

Monthly Meeting Minutes – 13 February 2020
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
ANN FRANKHAM	(AF)	Lived Experience
CAITLIN KOZMAN	(CK)	WellWays
CARRIE LUMBY	(CLu)	Lived Experience
CLARE BATE	(CB)	ISLHD
CYNTHIA MCCAMMON	(CMc)	Catholic Education Office
EMMA PATERSON	(EP)	SP Collaborative
FIONA READ	(FR)	COORDINARE
HELEN PIPER	(HP)	Neami National
JACQUIE SAUNDERS	(JS)	NSW Ambulance
JOHN PULLMAN	(JPu)	ISLHD
MARK ELLIS	(MA)	Flourish
MARK WILDER	(MW)	Lived Experience
MARY-ANNE FLEETON	(MF)	Anglicare
OLIVER ALEMAN	(OA)	NSW Ambulance
SARAH ADAMS	(SA)	ISLHD
SARAH MCKENZIE	(SM)	COORDINARE
TIM HEFFERNAN	(TH)	SP Collaborative Executive; Lived Experience

NOWRA:

ALISON TYE	(AT)	Rural Adversity Mental Health Program
CHRIS ARDLER	(CA)	South Coast Medical Service Aboriginal Corporation
GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
HAYLEE SARIS	(HS)	One Door Mental Health
KIM KELLY	(KK)	COORDINARE
LINDA LIVINSTONE	(LLi)	SP Collaborative Executive; COORDINARE
SALLY CHILDS	(SCh)	One Door Mental Health
SHARLENE CRUICKSHANK	(SCr)	SP Collaborative Executive; Waminda
WENDI HOBBS	(WH)	ISLHD, SSPAN

PHONE:

JOSEF GARRINGTON	(JGa)	ACON
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APOLOGIES:

ALANNA ROODENRYS	(AR)	Community member
BRUCE MCMILLAN	(BC)	Lived Experience
COREY DE BRUIN	(CdB)	Lived Experience
DONNA JENKINS	(DJ)	St Vincent de Paul
JOAN GISSING	(JGi)	Department of Education

KATHRYN FITZPATRICK	(KF)	Lived Experience
JULIE CARTER	(JC)	SP Collaborative Executive; ISLHD
KYLEE DWYER	(KD)	Aftercare
LEANNE SCOTT	(LS)	Uniting
MELISSA CAMERON	(MC)	Department of Education
REBECCA SNG	(RS)	SP Collaborative Executive; Grand Pacific Health
RENEE GREEN	(RG)	Lifeline South Coast
SARAH CIMINO	(SCi)	Kiama Community College
SARAH HOLMES	(SH)	Aftercare
TEAGAN STARR	(TS)	Shoalhaven City Council

2. Welcome and introduction

AH welcomed attendees and did Acknowledgement of Country and Acknowledgement of people with lived experience. SCr also acknowledged that today is the 12th anniversary of Kevin Rudd's apology to Australia's first nation's people.

3. Working group updates

a. Psychological treatment

AH reported the psychological treatment working group is looking at how to support local peer supervision groups (Communities of Practice), for example by developing resources and reflection questions.

b. Alcohol & other drugs (AOD)

AH noted a new working group has been set up to focus on alcohol and other drugs (AOD), an area that was absent from the LifeSpan project but our community has an increasing appetite to work on. The group will start by looking at how to apply the self-assessment tool and workshops developed for health professionals providing psychological treatment, to the AOD workforce, so they can make sure the care they are providing is aligned with the latest evidence. AH reported that the group has submitted an application for Suicide Prevention Australia's Innovation Grant to fund this work. SA noted they are also looking to apply for ISLHD's Translational research grant.

c. Towards Zero Suicides

JP updated members that the Illawarra Shoalhaven Local Health District (ISLHD) has now received funding for four of the [Towards Zero Suicides](#) initiatives:

1. Rural counsellor
2. Zero Suicides in Care
3. Alternatives to Emergency Departments
4. Assertive Outreach Suicide Prevention Team

A Steering Group consisting of representatives from ISLHD, the Collaborative and people with lived experience has been set up to oversee the implementation of these initiatives. The group met for the first time on the 7th February.

JP highlighted that the Ministry of Health has made it clear that the shape of these services needs to be determined by a genuine co-design process, during which Collaborative members will have the opportunity to

have input. AH noted that the Collaborative will be helping to facilitate the co-design process across the region, and we will need members to help make sure the right people are involved.

d. Safe Space

CM noted that the Towards Zero Suicides Steering Group will work alongside the Safe Space working group. This has been stated in the Steering Group’s Terms of Reference, and there are people with lived experience who sit in both groups. The Safe Space working group has been looking to set up non-clinical supports, including an Alternative to ED, for the last 18 months, which puts us in the good position to do a good job on these initiatives.

CM provided an update on the Shelter peer support group, which has been up and running in Wollongong since November last year. CM said they are now ready to promote the group more broadly and invited members to share the flyer with their networks. AH noted that the group is not something you can formally refer people to. If individuals or services have questions about the group, they can call Bruce or Carrie (details on the flyer).

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

MW asked if the Shelter group can be promoted on social media. CM said this can be discussed at the Safe Space working group meeting on Tuesday 18th February.

UPDATE: the Safe Space working group agreed to keep promoting the Shelter group only through the Collaborative’s network for now, and look at broader promotions e.g. on social media, in public places, further down the track. To help Collaborative members promote the Shelter group, BC will provide Collaborative members with more information about what the group is and how it works at the next monthly meeting.

ACTION 1: Members promote Shelter group across their networks.	All
ACTION 2: Bruce provide overview of Shelter group at March monthly meeting.	BC

e. Community interventions

EP reported the community working group is currently planning two local screenings of a documentary called [Happy Sad Man](#). The film takes a look at mental health and masculinity, exploring the hopes, anxieties, joy and darkness and the raw vulnerability of five very different Australian men. It is a hopeful film and there is a lot of happiness and laughter.

The two screenings will likely be held in mid-May, one in Gerringong and one in Wollongong. Each screening will go for about three hours, including the 90 minute film, followed by a 90 minute Q&A panel with the filmmaker, men from the film and potentially some local people. CM highlighted the generosity of the filmmaker, Genevieve Bailey, who is supporting these local events pro bono. EP emphasised that all Collaborative members will have a role in promoting the event.

JGa asked how many people can go to each screening. EP said the Gerringong screening will be held at the Town Hall that can hold up to 325 people. The group are still confirming a venue for Wollongong, but are looking at the EVENT cinema which holds nearly 500 people, and the Town Hall which holds over 900 people.

f. **Culturally and linguistically diverse (CALD) resource**

SM provided an update on the CALD resource working group which was set up last year to adapt the [Where to go for support resources](#) for CALD communities and has now met twice. The group has decided to start by developing a single resource for a broader audience, so it can be used across all the CALD communities. Translating the resource into other languages will be looked at further down the track.

To prepare this resource the group will update the types of supports listed on the resource so they are better suited to the needs of CALD communities, as well as adapt the language to more plain English. WH suggested we also look at non-written resources. EP agreed this is a good idea, and noted the group has chosen some websites for the resource that have videos in different languages. EP reminded members that the resource can be used by the person looking for support, as well as those providing support including health professionals and community workers.

EP noted once the resource is drafted, the group will look at how to ensure the support services listed are prepared and equipped to support CALD communities. CMc suggested services are informed how to find interpreter services. EP confirmed accessing interpreter services is one thing the group will talk to local services about.

g. **School interventions**

EP reported that the Youth Aware of Mental Health (YAM) program rollout for 2020 has started. Twenty three schools are set to receive the program this year, including 17 Department schools (9 schools booked in for Term 1 and a further 8 schools will be booked in for Term 3/4), and all six Catholic schools. CMc noted the Catholic Education Office Diocese of Wollongong (CEDoW) has also started delivering YAM to their schools in Campbelltown and Southern Highlands. AH highlighted that now the LifeSpan trial has ended, funding the delivery of YAM has been a significant investment for the Department of Education and CEDoW. AH acknowledged their commitment to ensuring Year 9 students across the region continue to receive the evidence-based program.

LLi asked if the Department of Education have confirmed ongoing funding of the YAM program. EP said this has not been confirmed, however the Department has been continuing to train YAM Instructors and it appears it is their intention to continue to deliver the program long-term.

WH asked if Shoalhaven schools will be getting YAM this year, highlighting they are in need of the program. EP confirmed YAM will be delivered at nearly all of the Shoalhaven schools in Term 1 this year. EP noted that we will need volunteer YAM Helpers for the Shoalhaven schools. WH offered to help recruit them.

[Click here to view YAM 2020 program schedule.](#)

ACTION 3: Emma send Wendi details of the YAM Helper role and Shoalhaven YAM programs.	EP
ACTION 4: Wendi work with Melissa Cameron (YAM Coordinator) to recruit YAM Helpers for Shoalhaven Schools.	WH/MC

h. Postvention for families

EP reported the Postvention for families working group has developed an online resource hub which pulls together information and resources that may be useful for people bereaved by suicide. The page is called '[Support after suicide](#)' and sits under the '[Need Help](#)' section of the Collaborative's website. EP encouraged members to check out the page and send through any feedback. WH asked if Shoalhaven SPAN (SSPAN) can put a link to the page on their website. AH said yes, we are keen for the page to be shared anywhere it can be useful. OA noted it would also be useful to link to the page from the NSW Ambulance website.

ACTION 5: Members review ' Support after suicide ' and send any feedback to Alex/Emma (suicideprevention@coordinare.org.au)	All
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ACTION 6: Members share ' Support after suicide ' across their networks	All
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i. Data driven suicide prevention

AH reported there is no update for the data working group.

j. Aboriginal suicide prevention

AH reported the Aboriginal working group is planning to meet with Wreck Bay to talk about ways we can help support them. The group is waiting to hear back from Wreck Bay about when is a good time to meet.

4. Bushfire response

FR, the Bushfire Coordinator from COORDINARE, provided an update on the work being done to coordinate the response to the bushfires. FR emphasised that coordination of the bushfire response has been complex as each community has unique and changing needs. There are also lots of organisations being funded to provide support so there has been some work trying to map out roles and responsibilities so that resources are maximised.

[Click here for details of the bushfire response.](#)

AH asked what Collaborative members can do to support the response. FR and LLi encouraged members to:

- 1) Promote the [natural disaster community grants](#) that are now available for bushfire and drought affected communities. There are two levels of grants available (less than \$1500 and more than \$1500).
- 2) Share COORDINARE's [Bushfire Support](#) page. FR also invited the group to send through any feedback.
- 3) Share insight on what the impact of the bushfires has been across the region.

LLi noted that other Collaborative members are also involved in the bushfire recovery efforts, and suggested we add Bushfire recovery as a regular agenda item for the monthly meetings. This will give us the opportunity to check in with each other about how the community is going and what else we need to do. WH suggested a new working group is also set up to focus on the bushfire response. Members noted existing bushfire response committees Collaborative members could join including Shoalhaven City Council's.

WH also said that one thing people are asking for is a list of local counsellors/services that are bulk billing. AT noted Grand Pacific Health and Anglicare are bulk billing. FR noted remote psychological telehealth is also available - see

[Bushfire Support](#) page for more details. LLi pointed out that service provision will be a challenge as a lot of these services were already stretched before the bushfires. There are clinicians from outside the region coming to provide support (e.g. from the Rural Doctor's Network and other Local Health Districts), however resources will still be stretched so we will need to get creative.

LLi reinforced the strength of the Collaborative, who has a good group of people to troubleshoot issues like this and work out solutions. Group agreed we should add the Bushfire recovery as a regular agenda item for the monthly meetings.

ACTION 7: Members promote the natural disaster community grants across their networks	All
ACTION 8: Members share COORDINARE's Bushfire Support page and send any feedback to Fiona from COORDINARE (fread@coordinare.org.au)	All
ACTION 9: Alex/Emma add Bushfire recovery as regular item to monthly meeting agenda.	AH/EP

The group highlighted that community members are also well placed to support each another, and this type of support is often more helpful than seeing a health professional. We therefore need to make sure community members are equipped to support each other.

AF reported the Shoalhaven Mental Health Fellowship is looking to fund 10-15 people to undertake Mental Health First Aid. WH noted SSPAN will also be rolling out MHFA training as well as a conversations about suicide program. CM suggested the [Question Persuade Refer \(QPR\) online](#) suicide prevention training is another good option for people in the community. LLi noted the Commonwealth government has also set aside funding for community training and is looking to rollout a national program.

5. Additional items – Ambulance project

OA reported the local Ambulance are working on a project looking at alternative pathways to the Emergency Department for people in distress. They will look to the Collaborative for input.

6. Next meeting

Date: Thurs 12 March 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