINARE
MAIKI BLAKENEY	(MB)	Waminda
MARK ELLIS	(ME)	Flourish
MARK WILDER	(MW)	Lived Experience
MELISSA CAMERON	(MC)	Department of Education
NICK GUGGISBURG	(NG)	Kiama Council
REBECCA SNG	(RS)	SP Collaborative Executive; Grand Pacific Health
RON DE JONGH	(RdJ)	Grand Pacific Health
ROZ JENNINGS	(RJ)	Department of Education
SARAH CIMINO	(SC)	Kiama Community College
SARAH MCKENZIE	(SM)	COORDINARE
TIFFANY WESTON	(TW)	UOW
TIM HEFFERNAN	(TH)	SP Collaborative Executive; Lived Experience
VIDA BLIKOKAS	(VB)	SP Collaborative Executive; School of Psychology, UOW
WENDI HOBBS	(WH)	ISLHD, SSPAN

APOLOGIES:

ALANNA ROODENRYS	(AR)	Community member
JULIE CARTER	(JC)	SP Collaborative Executive; ISLHD
KATHRYN FITZPATRICK	(KP)	Lived Experience



KYLEE DWYER	(KD)	Aftercare
SARAH ADAMS	(SA)	ISLH
SARAH HOLMES	(SH)	Aftercare

Note: attendance could only be recorded for those who entered their name when joining via video, or introduced themselves on the phone. Apologies to anyone we may have missed. Please email epaterson@coordinare.org.au to add your name to the attendees or apologies lists. Thanks.

2. Welcome and introduction

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

3. Updates

a. Bushfire response

FR and LLi provided an update on the bushfire response:

- All bushfire related activities (including additional mental health support) have gone through the commissioning process, and contracts will be finalised in the next few weeks.
- Bushfire Care Navigation Support services have been set up. Barnados is providing the service in the Shoalhaven ([click here for more information](#)) and [MacKillop Family Services](#) further south. Members were encouraged to direct anyone they know who has been impacted by the bushfires to these supports.
- Face-to-face workshops planned for mental health and primary care service providers, will now be delivered online – details are still to be confirmed. The workshops will be run by Clinical Psychologist David Younger.
- COORDINARE's Bushfire Coordinator, Fiona Read, is moving on – members thanked and acknowledged Fiona for her work. Mental Health and Bushfire related enquiries for COORDINARE should now be directed to Alison Bradley.

ACTION 1: Linda send Emma details of David Younger online workshops for distribution once confirmed.

LLi

b. Lifeline Australia hotspots project

AH reported Lifeline Australia has been doing work at a national level to address public locations where people go to suicide. One of the identified public locations is in the Illawarra Shoalhaven, so Lifeline Australia has been working with the Collaborative and local council to address it. AH said Lifeline Australia are incorporating other pieces of the Collaborative's work, such as the [Where to go for support resource](#), into their plans to address the public location. They also intend to adapt this resource for other regions across the country.

c. Community training report

EP provided an update on the universal community training evaluation which has been set up for use across all the different community suicide prevention and mental health trainings delivered locally. EP reminded members the aim of this local evaluation is to help us better coordinate community trainings so that we can maximise their impact.

The evaluation consists of pre-, post- and follow-up surveys that capture information about who is doing training (i.e. demographics), and whether training is being effective. Since August 2019, local trainers from the community

working group have been trialling the evaluation surveys in their face-to-face trainings. The surveys have also been embedded in the [Question Persuade Refer \(QPR\) online](#) training.

The first report coming out of the universal evaluation has now been released and is available on the Collaborative's website ([click here](#)). EP noted the report provides a summary of all training data and there will be no comparison of the impact between training providers or between training programs. Updated reports will be released every six months.

EP highlighted this first run of the report only includes data from trainings where the evaluation was conducted and is not yet representative of all the trainings happening locally; it is therefore too early to draw any conclusions from the findings. The more trainers that use this evaluation, the more representative and valuable the report will be. The community working group will work to engage more trainers to use the evaluation once trainings are back up and running. EP noted that although face-to-face trainings are on hold, community members can still access the QPR online training for free via the Collaborative's website ([click here](#)).

d. Towards Zero Suicides – how to get involved with the co-design

AH reminded members that our region has received funding to implement three of NSW Health's Towards Zero Suicides initiatives ([click here for more information](#)), which includes two new services.

As part of designing what these new services will look like, a significant local co-design process will be happening over the next few months. AH emphasised that for this co-design to be successful, we will need a diverse range of perspectives to be involved, in particular:

- People with lived experience of suicidality – including those who have experience with the public mental health services and those who do not.
- People who work to support people experiencing suicidality – including those working in public, private and non-government organisations (NGOs).

AH directed members to a page on the Collaborative's website where people can find out more about the Towards Zero Suicides initiatives and express interest in being a part of the local co-design ([click here](#)). AH encouraged members to sign up for the co-design themselves, and help spread the word to others by directing people to the webpage.

ACTION 2: Members interested in getting involved with local co-design of Towards Zero Suicides initiatives sign up via Collaborative website (click here).	All
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ACTION 3: Members share the Towards Zero Suicides local co-design webpage with others who may be interested in getting involved.	All
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4. COVID-19 response

a. Supports & resources

EP reported a number of supports and resources have been set up to help people who may be struggling as a result of the COVID-19 pandemic. A [COVID-19 Supports & Resources](#) section has been created on the Collaborative's website to direct people to key information hubs where they can find out more about these

supports and resources. EP pointed out that the page also notes that most local services are still providing support amidst the COVID-19 shutdown measures, and advises people to contact service providers in the usual way to find out more.

Members shared suggestions for other supports to include on the webpage, including COORDINARE's and ACON's COVID-19 resource pages.

ACTION 4: Members review [COVID-19 Supports & Resources](#) section on the Collaborative website and send any feedback/suggestions to the Collaborative (suicideprevention@coordinare.org.au).

All

ACTION 5: Emma update [COVID-19 Supports & Resources](#) section on the Collaborative website with suggestions from members.

EP

b. Telehealth changes

LLi reported the government has loosened restrictions on the use of Telehealth to enable service providers to continue to offer support amidst the COVID-19 physical distancing measures. Local providers now have the opportunity to use Telehealth more in their service delivery and COORDINARE is working with providers to help them get set up. Members were encouraged to connect with COORDINARE's Digital Health Team for more information and support.

ACTION 6: Members contact COORDINARE's Digital Health Team (digitalhealth@coordinare.org.au or call 1300 069 002) for information and support on Telehealth.

All

RdJ asked if any funding is available to support service providers to invest in these technologies. LLi said there is no funding at this time, but this may change.

Members highlighted that many people in the community do not have the resources needed to access phone / video services (e.g. phone/computer, internet, mobile coverage). The move from face-to-face to phone / video service provision has increased the digital divide in our community and risks leaving many people without support options. This was strongly reinforced by members as a big issue in our communities. AW noted his role in the National Mental Health Commission (NHMC) and advised he will be taking this issue back to the NHMC so they can help address it.

ACTION 7: Alan raise access to digital health services as a significant issue for the National Mental Health Commission to help address.

AW

UPDATE: access to digital health services has been recognised by the Commonwealth Government as an issue. The Government is working with the telecommunications industry to identify actions to ensure everyone is able to access digital supports. Steps that have already been taken to address the issue include internet providers offering 'COVID-19' discount data packages or special arrangements for people on low incomes or experiencing hardship, and charities providing people with digital devices and offsetting data costs.

c. National COVID-19 updates

AW provided an update on recent supports announced by the government and resources available via the NHMC:

- [COVID-19 mental health supports package](#).
- [Primary Care package](#) (includes new Medicare items for Telehealth services mentioned above).
- [COVID-19 mental health support phone line](#) – dedicated line to support people struggling with COVID-19 that will complement existing support lines.
- Online COVID-19 mental health support information & resource hubs on [NHMC](#) and [Life in Mind](#) websites.
- [#InThisTogether](#) - targeted mental health communications campaign that highlights the role of the community in keeping connected and supporting each other.

AW reported the NHMC will also be putting out guidelines for messages around suicide prevention, in recognition of the impact COVID-19 and the shutdown measures may have on suicidality. CL emphasised that we need to be careful not to talk about suicide as if it is inevitable. Our messages must reinforce that it is not inevitable and that there are services and supports still available that can help people.

d. How can the Collaborative help?

AH noted the work the Collaborative has already done in response to COVID-19, including an article in the Illawarra Mercury and the new COVID-19 Supports & Resources page. AH said the Collaborative is keen to help the community through this difficult time in any way we can. Members were encouraged to share any other suggestions for other ways the Collaborative can help.

ACTION 8: Members send the Collaborative (suicideprevention@coordinare.org.au) suggestions for other ways we can help with the response to COVID-19.

All

5. State-wide opportunities

AH provided an update on initiatives planned, or happening, across the state (a number of which the Collaborative is involved with):

- [Evaluation of the Towards Zero Suicides initiatives](#) – \$3.34 million tender now open. There is a diverse range of supports/initiatives involved in the Towards Zero Suicides initiatives so NSW Health are looking for a collaboration of researchers to undertake the evaluation.
- **NSW Support Post-Suicide initiative** – tender for consortia of organisations to deliver Postvention services across the state. Tender due to open in April 2020.
- **NSW Suicide Prevention fund** – currently funding local activities, such as the Next Steps Aftercare Service. Members were encouraged to get ready for the next round of funding which is due to open in a couple months.
- **NSW Health Suicide Prevention Collaborative Guidelines** – in recognition of the value of a collaborative approach to suicide prevention, NSW Health is now looking to facilitate other regions to set up local collaboratives. Part of this will involve developing guidelines which representatives from our Collaborative will be centrally involved in.
- [Peer Support in Suicide Prevention research project](#) – a study examining the experiences and practices of peer support in suicide prevention is currently being conducted. Researchers will speak with peer workers

providing suicide prevention support as well as clients. Members involved with providing peer support were encouraged to participate in the study to help build the evidence.

- **Proposals the Collaborative is involved with:**

1. Warm-line - setting up a phone line people can call to speak with a person with lived experience of suicide and recovery. Proposal due to be submitted April 2020.
2. Suicide bereavement camp for kids – adapting current [Camp Magic](#) format to include specific elements for participants bereaved by suicide. Proposal due to be submitted April 2020.
3. Adapting psychological treatment work (including self-assessment tool and workshops) to alcohol & other drug workforce. Proposal submitted to Suicide Prevention Australia in February 2020 – waiting to hear back.
4. Next Steps Aftercare Service evaluation (funding to expand evaluation). Proposal submitted – waiting to hear back.

AH reinforced there is a lot of work happening at the moment and encouraged members to get in touch if they have any questions or would like to get involved.

ACTION 9: Members contact Alex (ahains@coordinare.org.au) for more information about the above.

All

6. Next meeting

Date: Thurs 14 May 2020
Time: 8:30-9:30am
Where: Videoconference (see dial in details below)

Please join the meeting from your computer, tablet or smartphone.

<https://www.gotomeet.me/SPCollaborative>

You can also dial in using your phone.

Australia: [+61 2 9087 3604](tel:+61290873604)

Access Code: 432-107-221