

Monthly Meeting Minutes – 8 February 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:

CARLIE SCHOFIELD	(CS)	Illawarra Aboriginal Medical Service
EMMA RINGLAND	(ER)	Project Coordinator, SP Collaborative
HEATHER MCCARRON	(HM)	TAFE NSW
JOAN GISSING	(JG)	Department of Education
LINDA LIVINGSTONE	(LLi)	SP Collaborative Executive; COORDINARE
MARY-ANNE FLEETON	(MF)	Anglicare
MELISSA CAMERON	(MC)	Department of Education
REBECCA SNG	(RS)	SP Collaborative Executive; Grand Pacific Health
RON DE JONGH	(RDJ)	Grand Pacific Health
SARAH MOXON	(SM)	NSW Ambulance
TIM HEFFERNAN	(The)	SP Collaborative Executive; Lived Experience Representative
TOM MCCOLL	(TM)	Shellharbour City Council

NOWRA:

ANN FRANKHAM	(AF)	Lived Experience
CLARE LESLIE	(CL)	Lifeline South Coast
GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
MICHELLE DICKSON	(MD)	Waminda

APOLOGIES:

ALEX HAINS	(AH)	Regional Manager, SP Collaborative
ARMANDO REVIGLIO	(AR)	Wollongong City Council
CYNTHIA MCCAMMON	(CM)	Catholic Education Office
FAYE WORNER	(FW)	Waminda
JANET JACKSON	(JJ)	NSW Trainlink
JUDITH SIMONS	(JS)	One Door Mental Health
JULIE CARTER	(JC)	SP Collaborative Executive; ISLHD
LORNA MOXHAM	(LM)	School of Nursing & Global Challenges, UOW
LYNN LANGHORN	(LLa)	ISLHD
MARK WILDER	(MW)	Lived Experience
MELISSA ANDREWS	(MA)	Shoalhaven City Council
MICHELLE ELLIS	(ME)	Anglicare
NICK GUGGISBERG	(NG)	Kiama Council
NICKY SLOSS	(NS)	Association of Independent Schools
ROBYN ZELVIS	(RZ)	Department of Education
ROZ JENNINGS	(RJ)	Department of Education
SANDRA BOLACK	(SB)	iSPAN
VIDA BLIOKAS	(VB)	School of Psychology, UOW
WENDI HOBBS	(WH)	Shoalhaven Suicide Prevention Awareness Network

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 is planning to meet at the end of February. The group will be focusing on ways to build capacity around effective suicide prevention of the existing workforce.

b. WG2 (community interventions)

ER reported WG2 met for the first time this week. ER noted WG2 works on three of the LifeSpan strategies, gatekeeper training, community awareness campaigns and media, and provided an update on plans for 2018.

WG2 will be continuing to engage major employers across the region in the Question Persuade Refer (QPR) online training. ER noted Waminda and Shellharbour Council have recently committed to training their staff/communities in QPR, and staff at COORDINARE, Wollongong Council and Kiama Council have already started doing the training. All other Collaborative members were encouraged to sign their organisation up to QPR.

ER noted the Applied Suicide Intervention Skills Training (ASIST) is another evidence-based, community suicide prevention training being endorsed as part of LifeSpan. CL reported Lifeline South Coast is running an ASIST on Thursday 22nd and Friday 23rd March at the MIND the GaP building, UOW Shoalhaven Campus – [click here for ASIST workshop flyer](#).

ACTION 1: Collaborative members to distribute upcoming [ASIST workshop flyer throughout](#) across their networks.

ALL

WG2 is developing a local calendar of events which identifies key dates/events which provide an opportunity to engage the community in suicide prevention activities, particularly gatekeeper training. The calendar of events is also being used to organise a proactive reporting media schedule which promotes stories of hope and recovery. ER noted upcoming events:

- [Ride for Jase](#) function: Friday 9 February, 4.00pm - 7.00pm, Thirroul Surf Club Function Centre
- Youth Aware of Mental Health rollout

ACTION 2: Emma send Collaborative members invitation to Ride for Jase function.

ER

As part of the media strategy, WG2 is also working to engage local journalists and spokespeople in training on the safe and responsible reporting of suicide in the media. ER noted the [Mindframe National Media Initiative](#) (Mindframe) has developed guidelines for media and their team delivered a media training, called 'Mindframe Plus', in Kiama last year. ER reported Mindframe have offered to provide additional training early this year, aiming to reach more journalists by delivering training and resources to the journalists in their own newsrooms. The additional training is being planned for April.

ER also noted a recent beyondblue study which highlights the ability for gatekeeper training to make a real difference in suicide prevention. ER reported the study will be used to promote QPR in local media – [click here for media release](#).

ACTION 3: Emma distribute [media release](#) to Collaborative members.

ER

c. WG3 (school interventions)

JG reported WG3 has been busy preparing for the rollout of the Youth Aware of Mental Health (YAM) program. YAM is a mental health program being rolled out with Year 9 students across the region in Term 1 and Term 2 this year, onwards. JG reported 25 schools booked in so far and the first program started on Tuesday.

YAM is delivered by a trained YAM Facilitator with the help of a volunteer YAM Helper. WG3 has been involved with recruiting and training YAM Helpers and is now working to allocate facilitators and helpers to all 25 schools. JG highlighted the collaboration between the Department of Education, Catholic Education Office, Association of Independent Schools and headspace, which has been a major success factor in the planning and rollout of YAM.

JG noted WG3 also been working to prepare the school communities for YAM by:

- Engaging schools in QPR online training. JG noted Edmund Rice College, St John’s in Nowra and Wollongong High School of Performing Arts are already training their staff in QPR.
- Engaging school counsellors in Advanced Training in Suicide Prevention.
- Preparing information and resources for parents, which will also refer them to QPR online training.
- Identifying and notifying local support services that YAM is happening.

The YAM school schedule for 2018 is available on the Collaborative website ([click here](#)).

d. WG4 (data-driven suicide prevention)

LLi reported WG4 had their first meeting for 2018 last week. The group has reviewed the Suicide Audit report and is now working out the best way to communicate the information to the community as part of the dashboard. LLi emphasized the group is considering what information is going to be most helpful as well as safe for community members to know.

e. WG5 (Aboriginal suicide prevention)

MD reported WG5’s first meeting for 2018 will be on 20th February and that members from other Aboriginal services have been invited to join the group. MD also noted Waminda is doing a lot of work with young people and is interested in having someone trained as a YAM Facilitator when the next Facilitator training is scheduled.

4. What is happening in General Practice?

LLi highlighted that the beauty of being a part of the Collaborative is that members can see how their work is fitting into the bigger picture and contributing to suicide prevention in the community.

LLi reported that as the region’s Primary Health Network, COORDINARE, is well placed to drive the work relating to building capacity of General Practice to identify and support people in distress. This includes the implementation of

the Black Dog Institute's (BDI) 'StepCare', a universal screening tool which looks for symptoms of depression and anxiety, drug and alcohol use. COORDINARE have set aside funding and staff for the rollout of StepCare.

LLi explained what the use of StepCare in General Practice will look like. People presenting to a General Practice for any reason, not just mental health issues, will be asked to do a brief survey about their mental health on a mobile tablet. The survey results and recommended treatment options will then be sent to their doctor so that they can start a conversation about the person's mental health and refer them to the appropriate treatment option.

LLi emphasised that although the initiative sounds simple, lots of work goes in to setting it up and preparing General Practices for the rollout. To-date, COORDINARE has already collected Expressions of Interest from 12 practices across the region, which shows there is a high level of interest. COORDINARE's Health Care Consultant team have been trained in StepCare and will now work with practices in the more detailed set up of the screening tool. StepCare is planned to go live in early March 2018.

LLi highlighted key learnings from planning the StepCare rollout:

- It is important to take your time to plan and think through all the potential issues to ensure you get implementation as close to right as possible the first time and do not lose stakeholder engagement.
- Ensuring stakeholders are ready for and open to the initiative is essential e.g. COORDINARE scoped out the need for and interest in StepCare prior to introducing it to General Practices.
- Providing context and communicating that what you are doing is a part of a larger action to prevent suicide is big driver of engagement.
- Developing a culture of action and reflection will enable key learnings to be shared across the team.

MD reported that Waminda has a mental health nurse screening people for mental illness and invited LLi to contact them to find out what they have been learning through this initiative.

MC asked if StepCare is for a specific age range, noting that lots of young people do not go to local services, but all young people will go to their GP. LLi reported the tool is only appropriate for people aged 18 years and over who are able to read English. LLi noted they have had enquiries from practices about translating the tool into Arabic and Chinese.

5. What is happening in schools?

MC provided an overview of YAM, noting its novel approach which does not 'teach' mental health, rather introduces ideas/concepts about mental health to young people and allows them to discuss it. MC highlighted that YAM has the potential to upskill a whole generation of young people in managing their own mental health.

MC reported 25 schools in the region are already signed up to YAM. Some of these schools have up to 10 year 9 classes who undertake the program simultaneously, highlighting the extent of resources, time and effort which has been put into YAM across all the education sectors.

MC noted that the YAM program was developed and proven to be effective overseas, and will be evaluated by BDI to see if it also works in Australia. Three schools in the Illawarra Shoalhaven have already been identified to be included in this study.

MC reported the YAM Helper training held in January was attended by 54 local community members. YAM Helpers have started to be assigned to schools, and there are still schools which need more YAM Helpers. LLI asked if another training will be held as the timing of the first training was a barrier for many people. CL also asked whether another EOI should be sent out via the Collaborative. ER noted that another training/recruitment is not yet required as the current recruitment pool of YAM Helpers are still being given the opportunity to sign up to the spots available and WG3 is exploring other avenues to recruit helpers, including UOW and Tafe students. MC noted that for those with experience working in a classroom environment a half-day training would not be required, and they are welcome to contact her if they would like to get involved.

ACTION 4: Collaborative members with experience in working with young people contact Melissa Cameron (melissa.cameron@det.nsw.edu.au) if interested in volunteering to help with YAM.

All

RDJ emphasised the magnitude of the YAM project, highlighting the collaboration across the education sector which has made the delivery of YAM across such a large number of schools possible.

LLi reinforced the value of knowing how your work fits in to the bigger picture and how this can help organisations/community members get involved.

6. Additional items

RDJ reported the Wollongong Youth Reference Group won the community group of the year in the 2018 Australia day awards. RDJ highlighted the group as a wonderful example of the positive action of young people with mental health issues.

TH noted an upcoming peer led suicide prevention program, [Alternatives to Suicide Forum](#) which is being held in Sydney on Friday 9th March 2018 ([click here](#) for details).

7. Next meeting

Date: Thurs 8 March 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.