

Monthly Meeting Minutes – 10 Oct 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:**

ALANNA ROODENRYS	(AR)	Community member
ALEX HAINS	(AH)	SP Collaborative
ANN FRANKHAM	(AF)	Lived Experience
BRUCE MCMILLAN	(BM)	Lived Experience
COREY DE BRUIN	(CdB)	Lived Experience
EMMA PATERSON	(EP)	SP Collaborative
JOAN GISSING	(JG)	Department of Education
JOHN PULLMAN	(JP)	ISLHD
KIM TONKINS	(KT)	NSW Ambulance
KYLEE DWYER	(KD)	Aftercare
LEANNE SCOTT	(LS)	Uniting
LINDA LIVINSTONE	(LLi)	SP Collaborative Executive; COORDINARE
MARK WILDER	(MW)	Lived Experience
MARY-ANNE FLEETON	(MF)	Anglicare
MELISSA CAMERON	(MC)	Department of Education
NICK GUGGISBERG	(NG)	Kiama Municipal Council
REBECCA SNG	(RS)	Grand Pacific Health
RON DE JONGH	(RdJ)	Grand Pacific Health
SARAH ADAMS	(SA)	ISLHD
SARAH MCKENZIE	(SM)	COORDINARE
TIM HEFFERNAN	(TH)	SP Collaborative Executive; Lived Experience

**NOWRA:**

GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
JANET LONG	(JL)	Macquarie University
KIM KELLY	(KK)	COORDINARE
LUKE TESTA	(LT)	Macquarie University
MICHELLE DICKSON	(MD)	Waminda
RACHEL NORRIS	(RN)	Lifeline South Coast
SHARLENE CRUICKSHANK	(SC)	SP Collaborative Executive; Waminda

**PHONE:**

CAITLIN KOZMAN	(CK)	WellWays
JOSEF GARRINGTON	(JG)	ACON

**APOLOGIES:**

BRIAN BOULTON	(BB)	Citylife Community Initiatives
CARRIE LUMBY	(CLu)	Lived Experience
CLARE LESLIE	(CL)	Lifeline South Coast

JANET JACKSON	(JJ)	NSW Trains
LORNA MOXHAM	(LM)	Recovery Camp
MICHELLE ELLIS	(ME)	Anglicare
NICKY SLOSS	(NS)	Association of Independent Schools
SARAH HOLMES	(SH)	Aftercare
VIDA BLIKOS	(VB)	SP Collaborative Executive; School of Psychology, UOW
WADE NORRIE	(WN)	ISLHD

## 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)

#### *Recovery Camp*

EP informed members that there are still funded places available for health professionals working in mental health to attend the [Recovery Camp](#). EP encouraged members to continue to promote the opportunity. EP also noted that the Collaborative has been working with Recovery Camp to plan how we will evaluate the impact attending the camp has had on the individuals and their workplaces. The evaluation will involve follow up interviews with participants, the first of which will be done soon. CK, who was dialling in to the meeting from Recovery Camp, commented on how the camp has been a really positive, helpful experience.

**ACTION 1:** Collaborative members promote [Recovery Camp EOI](#) to local health professionals working in mental health.

All

#### *Psychological treatment subgroup*

AH reported over 130 practitioners have used the [online self-assessment tool](#) to reflect on how their practice aligns with the recently identified core components of effective care. Practitioners completing the self-assessment tool have gained access to a free one-day training on these core components, happening in Nowra & Shellharbour this October ([click here for flyer](#)). Currently there are 108 people booked into the trainings and 30 people on the waiting list. Findings from the self-assessment tool and training day will be fed back to Collaborative members at the November monthly meeting.

#### *Safe Space subgroup*

BM reported the Safe Space working group is having difficulty finding an appropriate venue for the first 'Shelter' peer support group. BM has applied for a number of venues, but they have not worked out. The group is now working with Wollongong City Council to find a suitable venue. BM noted they are looking for a room in Wollongong that is:

- big enough for a group of people to sit around comfortably
- ideally not visibly related to an organisation nor religion
- easy to access via public transport



RN asked when the room would need to be used. BM confirmed the Shelter group will run on the second and fourth Wednesday of each month, between 5:30pm - 8pm (including time to set up and pack up). AH invited members to send in suggestions for where the Shelter group can meet.

ACTION 2: Collaborative members send ideas for where the Shelter group can meet to Alex/Emma ([suicideprevention@coordinare.org.au](mailto:suicideprevention@coordinare.org.au)).

All

**b. WG2 (community interventions)**

EP noted the Collaborative's annual RUOK? Day event was held in September and thanked everyone for their contributions to the day, it was a real collaborative effort. The event was attended by more than 150 people from across sectors, including representatives from state government. Lived experience was the strongest theme coming out of the event, with a lot of people commenting on the power of the living books and lived experience representation on the Q&A panel.

[Click here to view summary of feedback from the RUOK? Day event.](#)

EP reported that the local community suicide prevention training evaluation has now been set up and is being trialled by local trainers in the community working group. EP noted that local trainers who sign up to do the evaluation receive free promotion of their trainings via a new calendar on the Collaborative's website. EP gave a demonstration of the new calendar, which shows upcoming meetings, trainings and other relevant events. Members were invited to share details of relevant events so they can be added to the calendar.

[Click here to view Collaborative's calendar.](#)

ACTION 3: Members send details for any suicide prevention related events to Emma ([epaterson@coodinare.org.au](mailto:epaterson@coodinare.org.au))

All

**c. WG3 (school interventions)**

JG reported that the schools working group has been working to extend on the rollout of the [Youth Aware of Mental Health](#) (YAM) program, so that schools are taking actions to support mental health across their whole school community, not just year 9. The group has been working to connect schools to the national [Be You](#) initiative that provides schools with resources and consultants to help them take a whole of school approach to mental health. Be You's state manager presented to around 25 local principals during a principal's forum in August. The Collaborative also presented about the work happening locally and how the work in schools fits in with the bigger picture. Another principal's forum will be held in the Shoalhaven on Wednesday 27<sup>th</sup> November.

JG reported that the schools working group has also started working on setting up a local communication protocol for after a suicide. The protocol will be for any suicide, not just young people, and will involve a whole of community response, of which a response from the education sector will be a part of. The schools working group will focus on the education component of the response, whilst the Collaborative works with local police to set up the broader communication protocol. As a first step local police are speaking with police from regions where a protocol has already been set up to learn from what they have done. JG emphasised that the protocol will help make sure communication about a suicide is more timely, accurate and responsible.



AH noted that alongside setting up a communication protocol, the Collaborative has also started looking at postvention for families. AH invited members interested in this work to get in touch.

**ACTION 4:** Members interested in getting involved with the work in Postvention for families contact Alex/Emma ([suicideprevention@coordinare.org.au](mailto:suicideprevention@coordinare.org.au)).

All

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

AH reported the Black Dog Institute will be coming to the next data working group meeting to present preliminary findings of their RESTORE study. The study involves interviews with people who have presented to a local emergency department with suicidality and follows up with them over time to look at their experiences of healthcare and other supports. Representatives from mental health, emergency department and police will join the group for this presentation.

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

GW reported the Aboriginal working group plans to hold consultative meetings with local Aboriginal communities, to help identify what we should focus on moving forward. Before meeting with community, the group will review recommendations from previous local consultations, such as the [ATSISPEP Shoalhaven roundtable](#) report, so we can feedback what has already been said. The group is also looking to develop an adapted version of the Where to go for support cards, that will highlight specific supports available in Aboriginal communities. This aims to help address the known perception that there is no help available. Wreck Bay will be the first community the group will meet with and develop the resource for.

**4. Implementation evaluation / Collaborative's evaluation video**

AH introduced the team from Macquarie University who have been engaged by the Black Dog Institute to do an implementation evaluation of LifeSpan across the four NSW trial sites. The evaluation aims to capture not just the "what" but the "how" of implementing LifeSpan, and the learnings will be very useful for the Collaborative. Focus groups will be run at the end of this meeting and interviews will be held with Collaborative members within the next month or so. Findings will then be shared with the Black Dog Institute and fed back to the Collaborative in late 2019 or early 2020.

AH reminded Collaborative members that as part of the review of the Collaborative, a video of members talking about what is going well, and what can be improved, has also been prepared. Group viewed the video, before splitting up into three focus groups (one in Nowra; two in Wollongong).

[Click here to view Collaborative's evaluation video.](#)

**5. Next meeting**

Date: Thurs 14 November 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.