

Monthly Meeting Minutes – 8 March 2018
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
ARMANDO REVIGLIO	(AR)	Wollongong City Council
HEATHER MCCARRON	(HM)	TAFE NSW
LORNA MOXHAM	(LM)	School of Nursing & Global Challenges, UOW
NICK GUGGISBERG	(NG)	Kiama Council
REBECCA SNG	(RS)	SP Collaborative Executive; Grand Pacific Health
RON DE JONGH	(RDJ)	Grand Pacific Health
SANDRA BOLACK	(SB)	iSPAN
SARAH MOXON	(SM)	NSW Ambulance
TIM HEFFERNAN	(The)	SP Collaborative Executive; Lived Experience Representative
TOM MCCOLL	(TM)	Shellharbour City Council

NOWRA:

ANN FRANKHAM	(AF)	Lived Experience
GLENN WLLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
LINDA LIVINGSTONE	(LLi)	SP Collaborative Executive; COORDINARE
MICHELLE DICKSON	(MD)	Waminda
WADE LONGBOTTOM	(WL)	South Coast AMS
WENDI HOBBS	(WH)	Shoalhaven Suicide Prevention Awareness Network

APOLOGIES:

EMMA RINGLAND	(ER)	SP Collaborative
FAYE WORNER	(FW)	SP Collaborative Executive; Waminda
JOAN GISSING	(JG)	Department of Education
MARY-ANNE FLEETON	(MF)	Anglicare
MELISSA ANDREWS	(MA)	Shoalhaven City Council
MELISSA CAMERON	(MC)	Department of Education
MICHELLE ELLIS	(ME)	Anglicare
VIDA BLIKOKAS	(VB)	SP Collaborative Executive; School of Psychology, UOW

2. Welcome and introduction

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

3. Working Group (WG) updates

a. WG1 (health interventions)

LLi reported WG1 met at the end of February, with discussion focusing on how to ensure that psychological therapies are accessible across the region and effective in reducing suicide. AH noted that he & Frank Deane (UOW) are

currently undertaking research to unpack what the effective components of suicide prevention therapies are from the perspectives of clinicians and clients.

Last week, Fiona Shand (Black Dog Institute) and AH presented the recently published [Guidelines for Integrated Suicide-related Crisis and Follow-up Care in Emergency Departments](#) and other acute settings to relevant ISLHD staff. Working with ISLHD staff to determine best way to respond to the Guidelines.

RS reported that referrals to *Next Steps Aftercare Service* are increasing, and that the service has begun operation from the Shoalhaven Hospital ED this week. (Now available at Wollongong, Shellharbour and Shoalhaven Hospitals.)

LLi noted that 13 General Practices have now expressed interest in implementing the [StepCare](#) screening tool, with likely rollout to start in late March.

b. WG2 (community interventions)

AH reported that WG2 beginning to map out how community suicide prevention training (formerly referred to as 'gatekeeper training') currently operates. That is, how are sessions booked, rsvps managed, venues arranged, and training sessions promoted? WG2 will then discuss how these process would ideally work and how we might work towards that.

SB stated that ISPAN has agreed to fund 10 of its members to complete [QPR online training](#).

c. WG3 (school interventions)

HM reported that YAM has been rolled out to 8 public schools, 2 Catholic schools, and 1 independent school. WG now discussing how to promote YAM through the media to attract further involvement from independent schools and the general community. WG also discussing how to maintain fidelity of the program over time.

AH noted that Waminda has committed 3 staff to become YAM Helpers (and 2 of these to eventually become YAM Facilitators) to ensure that schools with a high proportion of Aboriginal students have an Aboriginal person leading the program.

RdJ requested clarification on how we will receive feedback regarding how schools and students are experiencing the YAM program.

ACTION 1: AH to follow up with the Black Dog Institute on what we will have access to locally from the evaluation/feedback on YAM, and the timeline for us receiving this.

AH

d. WG4 (data-driven suicide prevention)

AH reported that WG4 has been developing summaries of the suicide data received from the Black Dog Institute and the PHN. The first of these is for reinforcing key messages (see [Section 4](#) of these minutes). Others summaries aimed at informing Working Groups will follow shortly, as well as dashboard data summaries gauging the impact of our activities over time in the longer term.

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

GW reported that WG5 has agreed to prioritise locally-developed community campaigns featuring local Aboriginal people telling their experiences of recovery. Looking to have 2 Aboriginal people attend the [Roses in the Ocean](#) training for people with lived experience of suicidality to help prepare for the community campaigns.

ACTION 2: WL to follow up with Nathan Deaves about Aboriginal people who would be suitable to attend the Roses in the Ocean training on 19-20 March.

WL

4. Suicide data infographic

AH introduced the first draft of a 1-page summary of key suicide data developed by WG4. This is a public-facing summary of the data that can be used to reinforce the key message that “suicide affects everyone, and so everyone has a role to play in suicide prevention” as there is no one unique profile of the typical person who suicides. Discussed the challenges associated with representing data on this topic – wanting it to be accurate, but succinct enough to be clearly understood. Various members had feedback on specific elements of the 1-page summary, but generally it was agreed to be worthwhile.

ACTION 3: AH to incorporate feedback from the members into next revision of the 1-page summary.

AH

5. Funding allocation process

TH advised that some additional funding has been made available as part of the LifeSpan project. This is one-off funding and quarantined for specific strategies (and not all strategies) in relatively small amounts. As a result it’s best to consider it seed-funding and certainly not enough to run a new service. The executive members are proposing a process for allocating this funding, wanting a transparent process that’s not too arduous. Also wanting to enable new ideas to come forward, and so the proposed process provides an opportunity to re-engage with community members on what they believe is needed.

The proposed process begins with engaging with groups representative of the high risk cohorts over-represented in the suicide deaths data for this region – people with lived experience, men, and Aboriginal people. These groups will begin with identifying what is needed, which will then be fed through to the Working Groups. Working Groups will overlay this information with the evidence-base and their knowledge of the current services available.

Working Groups will develop proposals for how to best spend the additional funding, ensuring proposed activities are sustainable, evidence-based and meeting identified needs. Executive members will ensure all proposals complement each other across strategies and provide final sign-off.

All members unanimously agreed with this process.

ACTION 4: AH & ER to begin coordinating high-risk community groups for consultation.

AH &
ER

ACTION 5: All Collaborative members asked to email AH will suggestions for how to best engage a group of men, in particular.

All

6. Additional items

NSW Mental Health Commission visiting Wollongong

As part of their consultation for the development of a *Strategic Framework for Suicide Prevention in NSW*, the NSW MH Commission are visiting our region. See table below for consultations times and locations.

Group	Time	Location
Aboriginal & Torres Strait Islander communities	10:00am-12:30pm, Wed 14 March	City Beach Function Centre, Wollongong
General community	12:30-1:30pm (lunch) and 1:30-4:00pm (consultation), Wed 14 March	City Beach Function Centre, Wollongong
People with lived experience	3:00-4:30pm, Thurs 15 March	Illawarra Leagues Club

ACTION 6: Those wanting to attend are advised to register [here](#).

All

Puka Up

Puka Up is a new social enterprise founded by one of Australia's leading mental health advocates, Wayne Schwass (also a former North Melbourne and Sydney Swans player). In the Hindi language, *Pukka* means 'Authentic and Genuine'. Our vision for Puka Up is to create the environments for every person to have authentic and genuine conversations about mental health and emotional wellbeing.

On March 16th 2018, 30 cyclists will embark on a gruelling 8 day, 1433 Km bike ride from Sydney to Melbourne. The purpose of the ride is to honour the lives tragically lost to suicide, to help raise awareness about mental health and emotional wellbeing and to start a national suicide prevention conversation.

Puka Up is partnering with the Black Dog Institute to deliver community forums during the 8 day event. Engaging with local communities to provide a safe, supportive, non-judgemental environment for people to begin having authentic and genuine conversations about mental health, emotional wellbeing and suicide prevention.

We are privileged to be holding one of these forums in Wollongong, and would like to see as many people there to learn more about raising awareness and increasing understanding of mental health and emotional wellbeing. Founder and CEO, Wayne Schwass along with presenters from leading mental health organisation the Black Dog Institute, will be on hand to discuss and advise how to identify, help and support people dealing with mental health and emotional wellbeing issues. Wayne will personally draw on his 12 year journey with mental health and his tireless work as a leading mental health advocate. He will be joined by other former AFL legends such as Danny Frawley (former St Kilda Captain, Richmond Coach and Media personality), Scott Cummins (former West Coast and Collingwood Player and media personality), and Paul Licuria (former Collingwood Player).

DATE: Friday 16th March 2018

VENUE: Novotel Wollongong Northbeach – Pacific Room – 2-14 Cliff Road, North Wollongong

TIME: 7.00pm for 7.30pm start – 9.00pm

ACTION 7: Organisations and community groups that are interested in having a stall/table at the Puka Up event should email AH asap, who will connect you with the event organisers.

All



7. Next meeting

Date: Thurs 13 April 2018
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 2018 available [here](#). Please put these dates into your diary.