

Monthly Meeting Minutes – 12 December 2019
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
CLARE BATE	(CB)	ISLHD
CYNTHIA MCCAMMON	(CMc)	Catholic Education Office
DONNA JENKINS	(DJ)	St Vincent de Paul
EMMA PATERSON	(EP)	SP Collaborative
HELEN PIPER	(HP)	Neami National
JOAN GISSING	(JGi)	Department of Education
JOHN PULLMAN	(JPu)	ISLHD
LEANNE SCOTT	(LS)	Uniting
MARK WILDER	(MW)	Lived Experience
MARY-ANNE FLEETON	(MF)	Anglicare
REBECCA SNG	(RS)	Grand Pacific Health
RON DE JONGH	(RdJ)	Grand Pacific Health
SARAH ADAMS	(SA)	ISLHD
SARAH CIMINO	(SCi)	Kiama Community College
SARAH MCKENZIE	(SM)	COORDINARE
TIFFANY WESTON	(TW)	UOW

NOWRA:

ALEX HAINS	(AH)	SP Collaborative
ALISON TYE	(AT)	Rural Adversity Mental Health Program
ANN FRANKHAM	(AF)	Lived Experience
CLARE LESLIE	(CL)	Lifeline South Coast
CHRIS ARDLER	(CA)	South Coast Medical Service Aboriginal Corporation
GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
HEIDI INSTONE	(HI)	One Door Mental Health
MICHELLE DICKSON	(MD)	Waminda
SALLY CHILDS	(SCh)	One Door Mental Health
TEAGAN STARR	(TS)	Shoalhaven City Council

PHONE:

JOSEF GARRINGTON	(JGa)	ACON
VIDA BLIKAS	(VB)	SP Collaborative Executive; School of Psychology, UOW

APOLOGIES:

ALANNA ROODENRYS	(AR)	Community member
BRIDIE HAMILTON	(BH)	Lived Experience
CAITLIN KOZMAN	(CK)	WellWays
CARRIE LUMBY	(CLu)	Lived Experience

JENNA MACNAB	(JM)	Lived Experience
KATHRYN FITZPATRICK	(KF)	Lived Experience
KIM KELLY	(KK)	COORDINARE
KIM TONKINS	(KT)	NSW Ambulance
KYLEE DWYER	(KD)	Aftercare
LINDA LIVINSTONE	(LLi)	SP Collaborative Executive; COORDINARE
MARK ELLIS	(MA)	Flourish
MELISSA CAMERON	(MC)	Department of Education
NICKY SLOSS	(NS)	Association of Independent Schools
NICK GUGGISBERG	(NG)	Kiama Municipal Council
RACHEL NORRIS	(RN)	Lifeline South Coast
SARAH HOLMES	(SH)	Aftercare
TIM HEFFERNAN	(TH)	COORDINARE

2. Welcome and introduction

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

3. Implementation evaluation – preliminary findings

EP reminded members that Macquarie University have been conducting an implementation evaluation of the LifeSpan project across the four NSW trial sites – see more details in the [October 2019 monthly meeting minutes](#). The evaluation has predominately involved focus groups and interviews with people from each site, including 23 people from the Illawarra Shoalhaven. EP noted that people from our region have made up the bulk of the participants to-date.

EP and AH recently met with Macquarie University, the Black Dog Institute (BDI), the other NSW trial sites and the Paul Ramsay Foundation (funders of LifeSpan), to review the preliminary findings from the implementation evaluation. The following key recommendations were drawn out:

1. Structure

- Multi-sectoral, regional collaboration (whole of community approach)
- Lived experience threaded throughout collaborative structures
- Buy-in from state and commonwealth agencies

2. Funding

- Joint-funding of backbone staffing and other activities (e.g. events, communications etc.)
- Paid participation of people with lived experience
- Long term

3. Activity

- Evidence-based activities tailored to meet local needs, and informed by community involvement
- Integrated, systems approach – multiple activities aimed at improving the system of care

4. Evaluation

- Formative evaluation embedded into all elements of work including:
 - Activities
 - Implementation

EP asked members to provide feedback on whether these recommendations capture everything we would want to recommend, or if there is anything missing. MW and AF commented the recommendations look good. RdJ asked if the evaluation identified anything that we could do differently. AH responded that the evaluation has involved comparison between the NSW trial sites, and our region has been seen to be on the right track, which is why the recommendations align with our way of working. AH noted that our region is the only site with a local commitment to the long term funding of backbone staff. This was a noticeable difference between our site and others, and has been found to be crucial. These recommendations will help us continue to advocate for this approach moving forward.

EP reported the Collaborative is now working with the other NSW trial sites, BDI, Paul Ramsay Foundation and Macquarie University to prepare a position paper with these recommendations for the National Suicide Prevention Taskforce. The Taskforce are providing the Prime Minister with a report that will help inform the 2020 Federal Budget. The above recommendations align with elements already in the report and will help reinforce it.

EP pointed out that the Collaborative can also prepare their own position statement if members would like to add to these recommendations. Members were invited to reflect on the recommendations and send through any further thoughts or comments.

ACTION 1: Members send feedback on recommendations to Alex/Emma (suicideprevention@coordinare.org.au).

All

3. Working group updates

a. Psychological treatment

AH reported the psychological treatment working group is looking to support local clinicians to set up Communities of Practice (CoPs), also known as peer supervision groups, so they can continue to support each other's practice in the area of suicide prevention. AH noted a large number of people at the recent psychological treatment workshops expressed interest in joining a CoP, including eight people who put their hand up to coordinate the groups.

AH reported this group is also looking at how we can support organisations to train their staff to provide evidence-based psychological treatment for people who are suicidal.

b. Safe Space

AH reported the Shelter peer support group had their first meeting on the 28th November, and will continue to meet on the second and fourth Thursday of the month (including Boxing Day).

[Click here to view Shelter group flyer.](#)

AT asked where the Shelter group is meeting. AH responded the first Shelter group has been set up in Wollongong. This group will act as a trial before we look to set up more groups elsewhere. Facilitators of the Wollongong Shelter group are happy to travel to help set up and facilitate a group in other areas.

c. Community interventions

BB provided an overview the projects and achievements of the community working group this year:



- [Where to go for support resource](#): 40,000 where to go for support cards have been distributed since June, and a further 20,000 have been printed. Work has also started to adapt the resource for culturally and linguistically diverse (CALD) communities.
- Two [videos](#) of people with lived experience sharing key messages for the community have been published on the Collaborative's website and social media. Over 1,000 people have viewed the videos in just over a month.
- Universal evaluation of local community suicide prevention trainings is being set up. Local trainers have started using the evaluation surveys and are working to refine the process before inviting other trainers to get involved.
- Local trainers Facebook group will be set up so trainers can connect to share learnings, support each other etc.

BB reported the group has also started looking at how to involve people with lived experience in training delivery and will start progressing this in the new year.

d. School interventions

JGi reported the schools working group has been working on a communication protocol for after a suicide. The primary purpose of the protocol is to ensure we can quickly identify who may be affected by a suicide so we can then offer support as soon as possible. An 'Education Response Team' (ERT) made up of representatives from the Department of Education, Catholic Education Diocese of Wollongong, School-link and the Collaborative will be involved in coordinating a response across the education sector. JGi noted the group has drafted the protocol and will now test the process using case studies.

JGi also reported that the Collaborative and Be You recently presented to local school principals about what they can do to support mental health in their school community and what resources are available. JGi commented that the principals found it helpful to see the bigger picture of how what's happening in schools fits in with other work being done across the community. Principal forums will be a good avenue for us to communicate with schools moving forward.

EP gave an update on plans for the YAM program next year. Seventeen of 20 public schools have expressed interest in doing YAM in 2020 so far; 10 have been booked in for Term 1 and seven have been notified they could receive the program in Term 2. CMc confirmed that CEDoW will be delivering YAM in all their schools. AH noted that the Collaborative will be working with schools who aren't getting YAM to see what they can do. CL asked if the YAM program schools/dates will be published on the Collaborative's website. EP confirmed they will be published once the dates are finalised.

EP highlighted that with all these YAM programs happening again in 2020 we will need lots of volunteer YAM Helpers to help deliver the program. Recruitment of YAM Helpers has started, with the next YAM Helper training scheduled for the 31st January 2020. EP reported 26 YAM Helpers have already been recruited, and encouraged members to promote the YAM Helper opportunity across their networks. TW said she will continue to promote the opportunity to UOW Bachelor of Psychology students.

[Click here for more details about being a YAM Helper.](#)

e. **Postvention for families**

EP reported that a working group has been set up to look at how we can better support children and families after they lose a loved one to suicide. The group is starting by developing an online resource hub with information for people bereaved by suicide. AH acknowledged the generosity and courage of the people in this group who have been bereaved by suicide and are using their experience to help others.

f. **Data driven suicide prevention**

AH reported the data working group recently looked at [COORDINARE's Population Health Profile](#) to see how we can use his information to our inform our work. AH noted useful information in the report and encouraged members to check it out.

g. **Aboriginal suicide prevention**

MD reported the Aboriginal working group is continuing to work with members of the Wreck Bay community to organise community consultation for next year. MD also welcomed CA from South Coast Medical Service Aboriginal Corporation to the working group.

AH gave an exciting update that the 50th anniversary Koori Knockout event will be held in Bomaderry in October next year. AH highlighted this is a major event and great opportunity for local communities to come together. The Aboriginal working group will be involved with supporting the event.

4. **Review of 2019**

AH said that now we are at the end of the year, it is an important time to reflect on all the work that has been happening. AH commented on how far the Collaborative has come since starting in 2015, noting key milestones such as tendering for LifeSpan in 2016 and starting work on the LifeSpan initiatives in 2017. AH noted that in 2018 we made a lot of progress in the community activities, but also agreed we need to focus more on improving supports.

AH highlighted key achievements from 2019 which show we have made more progress in the health strategies:

- *Next Steps Aftercare Service*: another 100+ people accessed Next Steps in the critical period after presenting to an Emergency Department.
- *Health professional training*: 350+ health professionals have been trained with up-to-date suicide prevention skills, and 150 health professionals reflected on their practice with the self-assessment tool.
- *StepCare*: 300+ people going to the GP have been screened for mental health issues.
- *YAM*: 2019 saw more schools participating in YAM and now almost 6,000 young people have participated in the program.
- *QPR online*: 4,000+ people have now signed up to QPR online, half of whom accessed the training via their workplace.
- *'Where to go for support' resources*: 40,000 of the where to go for support cards are out in the community.
- *Campaigns*: the [videos](#) of lived experience members promoting messages of hope and encouraging people to seek help have been viewed by 1,000+ people in just one month.

AH also noted that this year the Collaborative has made considerable effort to try to document the work we are doing and the way we are working, in order to advocate for other regions to take a similar approach. The Collaborative's [report card](#) and [evaluation video](#) have gained a lot of interest from State and Federal governments as well as the National Suicide Prevention Taskforce.

RdJ congratulated everyone on these achievements and noted the indirect impact of the Collaborative such as local organisations attracting funding for suicide prevention activities.

5. Towards Zero Suicides initiatives coming in 2020

JP gave an update on the [Towards Zero Suicides](#) initiatives, a number of which will be starting in the Illawarra Shoalhaven in 2020. JP noted suicide prevention is now both a Premier's and Prime Minister's priority which is translating to funding opportunities, such as these initiatives, coming to our region. The NSW Ministry of Health have been running state-wide co-design workshops on these initiatives to identify some of the core elements. Local co-design workshops will then be held early next year to work out what the initiatives will actually look like locally.

SA asked if drug and alcohol can be invited to be a part of the planning of the initiatives. JP said yes and noted others interested in this work will also have the opportunity to get involved via the local co-design workshops.

AH pointed out that Toward Zero Suicides initiatives signal an acknowledgement from NSW Health that the system could be working better and we need to take a new approach. AH also noted that the initiatives as a whole are aiming to improve existing supports as well as increase the range of supports available by designing new supports, and not all the initiatives will be delivered by NSW Health.

MD emphasised that the Aboriginal Community Controlled Health Organisations (ACCHOs) need to be involved in the work done in Emergency Departments. JP agreed this will be important. AH reinforced that we are at the beginning of the process, but we will definitely have a working group/s for these initiatives that people will be welcome to get involved with.

ACTION 2: John & Alex keep members posted on Towards Zero Suicides initiatives.

JP/AH

6. Additional items – monthly meetings 2020

EP noted updates have been made to the Collaborative website including new pages: '[What are we working on?](#)' and '[Spread the word](#)'. EP encouraged members to explore the new website and send through any feedback.

ACTION 3: Members view updated [Collaborative website](#) and send any feedback to Alex/Emma (suicideprevention@coordinare.org.au).

All

7. Next meeting

Date: Thurs 13 February 2020
 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