

Monthly Meeting Minutes – 11 June 2020
8:30-9:30am, videoconference

1. Attendees

VIDEO/PHONE:

ALISON TYE	(AT)	Rural Adversity Mental Health Program
ANDREW LORD	(AL)	Be You
ANN FRANKHAM	(AF)	Lived Experience
BRUCE MCMILLAN	(BM)	Lived Experience
CARRIE LUMBY	(CLu)	Lived Experience
CLARE BATE	(CB)	ISLHD
EMMA PATERSON	(EP)	SP Collaborative
GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the Gap
HELEN PIPER	(HP)	Neami National
JANET JACKSON	(JJ)	NSW Trains
JENNIFER NAGORCKA	(JN)	ISLHD
JOHN PULLMAN	(JPu)	ISLHD
KIM KELLY	(KK)	COORDINARE
LEANNE SCOTT	(LS)	Uniting
LINDA LIVINSTONE	(LLi)	SP Collaborative Executive; COORDINARE
LORNA MOXHAM	(LMo)	Recovery Camp
LYNNE BLANCHETTE	(LB)	COORDINARE
MARK ELLIS	(ME)	Lived Experience
MARK WILDER	(MW)	Lived Experience
MELISSA CAMERON	(MC)	Department of Education
MONIQUE FERGUSON	(MF)	Lifeline South Coast
NICK GUGGISBURG	(NG)	Kiama Council
REBECCA SNG	(RS)	SP Collaborative Executive; Grand Pacific Health
RENEE GREEN	(RG)	Lifeline South Coast
RON DE JONGH	(RdJ)	Grand Pacific Health
SARAH CIMINO	(SCi)	Kiama Community College
SARAH MCKENZIE	(SM)	COORDINARE
SHARLENE CRUICKSHANK	(SCu)	SP Collaborative Executive; Waminda
TIM HEFFERNAN	(TH)	SP Collaborative Executive; Lived Experience
VIDA BLIOKAS	(VB)	SP Collaborative Executive; School of Psychology, UOW
WENDI HOBBS	(WH)	ISLHD, SSPAN

APOLOGIES:

JULIE CARTER	(JC)	SP Collaborative Executive; ISLHD
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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 suicideprevention@coordinare.org.au to add your name to the attendees or apologies lists. Thanks.

2. Welcome and introduction

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

3. Updates

a. Bushfire response

LB gave an update on the bushfire response:

- COORDINARE and ISLHD are working closely on the response and a new priority around disaster response will be incorporated into the joint [Regional Mental Health and Suicide Prevention plan](#).
- Community training such as Question Persuade Refer, Accidental Counsellor and Blue Knot trauma training are being promoted across bushfire affected areas.

[Click here to view full bushfire supports list.](#)

LB highlighted the response is really about being there for communities, letting them know support is available and responding to their needs. Currently people still need support for physical things, such as cleaning up and housing. Counsellors report it is evident that people are experiencing trauma – some people have been accessing services whilst others are not ready yet.

VB asked how support is being provided, whether it is mostly face-to-face or by telehealth. LB reported counsellors have started getting out into the community, but face-to-face sessions are still very limited due to COVID-19 physical distancing restrictions and the strict clean up requirements. LB noted the poor timing of COVID-19 which has limited the ability of people to come together. However, these challenging times are also highlighting the strengths of our community.

b. Postvention for families

EP reported that One Door Mental Health have offered to fund the development of videos capturing the experiences and stories of people bereaved by suicide. The postvention for families working group will be working on these videos, which will be published on the Collaborative's [Support after Suicide](#) webpage, over the next month or so. EP said these videos will be a powerful resource for people in our community who are bereaved by suicide and thanked One Door Mental Health for their support.

c. Shelter peer support group

BMc reported the Shelter group now has a zoom account and will restart meeting via zoom on the second and fourth Thursday of every month. BMc anticipates meeting over video will make it easier for people to attend, in which case the zoom meetings will continue after COVID-19 restrictions are lifted.

CL invited members to get in touch with Bruce or Carrie via 0410 246 868 or sheltergroupwollongong@gmail.com if they have any questions and/or would like to chat more about the Shelter group.

ACTION 1: Emma add Shelter group meetings with zoom link to Collaborative calendar ([click here](#))

EP

ACTION 2: Collaborative members share [Shelter group flyer](#) with their networks.

All

d. **Lived experience working group**

TH reported a lived experience working group has been formed with the purpose of helping to support and reinforce lived experience involvement across all the work of the Collaborative. The group has started by developing practical resources to support new lived experience members coming into the Collaborative, including a Welcome Pack, and a process where new members are supported by existing members. The group meetings will also provide an avenue for lived experience members to keep each other informed and importantly, support each other. There may also be scope for the group to feed into suicide prevention activities happening at state and national levels.

EP noted that lived experience members will still be weaved throughout all the Collaborative's working group. This lived experience group will help ensure we are supporting and reinforcing that lived experience involvement across all the work that we do.

e. **Towards Zero Suicides – Safe Spaces co-design**

EP provided an update on the Safe Spaces co-design, outlining where the process is up to, who has been involved and results from the process evaluation so far. [Click here for more details.](#)

EP highlighted that the third and final 'Feedback Loop' will commence with a live webinar on Friday 12th June. During the webinar, co-design facilitators will discuss what has come out of the final co-design session. All participants will then be invited to contribute via an online survey which will remain open until midnight on Monday 15th June. EP encouraged members to view the webinar recordings and slides from the whole co-design process which are available on the Collaborative's website ([click here](#)).

CL emphasised the momentum that has been built through the Towards Zero Suicides initiatives, and urged members to keep pushing for this change in the way support is provided to people in suicidal crisis. VB suggested the Towards Zero Suicides are a regular agenda item for these monthly meetings. Members agreed.

ACTION 3: EP add Towards Zero Suicides as regular agenda item for monthly meetings.	EP
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4. **Male suicide prevention**

RS gave members an overview of discussions from a recent Ministerial roundtable on male suicide prevention. RS noted it was a big online event with over 80 attendees. It included presentation from different experts, followed by discussion in smaller groups.

Presentations represented a push towards expanding to services that are not mental health services, with emphasis on non-clinical supports and social factors, such as unemployment, housing and relationships.

UPDATE - links to initiatives presented on are below:

- [Parents beyond break-up](#) - peer counselling practical help for dads (and mums) going through separation
- [Mates in Construction](#) – noting 93% of construction workers who die by suicide never sought professional help
- Movember - [training programs for providers](#). [Dr Zac Seidler](#) presented, highlighting we shouldn't put the onus on men to change, services need to be more amenable to men.
- [Men's Health Information & Resource Centre](#) (Western Sydney University)

RS was in the rural and remote discussion group – discussion topics and points included:

- What is working well - place-based approaches being funded and individual communities deciding what to do.
- What can be done better - train General Practitioners to be better equipped to understand suicidality and mental health.
- New ideas - assertive follow up after discharge from hospital, training and better utilising peer workers, education for family and friends for people who have attempted suicide, working with first responders (aim to gain organisational commitment for all responders to do training so we are not reliant on single, designated role), generalised health checks that include mental health checks.

ME reported the Collaborative has also been speaking with suicide prevention coordinators from the Western Australian and Tasmanian trial sites who are focusing specifically on men. ME noted that utilising existing networks and places where men already engage are key strategies in both regions, however they still find it difficult to reach men who are isolated and not engaging socially or with services.

ME reported the Collaborative is starting a new Male perspectives group, who will meet for the first time on Tuesday 23rd June, 10:30am – 11:30am. During this initial meeting the group will decide on what they want to achieve and how. ME said reaching men who are isolated is a strong interest and will be one option for the group to discuss.

ME invited members to get involved, particularly those working with men. Members were also asked for suggestions about key people to invite to this group.

ACTION 4: Members interested in joining the Male perspectives working group contact Mark Ellis (2markellis@gmail.com).

All

ACTION 5: Members send key people to invite to Male perspectives working group to Mark Ellis (2markellis@gmail.com).

All

5. Additional items:

a. Collaborative staffing

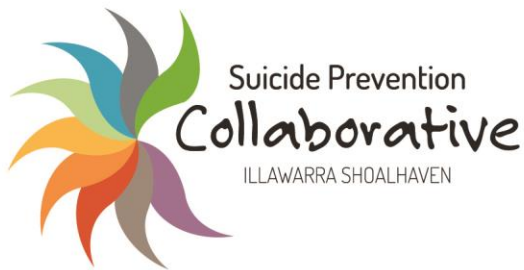
LLi reported COORDINARE is looking to start recruitment for the Collaborative's Regional Manager position in the next week. Emma will also be going on maternity leave in early August so the Project Coordinator position will also be recruited to at the same time. LLi encouraged people to apply for these roles if they are interested and/or to share the opportunity with others.

ACTION 6: Linda distribute Regional Manager & Project Coordinator position advertisements.

LLi

ACTION 7: Members share Regional Manager & Project Coordinator advertisements with people who may be interested in applying for the roles.

LLi



b. Black Lives Matter movement

VB let Collaborative members know about a statement from the Centre for Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention (CBPATISIP) regarding the Black Lives Matter movement that includes 10 actions people can take to expand their understanding ([click here](#)).

There was discussion about whether the Collaborative should do something to support this movement. Members agreed that the Collaborative should not be taking a political stance on the issue. However, it was noted that there may be concrete actions individuals and organisations can take to better educate themselves. Members strongly reinforced that any messages the Collaborative puts out would need to be led by local Aboriginal people.

c. Suicide prevention during the pandemic webinar

NG acknowledged Carrie Lumby's recent participation in an international webinar about '[Suicide prevention during the pandemic](#)' and congratulated Carrie for representing Australia very well.

6. Next meeting

Date: Thurs 9 July 2020

Time: 8:30-9:30am

Where: Videoconference (see dial in details below)

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

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

You can also dial in using your phone.

Australia: [+61 2 9091 7603](tel:+61290917603)

Access Code: 565-508-037