

Monthly Meeting Minutes – 14 November 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
ATANAS JANACKOVSKI	(AJ)	UOW
BRIDIE HAMILTON	(BH)	Lived Experience
CLARE BATE	(CB)	ISLHD
EMMA PATERSON	(EP)	SP Collaborative
JESSICA GRAMMAR	(JGr)	Uniting
JENNA MACNAB	(JM)	Lived Experience
JOHN PULLMAN	(JPu)	ISLHD
KATHRYN FITZPATRICK	(KF)	Lived Experience
KYLEE DWYER	(KD)	Aftercare
LEANNE SCOTT	(LS)	Uniting
LORNA MOXHAM	(LM)	Recovery Camp
MADELEINE PRINCE	(MP)	Neami National
MARK ELLIS	(ME)	Flourish
MARK WILDER	(MW)	Lived Experience
MELISSA CAMERON	(MC)	Department of Education
NICK GUGGISBERG	(NG)	Kiama Municipal Council
RACHEL NORRIS	(RN)	Lifeline South Coast
RON DE JONGH	(RdJ)	Grand Pacific Health
SARAH CIMINO	(SCi)	Kiama Community College
SARAH MCKENZIE	(SM)	COORDINARE
TIM HEFFERNAN	(TH)	SP Collaborative Eexecutive; Lived Experience

NOWRA:

ALISON TYE	(AT)	Rural Adversity Mental Health Program
CLARE LESLIE	(CL)	Lifeline South Coast
GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
KIM KELLY	(KK)	COORDINARE
LINDA LIVINSTONE	(LLi)	SP Collaborative Executive; COORDINARE
MICHELLE DICKSON	(MD)	Waminda
SHARLENE CRUICKSHANK	(SC)	SP Collaborative Executive; Waminda
WENDI HOBBS	(WH)	SSPAN, ISLHD

APOLOGIES:

AMY BERTAKIS	(AB)	WellWays
BRIAN BOULTON	(BB)	CityLife Community Initiatives
CAITLIN KOZMAN	(CK)	WellWays

CARRIE LUMBY	(CLu)	Lived Experience
CYNTHIA MCCAMMON	(CMc)	Catholic Education Office
JADE PADOS	(JPa)	ISLHD
JANET JACKSON	(JJ)	NSW Trains
JOAN GISSING	(JGi)	Department of Education
MICHELLE ELLIS	(ME)	Anglicare
NICKY SLOSS	(NS)	Association of Independent Schools
REBECCA SNG	(RS)	Grand Pacific Health
SARAH ADAMS	(SA)	ISLHD
SARAH HOLMES	(SH)	Aftercare
TEAGAN STARR	(TS)	Shoalhaven City Council

2. Welcome and introduction

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

a. Update on national and state conversations

AH noted that there have been lots of suicide prevention forums/workshops occurring at both a state and national level over recent weeks. These have highlighted how unique and beneficial it is for this region to have such a strong culture of working collaboratively. The collective attitude that challenges to reducing suicide can be overcome, which is characteristic of Collaborative members in this region, will be important to achieving our mission.

It is clear that we have a 'window of opportunity' to make progress in reducing suicides. Suicide prevention is a NSW Premier's priority and one of the Prime Minister's priorities. We do not need to continue to make the case for action in suicide prevention. Instead, we now need to be very clear and concrete as to what we want from governments to enable our work.

3. Working Group (WG) updates

b. Health interventions working groups

Recovery Camp

EP reported so far 3 of the 10 funded places for the Recovery Camp have been taken up – two people have attended the camp, and another person is booked in for the next camp in December. A further three people submitted a successful EOI, however had to drop out last minute. EP commented that the length of the Recovery Camp (5 days) appears to be too long for most people. The Collaborative is working with Recovery Camp to work out how we can make the most of the remaining funding.

Psychological treatment subgroup

[See item 4 below.](#)

Safe Space

The Safe Space working group has been working to set up a peer support group for people who are suicidal, called the 'Shelter' group. The first Shelter group is being set up in Wollongong. AR reported the group's first meeting was planned for tonight, however it has been postponed due to issues with public liability insurance. AH said that we hope to have these issues resolved so that the Shelter group can begin meeting 28 November.

ACTION 1: Collaborative members contact Alex/Emma (suicideprevention@coordinare.org.au) for more information about the Shelter group.

All

c. Community interventions (WG2)

EP reported the Collaborative has developed two key message videos featuring people with lived experience sharing messages of hope and help for the community. One video is directed towards friends and families, the other is directed at people currently struggling. EP emphasised the power of hearing directly from people with lived experience and thanked the lived experience members who took part in the videos.

The community working group has been discussing how we can get these videos and messages out into the community. As a start, the videos will be published on a new '[Spread the word](#)' page on the Collaborative's website, along with example messaging and social media posts. EP encouraged members to share the videos with their networks and out in the community, highlighting they can be shared on social media but also used in presentations and trainings, etc.

ACTION 2: Collaborative members share key message videos – accessed via the Collaborative's website ([click here](#)).

All

EP noted the community working group is also continuing to work on community suicide prevention training. At the next meeting we will be discussing how lived experience can be embedded into community trainings happening across the region. EP invited interested members to get involved.

ACTION 3: Collaborative members interested in getting involved with community interventions to contact Emma (epaterson@coordinare.org.au).

All

d. WG3 (school interventions)

MC gave an update on plans for the rollout of the Youth Aware of Mental Health (YAM) program in local high schools next year. Public schools have been invited to express interest in running YAM in Term 1 2020, and MC will find out which Illawarra Shoalhaven-based schools will be doing the program later this week. LLI asked whether the Department of Education (DoE) have decided to continue their investment in YAM. MC confirmed the DoE are continuing to train YAM Instructors and build their YAM workforce, with four additional YAM Instructors from the Illawarra Shoalhaven recently trained. However, a number of the existing full-time YAM Instructor positions will end early next year and the DoE are still working out what the rollout of YAM will look like after this. EP noted that Catholic Education has also built up their capacity to deliver YAM and plan to continue to rollout the program in 2020.

UPDATE: since the monthly meeting the DoE have confirmed that 10 high schools within our region will deliver YAM in Term 1 2020. A further six schools are on the waitlist for Term 2 2020.

The schools working group is continuing to work on setting up an education communication protocol for after a suicide. MC highlighted that outside of the schools working group, the Collaborative is working to set up a protocol for any suicide, not just young people, which triggers a whole of community response. The education protocol will be a part of this whole of community response, and will aim to ensure that everyone in the school community

potentially affected by a suicide is offered timely support, and that the sharing of information about suicide locally is minimised and contained.

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

LLi reported the Black Dog Institute attended the last data working group meeting to present preliminary findings from 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. LLi noted a significant proportion of the study participants were from our region, and the findings will act as a baseline we can use to see if our work is having an impact. The intention of the presentation was to share information about what is currently happening with service providers, who can then reflect on what changes they can make. The meeting was attended by representatives from mental health, emergency department, primary care and police. AH highlighted the great response from ISLHD's ED department, who have already shared the study results with their staff and are keen to work with the Collaborative on improvements they can make.

LM suggested we look at the model used at Nepean Hospital in Penrith, which has separate EDs for physical and mental health. MD has worked at Nepean Hospital and agreed the model is good. AH noted we can also learn from a model used in Newcastle, where people presenting to ED with self-harm have a different care pathway.

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

MD reported the Aboriginal working group are consulting with local elders about what they see as a priority in suicide prevention. The group is also looking at how we can support the community with education and training.

4. **Psychological treatment self-assessment tool & training**

AH provided an overview of the work the psychological treatment working group has been doing to support clinicians to provide evidence-based care.

RdJ commented on the good work that is being done with the current workforce, but asked what is being done with incoming health professionals when they're at university. AH reported that suicide prevention workshops are already being done with local Masters of clinical psychology students, but we are yet to be involved with students from other professions such as nursing or social work. NG offered to put the Collaborative in touch with the local social work department. LM highlighted that nursing students only need to do one subject in mental health, and JPu confirmed that nurses can be employed in a mental health ward without any formal mental health training. [Recovery Camp](#) was noted as one form of training available to students from all health professions.

ACTION 4: Nick put Alex (ahains@coordinare.org.au) in touch with UOW social work department

NG

AH agreed we need to do more with universities, however we must keep in mind that health professionals tend to move around a lot, so those who train locally don't necessarily work locally, and those who work locally may not have been trained here. Group agreed we must continue to work with current workforce to make sure they are equipped to provide evidence-based care. TH highlighted that the sharing of lived experience was one of the most powerful parts of the psychological treatment workshops, so we must also structurally support lived experience involvement in trainings, for example through a professional lived experience speaker's bureau.

AH noted we've had a number of requests from organisations looking to rollout the training with their staff. The Collaborative intends to work with these organisations to work out what they can do to support clinicians to provide evidence-based care, whether it be training, changing policies, etc. JM asked whether there are any parts of the psychological treatment workshops that could be adapted for e-learning so we can better meet the high demand. AH agreed this would be a good way to get more people trained, but wondered whether conventional e-learning would be as effective as a face-to-face workshop. AH noted however that there are examples of innovative, interactive online trainings for therapists coming out that we can learn from.

AH highlighted the approach the psychological treatment working group has taken to changing practice will apply to other areas, not just therapy. Members were encouraged to think about how this approach could be applied in their workplace.

5. Additional items – monthly meetings 2020

EP noted in 2020 the Collaborative will continue to meet on the second Thursday of each month, 8:30am – 9:30am. Meetings will run in February – December, there will be no meeting in January 2020.

[Click here](#) to view the 2020 monthly meeting schedule.

ACTION 5: Emma send out monthly meeting calendar invites for 2020.

EP

6. Next meeting

Date: Thurs 12 December 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