

Monthly Meeting Minutes – 14 May 2020
8:30-9:30am, videoconference

1. Attendees

VIDEO/PHONE:

AARON CLARKE	(AC)	Settlement Services International - Ability Links
ALANNA ROODENRYS	(AR)	Community member
ALEX HAINS	(AH)	SP Collaborative
ANN FRANKHAM	(AF)	Lived Experience
BRUCE MCMILLAN	(BM)	Lived Experience
CARRIE LUMBY	(CLu)	Lived Experience
CLARE BATE	(CB)	ISLHD
CLEMENTINA VELASCO	(CV)	Tafe NSW
CYNTHIA MCCAMMON	(CMc)	Catholic Education Office
EMMA PATERSON	(EP)	SP Collaborative
HEATHER MCCARRON	(HM)	Tafe NSW
HELEN PIPER	(HP)	Neami National
IONE LEWIS	(IL)	Grief Journeys
JENNIFER NAGORCKA	(JN)	ISLHD
JOAN GISSING	(JGi)	Department of Education
JOHN PULLMAN	(JPu)	ISLHD
JOSEF GARRINGTON	(JGa)	ACON
JULIE CARTER	(JC)	SP Collaborative Executive; ISLHD
JULIE ZUZIC	(JZ)	Lived Experience
KIM KELLY	(KK)	COORDINARE
LAUREN MULLANEY	(LMu)	Mission Australia
LEANNE SCOTT	(LS)	Uniting
LINDA LIVINSTONE	(LLi)	SP Collaborative Executive; COORDINARE
LORNA MOXHAM	(LMo)	Recovery Camp
LYNNE BLANCHETTE	(LB)	COORDINARE
MAIKI BLAKENEY	(MB)	Waminda
MARGOT MAINS	(MM)	ISLHD
MARY-ANNE FLEETON	(MF)	Anglicare
MARK ELLIS	(ME)	Flourish
MARK WILDER	(MW)	Lived Experience
MELISSA CAMERON	(MC)	Department of Education
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
SUZANNE FREUND	(SF)	MHFA Instructor
SHARLENE CRUICKSHANK	(SC)	SP Collaborative Executive; Waminda
TIFFANY WESTON	(TW)	UOW
TIM HEFFERNAN	(TH)	SP Collaborative Executive; Lived Experience
VIDA BLIOKAS	(VB)	SP Collaborative Executive; School of Psychology, UOW

APOLOGIES:

CHRIS ARDLER	(CA)	South Coast Medical Service Aboriginal Corporation
DANIELLE BREEZE	(DB)	Kedesh
GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
JAMES BRADBURY	(JB)	ISLHD
JANET JACKSON	(JJ)	NSW Trains
ROZ JENNINGS	(RJ)	Department of Education
WENDI HOBBS	(WH)	ISLHD, SSPAN

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

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

3. Updates

a. Next Steps

RS gave an update on funding for the Next Steps Aftercare Service; a relatively new service being run by Grand Pacific Health (GPH), in collaboration with Flourish and South Coast Medical Service Aboriginal Corporation.

- Funding has been acquired to support further evaluation of the Next Steps service – this evaluation will look specifically how people from different genders use the service. RS noted that engaging men is known to be difficult but lots of men have been going through Next Steps. VB invited members who would like more information on this evaluation to get in touch.
- Funding for Next Steps service delivery has been extended until December 2020. RS reported that GPH is planning to put in a tender to further fund the program beyond this time, highlighting that there is a lot of evidence to say the program is having a positive impact.

ACTION 1: Members interested in finding out more about the Next Steps evaluation contact the Collaborative (suicideprevention@coordinare.org.au).

All

b. Bushfire response

LLi provided an update on the bushfire response:

- Additional supports for bushfire affected areas are now in place; providers have been issued contracts and are providing services. This includes Catholic Care who have started providing counselling across the region in the last couple weeks. LLi highlighted there has been a lot of investment from all levels of government to get these supports in place.
- COORDINARE's new Bushfire Coordinator, Lynne Blanchette, is working closely with the Illawarra Shoalhaven Local Health District's (ISLHD's) Bushfire Coordinators on the response. JC reported ISLHD has two bushfire recovery clinicians in Nowra/Ulladulla and will be interviewing for third clinician tomorrow.

- COORDINARE, ISLHD and Southern LHD have set up an internet page that has links to all the bushfire services and contact details ([click here](#)).

LLi noted that COVID-19 has created new challenges for the bushfire recovery, but positively most supports are responding to this challenge and work is progressing. LH emphasised that the biggest message they're hearing from communities is that the bushfires are still affecting people and so we can't forget about it and it must be on our agendas for the next couple years.

RdJ noted the federal government recently announced further funding for the bushfire recovery, and asked if this will go through Primary Health Networks (i.e. COORDINARE for our region). LLi reported COORDINARE is still waiting to hear about the details of this funding and will update Collaborative members once details are finalised. LLi also noted that alongside the new mental health funding, there will also be investment in infrastructure, for example mobile phone towers.

c. Culturally and Linguistically Diverse (CALD) resource

EP reported the CALD working group has developed an adapted version of the [Where to go for support resource](#) for CALD communities. This has involved both updating the language / format of the resource, as well as the supports that are listed. As part of making sure all the supports listed on the resource are equipped to support CALD communities, the group has contacted them to make sure they have access to translators and interpreters.

EP pointed out that some of the supports on the resource are tailored CALD services, whilst others are mainstream supports. Members were asked if there is anything, aside from access to translators & interpreters, local mainstream services need to be better able to support CALD communities. RS said GPH have found the cultural competency training run by Multicultural Communities Council of Illawarra very helpful.

EP noted that from here the CALD working group will test the resource with CALD communities to make sure it works for them. We will then look to publish it and print the fold-up card version which has been funded by a donation from local Rotary.

AH noted that on top of the donation for [Where to go for support cards](#), local Rotary clubs are also acting as an army of people to distribute the cards throughout the community. CV noted Rotary are also doing a lot to support international students through the COVID-19 pandemic, and suggested they can share the cards along with the meal packs they are giving out.

d. Virtual & tailored community training

RG reported Lifeline South Coast (Lifeline) have converted the Question Persuade Refer (QPR) face-to-face training to an online course so they can continue to deliver it during the COVID-19 shutdown.

Six sessions are scheduled for May – June, that community members can access free of charge. Most exciting, Lifeline are now offering two sessions tailored for:

1. Indigenous communities (developed with [Katungul](#) and Aboriginal community members). RG reported the first Indigenous QPR session was filled within 24 hours - half the participants are male and about half are people working in local Aboriginal support services. Lifeline will look to offer another Indigenous QPR session soon. AH noted the Collaborative will connect Lifeline with the Collaborative's Aboriginal working group, and MIND the GaP who are also doing some work on gatekeeper training for Aboriginal communities.

2. LGBTIQ communities (developed with ACON). The first session will be delivered on 27th May ([click here for more information](#)). JG from ACON will join the last half hour for a Q&A session.

ACTION 2: Members share [virtual and tailored QPR sessions](#) with their networks.

All

RG reported Lifeline is also working on a project to target men via male-dominated workplaces. They will start by working with BlueScope to deliver a range of suicide prevention trainings (including Applied Suicide Intervention Skills Training (ASIST) and QPR) to their workforce. This training will sit alongside other awareness activities and strategies including designated Mental Health First Aid officers.

RdJ noted GPH will be working with Lifeline in the evaluation of the project and are looking forward to getting started. RjG also congratulated RG on her recent appointment as CEO of Lifeline South Coast.

e. Towards Zero Suicides – Safe Spaces co-design

AH provided an update on the [Towards Zero Suicides](#) (TZS) initiatives which will be happening across all of NSW over the next three years. Three of the TZS initiatives are getting active in our region now and we are one of the first Local Health Districts (LHDs) in the state to get started. All three initiatives aim to improve supports for people experiencing suicidal crisis or suicidality, and will be developed via a local co-design process.

The first initiative to go through the co-design is called *Safe Spaces* (also known as ‘Alternatives to ED) – a non-clinical support option for people in suicidal crisis. This co-design will involve focus groups/co-design sessions with people with lived experience and health professionals. There will also be multiple opportunities for others to contribute via ‘Feedback Loops’ which will involve:

- **Live webinar** - co-design facilitators will talk you through the output from the co-design so far, and answer any of your questions.
- **Online surveys** – you will be given a week to process the output from the co-design and have your say via online surveys.

There will be a feedback loop at three key points in the co-design. Feedback Loop 1 will commence with live webinars on Wednesday 20th May.

Details on the co-design process and how to get involved can be found on the Collaborative’s website: <https://www.suicidepreventioncollaborative.org.au/TZS>. AH encouraged members to look at the ‘Key documents & resources’ section which has an [orientation webinar](#), [co-design participant information pack](#) and the Ministry of Health’s [guidance document for the Safe Spaces](#).

Members were encouraged to get involved with the co-design process and share the opportunity with their networks.

ACTION 3: Members interested in contributing to co-design of local Safe Spaces sign up via Collaborative website: <https://www.suicidepreventioncollaborative.org.au/TZS>

All

ACTION 4: Members share opportunity to contribute to co-design of local Safe Spaces with their networks.

All

AH highlighted that ongoing co-design will be built into service model so the service will be required to continue to involve people with lived experience in shaping and improving the service.

ME and TH said the co-design process has been working well despite not being able to meet face-to-face and has been a positive experience. BM and AF reinforced the process is working well and participants are feeling optimistic about the outcome of the process.

AH noted that the Collaborative is conducting an evaluation of the co-design process which will inform improvements to the process as we go, as well as future co-designs.

ACTION 5: Emma continue to keep members up-to-date on Safe Spaces co-design.

EP

4. NSW Health Collaborative guidelines

AH reported that as part of the TZS initiatives, NSW Health is also looking to support the establishment of local suicide prevention collaboratives around the state. AH noted the very early draft of these guidelines is an overt nod to what the Illawarra Shoalhaven has done, and an acknowledgement of the supportive infrastructure required to support and maximise local suicide prevention efforts.

AH and EP have been contributing to the development of the guidelines and will bring the draft to members for input once it is ready to be shared.

ACTION 6: Emma bring NSW Health Collaborative guidelines to members for input when available.

EP

5. Regional Manager position

LLi reported AH will be finishing his role as Regional Manager with the Collaborative on 28th May 2020.

LLi highlighted that we have been very fortunate through the collective work of Collaborative members to secure ongoing funding for the backbone staffing and resourcing of the Collaborative – including a commitment by COORDINARE and ISLHD to continue co-funding of the Regional Manager position. Preparation to recruit to the position is underway, with the aim to advertise in coming weeks. Members were encouraged to apply for the role (if interested) and/or to share the opportunity with others who may be interested.

ACTION 7: Linda send Regional Manager advertisement to Emma for distribution to members.

LLi

ACTION 8: Members share Regional Manager opportunity with their networks.

All

6. Additional items:

a. LGBTIQ+ community events

JG noted two events of importance for LGBTIQ+ communities coming up on 17th May 2020:

1. [International Day Against Homophobia, Biphobia, Interphobia and Transphobia \(IDAHOBIT\)](#)
2. [International AIDS candlelight memorial day](#)



b. **Youth Aware Mental Health (YAM) delivery 2020**

MC reported YAM programs scheduled for delivery in Term 1 / 2 at a number of local schools were cancelled due to COVID-19. The Department of Education is now working to reschedule these schools for Term 4.

c. **Organisation name change**

LMO noted the organisation previously known as Aftercare has now become 'Strive'.

d. **Supporting connecting during COVID-19**

NG reported Kiama Council have developed good neighbour cards that encourage people to connect with each other and Council if they need support. This is one example of how Kiama Council is proactively trying to connect community and keep people feeling safe.

7. Next meeting

Date: Thurs 11 June 2020

Time: 8:30-9:30am

Where: Videoconference (see dial in details below)

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

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

You can also dial in using your phone.

Australia: [+61 2 9087 3604](tel:+61290873604)

Access Code: 432-107-221