

Monthly Meeting Minutes – 14 June 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:

AMY BERTAKIS	(ABe)	Wellways
BRIAN BOULTON	(BB)	Citylife Community Initiatives
CARLIE SCHOFIELD	(CS)	Illawarra Aboriginal Medical Service
CYNTHIA MCCAMMON	(CMc)	Catholic Education
EMMA RINGLAND	(ER)	SP Collaborative
IRENA PRESCOTT	(IP)	Lived Experience
KYLIE HANIGAN	(KH)	Lived Experience; Hansen & Cole Funerals
MARY-ANNE FLEETON	(MF)	Anglicare
MICHELLE ELLIS	(ME)	Anglicare
SANDRA BOLACK	(SB)	iSPAN
TIM HEFFERNAN	(THe)	SP Collaborative Executive; Lived Experience Representative
WADE NORRIE	(WN)	ISLHD

NOWRA:

ALEX HAINS	(AH)	SP Collaborative
ANN FRANKHAM	(AF)	Lived Experience
CLARE LESLIE	(CL)	Lifeline South Coast
LINDA LIVINGSTONE	(LLi)	SP Collaborative Executive; COORDINARE
SHARLENE CRUICKSHANK	(SC)	South Coast Medical Service Aboriginal Corporation
WENDI HOBBS	(WH)	SSPAN

PHONE:

ADAM BRYANT	(ABr)	ISLHD
TOM MCCOLL	(TM)	Shellharbour City Council

APOLOGIES:

GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
HEATHER MCCARRON	(HM)	TAFE NSW
JANET JACKSON	(JJ)	NSW Trains
JOAN GISSING	(JG)	Department of Education
MARILYN DUNN	(MDu)	Salvation Army
MICHELLE DICKSON	(MDi)	Waminda
NICKY SLOSS	(NS)	Association of Independent Schools
VIDA BLIOKAS	(VB)	SP Collaborative Executive; School of Psychology, UOW

2. Welcome and introduction

LLi 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 is focusing on how to improve the quality of psychological treatment. Information is being gathered to work out what the issues with current practice are, what psychological treatments have evidence for being effective, and how we can change behaviour to improve the quality of practice.

LLi also noted that the staggered rollout of the [StepCare](#) screening tool has commenced, with two of 13 general practices going live last week.

ABr reported the NextSteps aftercare service partners are working to increase referrals from Emergency Departments (EDs). AH reported the evaluation of the NextSteps service has been progressing. TH noted that the Consumer Led Research Network are involved in co-designing the evaluation.

b. WG2 (community interventions)

BB reported WG2 has been looking at how to set up information about local community suicide prevention training on the Collaborative website, to help people choose which training to do. WG2 has also been exploring the idea of connecting local community suicide prevention trainers via a trainer network.

BB noted the upcoming media campaign – see more details in [item 5](#).

c. WG3 (school interventions)

ER noted the first year of the Youth Aware of Mental Health (YAM) program rollout will come to an end in a few weeks. WG3 has been reviewing the implementation and delivery of YAM to see how we can improve for next year. ER noted YAM has been delivered to thousands of students from 25 schools across our region, and highlighted all the work that was done to make this happen. A YAM Celebration event (see details below) is being held to mark the occasion and everyone is welcome to attend.

Event to celebrate the end of the first wave of YAM rollout across local schools:

Friday 29th June

3pm – 5pm

Towradgi Beach Hotel

ACTION 1: Emma share invitation to YAM celebration event with Collaborative.	All
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d. WG4 (data-driven suicide prevention)

AH reported WG4 is working on how to improve local data on suicide attempts. WG4 is also scoping out how to engage with local pharmacists to ensure the safe dispensing of medication. LLi noted COORDINARE has recently recruited a Pharmacy Liaison Officer, who is helping WG4 connect with local pharmacists working on the ground. AH noted that pharmacists see suicide as an issue and are keen to work together to do something to address it.

e. WG5 (Aboriginal suicide prevention)

AH reported WG5 has been focusing on getting input from local Aboriginal groups, as part of the [LifeSpan funding allocation process](#). WG5 has also been discussing which 2-4 key local events to support this year.

4. LifeSpan community survey updates

ER provided an updated on the LifeSpan community survey. The survey was first done in July 2017 and will be disseminated every 12 months for the duration of the LifeSpan project. The results will be used to evaluate whether LifeSpan is having an impact on the community.

The survey has been open for a month, and has been completed by 471 people, which is already more than the first round in 2017. ER highlighted that only 30% of the respondents have been male and only 4% identified as Aboriginal. ER noted that we are allowed to actively recruit participants for the survey, and encouraged Collaborative members to do so, particularly targeting men and Aboriginal people. Collaborative members discussed avenues to disseminate the survey, including through UOW, Council youth networks, sporting clubs and St John's Ambulance. ER noted the survey is open until 31st July 2018.

ACTION 2: Emma resend LifeSpan community survey link to Collaborative members.	ER
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ACTION 3: Collaborative members actively recruit participants for the LifeSpan community survey.	All
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5. Media campaign

AH reported the Collaborative has been partnering with local Fairfax to plan a media campaign which will run from July until RUOK? Day in mid-September. The campaign will highlight all the work being done locally to prevent suicide and will be embedded with evidence-based key messages. Organisational spokespeople and people with lived experience will contribute to the campaign, and supports (such as training and mentoring) will be available for all spokespeople. The campaign will be used as a tool to engage the community in suicide prevention, and key calls-to-action will be promoted. Doing the Question Persuade Refer (QPR) online training in particular, will be a common thread throughout the campaign.

Collaborative members were invited to share ideas for stories (particularly about frontline workers) or spokespeople to contribute to the campaign. KH noted funeral directors could speak about their experience working with families after a suicide. WH noted frontline workers are at high risk of suicide and suggested the frontline worker story focus on importance of caring for the carers. WN noted peer support networks set up for frontline workers across the state.

SC asked whether Aboriginal people are being represented in the campaign. AH noted WG5 are looking for Aboriginal people who are happy to share their stories. CL noted Lifeline South Coast works with an indigenous suicide prevention training facilitator who may be interested.

ACTION 4: Sharlene and Clare connect Aboriginal spokespeople for media campaign with Alex.	All
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AH highlighted that the aim of the campaign is to create behaviour change in the community, which may not be achieved if it is just be a collection of articles. AH asked Collaborative members how we can extend the impact of the campaign. Group noted use of social media will help engage young people. TH suggested YouTube is used to record stories so that they can be accessed long term. IP highlighted having a common thread which connects the stories will help maximise their impact.

ACTION 5: Collaborative members send ideas for media campaign (including stories and spokespeople) to Alex/Emma (suicideprevention@coordinare.org.au)

All

AH highlighted that organisations who sign up to QPR online will be promoted by the Illawarra Mercury, and noted only 9 of 39 Collaborative members have signed up to QPR.

ACTION 6: Collaborative members advocate for QPR online within their organisations.

All

AH stressed that the campaign is not about promoting the Collaborative. AH also noted media releases will be shared with Collaborative members so they can be used in their organisation's internal communications.

ACTION 7: Alex/Emma distribute media releases to Collaborative members throughout campaign.

All

6. Additional items

NAIDOC event

SC noted there is a NAIDOC event happening on Wednesday 11th July. AH reminded Collaborative members to let us know about their events so we can support them.

ACTION 6: Collaborative members send details about local events to Alex/Emma (suicideprevention@coordinare.org.au)

All

7. Next meeting

Date: Thurs 12 July 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.