

Monthly Meeting Minutes – 12 March 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:

BRUCE MCMILLAN	(BM)	Lived Experience
CLARE BATE	(CB)	ISLHD
CYNTHIA MCCAMMON	(CMc)	Catholic Education Office
EMMA PATERSON	(EP)	SP Collaborative
FIONA READ	(FR)	COORDINARE
JAMES BRADBURY	(JB)	ISLHD
JANET JACKSON	(JJ)	NSW Trains
JOHN PULLMAN	(JPu)	ISLHD
LEANNE WOODLEY	(LW)	Association of Independent Schools
LORNA MOXHAM	(LM)	Recovery Camp
MARK WILDER	(MW)	Lived Experience
NICK GUGGISBURG	(NG)	Kiama Council
RENEE GREEN	(RG)	Lifeline South Coast
RON DE JONGH	(RdJ)	Grand Pacific Health
SARAH ETTER	(SE)	ISLHD
TAMIA MCNAMARA	(TM)	Lived experience
TIM HEFFERNAN	(TH)	SP Collaborative Executive; Lived Experience

NOWRA:

ALEX HAINS	(AH)	SP Collaborative
ALISON TYE	(AT)	Rural Adversity Mental Health Program
ANN FRANKHAM	(AF)	Lived Experience
KATE MANDERSON	(KM)	Lifeline South Coast
KIM KELLY	(KK)	COORDINARE
LINDA LIVINSTONE	(LLi)	SP Collaborative Executive; COORDINARE
SHARLENE CRUICKSHANK	(SCr)	SP Collaborative Executive; Waminda
TEAGAN STARR	(TS)	Shoalhaven City Council

APOLOGIES:

ALANNA ROODENRYS	(AR)	Community member
CARRIE LUMBY	(CLu)	Lived Experience
CHRIS ARDLER	(CA)	South Coast Medical Service Aboriginal Corporation
COREY DE BRUIN	(CdB)	Lived Experience
GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
HELEN PIPER	(HP)	Neami National
JOAN GISSING	(JGi)	Department of Education
JOSEF GARRINGTON	(JGa)	ACON
LEANNE SCOTT	(LS)	Uniting
MARK ELLIS	(ME)	Flourish

MARY-ANNE FLEETON	(MF)	Anglicare
MELISSA CAMERON	(MC)	Department of Education
OLIVER ALEMAN	(OA)	NSW Ambulance
REBECCA SNG	(RS)	SP Collaborative Executive; Grand Pacific Health
SARAH MCKENZIE	(SM)	COORDINARE
VIDA BLIOKAS	(VB)	SP Collaborative Executive; School of Psychology, UOW
WENDI HOBBS	(WH)	ISLHD, SSPAN

2. Welcome and introduction

SCr welcomed attendees and did Acknowledgement of Country and Acknowledgement of people with lived experience. RdJ said a few words and members took a moment of silence to remember Rachel Norris who recently died of cancer. RG was introduced as the Acting CEO for Lifeline South Coast and welcomed by members.

3. Working group updates

a. Happy Sad Man screening events

EP reported the [Happy Sad Man](#) local screening dates and venues have now been finalised:

- Friday 15th May, 7pm – 10pm at Gerringong Town Hall (seats 200 – 250 people)
- Sunday 17th May, 3pm – 6pm at EVENT Cinema Wollongong (seats 500 people)

For each event, the screening of the 90 minute film will be followed by a 90 minute Q&A panel with the filmmaker, a couple men from the film, and a local person who can direct people to local supports. NG has been helping to organise the Gerringong event and asked if we still plan to provide catering. AH confirmed catering will be provided. AF asked what the cost of tickets will be. EP advised that the tickets will be around \$10 to cover costs.

EP highlighted that we will need Collaborative members to help actively spread the word about the event if we are going to make the most of this opportunity to engage local men. Promotional flyers and social media posts will be sent out soon. Members were encouraged to share these across their networks.

UPDATE: with consideration for public safety concerns relating to the coronavirus, the Happy Sad Man screening events will be postponed. The intention is to reschedule the screenings for the later in the year.

ACTION 1: Emma/Alex liaise with Happy Sad Man team to reschedule screening events.	EP/AH
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b. Postvention for families

EP noted the Postvention for families working group has been set up to look at improving supports available for kids bereaved by suicide. One existing support for kids bereaved by any cause is a camp called '[Camp Magic](#)'. EP reported the group is working with Camp Magic and Roses in the Ocean to adapt the camp so it is better able to support children & teens bereaved by suicide. This is in recognition that suicide bereavement is unique from any other type of bereavement and can require different supports. A proposal is being prepared for the Ministry of Health who have shown interest in the idea.

c. Shelter peer support group

BM provided an update on the Wollongong-based Shelter peer support group which has now met seven times. The group is having difficulty getting the word out and there have not been any regular attendees aside from the two

facilitators. BM noted organisations have expressed interest in referring people to the Shelter group, however they also seem to have concerns about safety and the risk of referring.

A [Shelter group FAQs](#) document has been prepared to help answer common questions. BM noted the FAQs are a fluid document and responses may change as the group develops.

BM addressed the last question in the FAQs, “Are staff able to attend a session with our clients one week to ensure they are comfortable with sending our clients”. BM advised that as the Shelter group is a peer support group it would not be appropriate for a health professional to attend with their client. NG acknowledged the reasoning for this, but highlighted that the transition between supports is often where people fall through the gaps. NG suggested ways a support person could help someone transition into the group, including:

- coming for the beginning of the meeting to introduce and help the person feel comfortable and then leave,
- going with the person to meet with Shelter group facilitators Bruce & Carrie beforehand, and
- supporting the person to call Bruce/Carrie.

JB highlighted that the group’s facilitators themselves may also need some support. KM noted Lifeline have in-shift supervisors who act to ‘support the supporters’. KM offered to share how this is done with Shelter group facilitators. BM said this would be good.

ACTION 2: Kate & Bruce catch up to talk about how Lifeline supports its volunteer phone counsellors.	KM/BM
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CB asked if services can refer people into the Shelter group. BM said the group is not something to refer into. However services are encouraged to let people who may benefit from this type of support know about the group. Members were invited to share the flyer and contact Bruce/Carrie via sheltergroupwollongong@gmail.com or 0410 246 868, if they have any questions.

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

ACTION 3: Members share Shelter group flyer with networks and people who may find the peer support group helpful.	All
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d. Alcohol & other drugs (AOD)

AH reported the AOD working group is looking at how to apply the work done to support evidence-based psychological treatment to the AOD services so we can get good saturation across that workforce.

AH noted the group is looking to get more representation from people with lived experience of suicidality and substance use issues, and/or with experience supporting someone with substance use issues. Members were asked to put the Collaborative in touch with people who may be interested in getting involved with the AOD work, in particular people with a lived experience.

ACTION 4: Members put Alex (ahains@coordinare.org.au) in touch with people interested in getting involved with alcohol and other drugs work.	All
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e. **Bushfire response**

FR and LLi provided an update on the work being done to coordinate the bushfire response:

- Community grants:
 - Applications for the Round 1 of community grants will end on 31 March 2020. So far 68 applications have been submitted, 37 of which have already received funding.
 - Round 2 of community grants will open 31 July 2020, and will stay open until 20 September 2020.
 - More details are on COORDINARE'S [Bushfire grants webpage](#).
- Local trainings being organised include:
 - [Accidental counsellor workshops](#) for community members (small business owners are being targeted).
 - [Managing Vicarious Trauma](#) workshops for small business owners and anyone in the rural workforce.
 - Disaster Recovery sessions with Clinical Psychologist David Younger are being arranged for primary care and health providers in late March/April. FR will forward further information once details are confirmed.
- COORDINARE is continuing to investigate ways to improve service coordination. A couple issues they are working to address include:
 - People becoming distressed by needing to retell their story every time they see a new health professional. LLi reported a system is being set up to record a person's contact details and circumstances so they don't have to continue to repeat themselves.
 - Difficulty navigating all the supports available and working out where to go for what. Also ensuring that people can access the right services and have their needs met. COORDINARE is a member of The Southern Heath & Wellbeing Recovery Committee, who are working on these issues. LLi noted that the Office of Emergency Management (OEM) is looking to establish centres once the temporary Recovery Centres currently in place are shut down. The new centres may act as a central point people can go to for help navigating available supports.

LLi invited members to share ideas on potential solutions for the issues mentioned above and share details about any other issues they are aware of.

AF reported the Shoalhaven Mental Health Fellowship is planning to sponsor around 10 people to undertake Mental Health First Aid training. AH asked members for advice on who the training spots should go to, suggesting people in Conjola as the area is having a particularly hard time. LLi agreed Conjola has been heavily impact. AT suggested the volunteers working at the Conjola community centre would be good people to offer the training to as they are coming into contact and supporting lots of people in the community.

ACTION 5: Ann and Alison speak offline about organising Mental Health First Aid training for Conjola area.	AF/AT
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TS provided an update on Shoalhaven City Council's bushfire recovery work:

- Bushfire Recovery Health & Wellbeing Action Group meeting is being held on 1st April.
- Mobile Recovery Hubs will be set up at the Bushfire Recovery Centres across the Shoalhaven in March and April 2020 ([click here for March 2020 visit dates](#)). The mobile hubs will be a place community members can get



advice regarding financial, mental health and wellbeing, and small business support from local service providers and state agencies.

- [Shoalhaven City Council's Recovery webpage](#) has more information about what is happening.

4. Service Mapping activity

AH reminded members the region has now received funding for four of the [Towards Zero Suicides](#) initiatives:

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

The NSW Ministry of Health have been very clear that these initiatives must be underpinned by local co-design – a process where people with lived experience and services come together to work out what these supports should look like.

AH continued that the Towards Zero Suicides funding will enable us to set up some new supports. To help make sure these supports fill gaps and complement existing support options, Collaborative members were asked to participate in a brief service mapping activity. AH noted the output from this activity will be shared at the next meeting. The intention is to use this information to help support the local co-design process by educating participants on what existing supports are available locally.

ACTION 6: Alex and Emma prepare summary of output from Service Mapping activity for members to review at April 2020 meeting.

AH/EP

5. Additional items

a. NSW Mental Health Commission

TH provided an update on the NSW Mental Health Commission's Lived Experience project grants (closed 16th March) & [Peer Workforce Guidelines](#).

b. NSW Aboriginal Mental Health Wellbeing Policy Consultation

JP reported a consultation on the draft NSW Aboriginal Mental Health and Wellbeing Policy is being held in Bomaderry on Thursday 26th March, 10am – 2:30pm. [Click here for more details](#).

c. Organisation name change

LM noted mental health services organisation 'Aftercare' have changed their name to 'Stride'.

6. Next meeting

Date: Thurs 9 April 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