

Monthly Meeting Minutes – 14 February 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:

ALEX HAINS	(AH)	SP Collaborative
ADAM BRYANT	(ABr)	ISLHD
CARRIE MILLER	(CM)	Lived Experience
COREY DE BRUIN	(CdB)	Lived Experience
DANIEL ERAK	(DE)	APM employment services
EMMA RINGLAND	(ER)	SP Collaborative
ERIC CAINE	(EC)	University of Rochester USA (visitor)
HELEN PIPER	(HP)	Neami National
JANET JACKSON	(JJ)	NSW Trains
JOAN GISSING	(JG)	Department of Education
KELLY LANE	(KL)	St Vincent de Paul Society
LAURA SERGEANT	(LS)	Settlement Services International
MARK WILDER	(MW)	Lived Experience
MARY-ANNE FLEETON	(MF)	Anglicare
NIKITA TOMPKINS	(NT)	Battle of the Countries
RACHEL NORRIS	(RN)	Lifeline South Coast
ROD BROAD	(RB)	Battle of the Countries
SUE TRUMAN	(ST)	ISLHD
VIDA BLOKAS	(VB)	SP Collaborative Executive; School of Psychology, UOW

NOWRA:

CLARE LESLIE	(CL)	Lifeline South Coast
GLENN WLLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
LINDA LIVINSTONE	(LLi)	SP Collaborative Executive; COORDINARE
MICHELLE DICKSON	(MD)	Waminda
SHARLENE CRUICKSHANK	(SC)	SP Collaborative Executive; South Coast Medical Service Aboriginal Corporation
WENDI HOBBS	(WH)	SSPAN

APOLOGIES:

ANN FRANKHAM	(AF)	Lived Experience
ARMANDO REVIGLIO	(AR)	Wollongong City Council
BRIAN BOULTON	(BB)	Citylife Community Initiatives
CATHERINE CAMPBELL	(CC)	Shoalhaven City Council
ERIN HIESLEY	(EH)	ISLHD
GEOFF OLSEN	(GO)	Police, Wollongong LAC
KIM KELLY	(KK)	COORDINARE
MICHELLE ELLIS	(ME)	Anglicare
REBECCA SNG	(RS)	SP Collaborative Executive; Grand Pacific Health
TIFFANY WESTON	(TW)	UOW
TOM MCCOLL	(TM)	Shellharbour City Council



## 2. Welcome and introduction

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

## 3. Working Group (WG) updates

### a. WG1 (health interventions)

AH reported that WG1 have been looking at proposals for how we can spend the additional LifeSpan funding allocated to health interventions. Proposals are being prepared for the [Recovery Camp](#) and SafeSpace.

ER reported that WG1 is reviewing a proposal to fund 10 health professionals to attend the [Recovery Camp](#), costing \$25,000 in total. Since only a small proportion of the workforce can attend the camp, WG1 will need to work out how to spread the influence of the Recovery Camp to maximise the impact. ER noted that an additional benefit of funding these health professionals, is that Recovery Camp will be able to fund more people with lived experience to attend.

CM reported that a group of people with lived experience are working together to develop a proposal for a 'SafeSpace', a non-clinical alternative to Emergency Departments for suicidal people. The group started by reviewing existing international and national models, and have now defined what the core elements of a local SafeSpace should be. AH noted that funding for non-clinical alternatives to ED is anticipated for mid-year. The lived experience group has prepared the proposal to the point where they would like to invite other Collaborative members to get involved. AH invited members to get in touch if they are interested and we will walk them through the draft SafeSpace proposal.

ACTION 1: Collaborative members interested in getting involved with the SafeSpace proposal email Alex/Emma ([suicideprevention@coordinare.org.au](mailto:suicideprevention@coordinare.org.au)).

All

AH reported that there are a number of health professional trainings coming into the region. An email inviting Collaborative members to express interest in available trainings was sent out a few weeks ago. One of these is a training called SafeSide, which is around risk formulation. SafeSide will be run in Shellharbour on Thursday 4<sup>th</sup> April and is being funded by the Ministry of Health.

ACTION 2: Collaborative members who would like the Health professional training EOI resent contact Alex/Emma ([suicideprevention@coordinare.org.au](mailto:suicideprevention@coordinare.org.au))

All

### b. WG2 (community interventions)

CL reported that WG2 has developed a Support resource for Adults that aims to provide a succinct list of available support services. WG2 have localised the resource where possible, however have also included national services. CL highlighted that there are a lot of great services available locally, however the resource has been kept to one page to make sure it is easy to use. CL invited Collaborative members to provide feedback on the resource.

MW suggested Salvation Army First Floor Program is added to the 'Help with a crisis' section. Group noted that the crisis section currently only includes 24 hour services. AH pointed out that there is a QR code on the resource that

takes people to the [Need-Help page](#) on the Collaborative's website, where we can have a more exhaustive list of local services.

CM asked if there was anything on the resource about family violence. LLI noted that NSW Family Referral Service would deal with family violence. It was suggested that the word 'violence' is added to the yellow box on the resource so that it is clear that those services can help with family violence.

ST noted that the Link2Home Information Line phone number is also missing.

**ACTION 3: Emma update Support resource for Adults and take back to WG2 to finalise.**

ER

AB suggested that the resource be turned into a fold up card that people can put in their wallets. Group was supportive of this idea but noted the cost of printing these cards. AH highlighted that if we are going to develop a resource it might as well be useful. ER noted the additional LifeSpan funding could be used to print the resource.

CL asked Collaborative members for ideas on how we can distribute the resource. Ideas included:

- Sharing resource with organisations
- Printing large posters that can be put up in the community (e.g. bus stops and train stations)
- Place resource in public toilets
- Automatically send resource to people when they complete [Question Persuade Refer \(QPR\) online](#)

CL invited Collaborative members to send any further ideas to Alex and Emma for sharing with WG2.

**ACTION 4: Collaborative members send feedback on Support resource for adults as well as ideas for how to disseminate it to Alex/Emma ([suicideprevention@coordinare.org.au](mailto:suicideprevention@coordinare.org.au))**

All

CL reported Lifeline South Coast have developed an online tool to help people find and choose between local community suicide prevention trainings. The tool can be found on the [Gatekeeper Training page](#) of the Lifeline South Coast website. CL encouraged Collaborative members to test out the tool and send through any feedback.

**ACTION 5: Collaborative members test out [Lifeline South Coast Gatekeeper Training online tool](#) and send feedback to Clare Leslie ([clare.leslie@llsc.org.au](mailto:clare.leslie@llsc.org.au))**

All

### c. WG3 (school interventions)

ER reported that the second year rollout of the Youth Aware of Mental Health (YAM) program started last week with five schools already underway. So far, 26 schools have already booked in for YAM this year. We are expecting another 4 schools to come on board in the next month.

ER noted that YAM is delivered by a trained YAM Instructor with the help of a volunteer 'YAM Helper'. This year 63 new YAM Helpers have been trained, bringing the total number of local YAM Helpers to 157. YAM Helpers have been so eager to get involved that WG3 has been able to allocate 2 YAM Helpers to each class. ER emphasized that this opens up more opportunities for YAM Helpers to get involved, but also provides a back-up in case someone drops out, which is a common occurrence. WG3 is now looking at how to improve the process for recruiting and liaising with YAM Helpers to try and reduce drop outs.

ER noted that the current [YAM schedule for 2019](#) will be posted on the Collaborative website so Collaborative members can be aware of which schools are participating in the program and when.

**ACTION 6:** Emma publish [YAM schedule for 2019](#) to Collaborative website.

ER

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

AH reported WG4 have been continuing to map out the intended intermediary outcomes of the activities we are doing. This will help us get a better understanding of how the activities we are doing are meant to impact on suicide. It will also help us work out how to measure our progress.

**a. WG5 (Aboriginal suicide prevention)**

MD reported that WG5 has been looking at what community events they can work together to support this year. The group have chosen Sorry Day. SC provided an overview of Sorry Day events. MD noted that WG5 will put together a stall so they can get information about local services and trainings available, out into the community.

MD reported that Waminda and South Coast Medical Service Aboriginal Corporation have just launched an after-hours support line. The support line will be piloted with the services' clients before it goes out to the rest of community.

**4. Battle of the Countries**

RB did Acknowledgement of Country. RB thanked the Collaborative and APM Disability Employment Services for supporting the recent Battle of the Countries rugby league knockout event. AH acknowledged the contributions of Shane Venables and Dale Wright who helped out at the event.

RB reported that the Battle of the Countries was about bringing communities together and highlighting the role men can play in the community as role models for younger generations. There was over 500 participants from 22 teams coming from across the country. DE noted that there were also a lot of family members there for support.

RB noted that they will be looking to do an even better event next year. AH reaffirmed that the Collaborative will look to support the event again in any way we can.

NT spoke about the artwork on the jerseys which was all about communities coming together. AH noted that the Collaborative logo was also printed on all of the team's jerseys. Lli suggested that jerseys could be made up for future events.

RB presented Collaborative and ACCHOs with appreciation plaque and team jerseys.

AH reported the Collaborative will do a [media release](#) about the event, promoting the QPR online training, to help maximise the impact.

**ACTION 7:** Alex/Emma publish [media release](#) on Battle of Countries event on Collaborative website

AH/ER

**5. Workshop: Mental Health Productivity Submission**

Lli noted that the Productivity Commission has released an [issues paper](#) for their enquiry into mental health. Lli went through some of the key questions in the issues paper for Collaborative members to consider:

1. What changes do you recommend to healthcare to address the specific issues of suicides and comorbidities among people with a mental illness? What evidence is there to support your suggested actions and what

types of improvements would you expect in terms of population mental health, participation and productivity?

2. Does the configuration and capabilities of the professional health workforce need to change to improve where and how care is delivered? If so, how should the workforce differ from current arrangements? How would this improve population mental health, participation and productivity?
3. Are the disability support pension, carer payment and carer allowance providing income support to those people with a mental illness, and their carers, who most need support? If not, what changes are needed?
4. What are the barriers to achieving closer coordination of health, mental health and non-health services and how might these be overcome?
5. How could funding arrangements be reformed to better incentivise service providers to deliver good outcomes, and facilitate coordination between government agencies and across tiers of government?

Members of the Collaborative will be meeting with the Commission on Monday 25<sup>th</sup> February. LLI encouraged Collaborative members to send their responses or ideas for the submission to the Collaborative in preparation for this meeting. The Collaborative may also prepare a written submission.

**ACTION 8:** Collaborative members send responses to questions in Productivity Commission mental health enquiry issues paper to Alex/Emma ([suicideprevention@coordinare.org.au](mailto:suicideprevention@coordinare.org.au)) by Friday 22<sup>nd</sup> Feb.

All

## 6. Other

### a. Lifeline South Coast 50<sup>th</sup> Birthday celebration

RN noted that Lifeline South Coast is holding a 50<sup>th</sup> Anniversary Gala Dinner in Wollongong on 16<sup>th</sup> March 2019 ([click here for more information](#)).

### b. Rail Industry April RUOK? Day

JJ reported that the Rail Industry will be holding RUOK? Day events throughout the week of 11<sup>th</sup> April 2019. ER suggested that these events will be a good place to promote QPR online. AH reaffirmed that the Collaborative would be keen to support these events.

**ACTION 9:** Janet send details of Rail Industry RUOK? Day events to Emma ([eringland@coordinare.org.au](mailto:eringland@coordinare.org.au))

JJ

### c. Collaborative's Health Professional Mailing list

ER reported that the Collaborative has set up a mailing list specifically for health professionals. The first email went out this week ([click here to view](#)). Members were invited to sign up to the mailing list via the Collaborative website ([click here](#)) and share the link with their colleagues.

## 7. Next meeting

Date: Thurs 14 March 2019  
 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 2019 available [here](#). Please put these dates into your diary.