

Monthly Meeting Minutes – 9 August 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:

ADAM BRYANT	(ABr)	ISLHD
ADAM WALKER	(AW)	NSW Ambulance
ALEX HAINS	(AH)	SP Collaborative
BRIAN BOULTON	(BB)	Citylife Community Initiatives
DANIEL ERAK	(DE)	APM employment services
EMMA RINGLAND	(ER)	SP Collaborative
LORNA MOXHAM	(LM)	UOW Global Challenges Program
MARK WILDER	(MW)	Salvation Army
MARILYN DUNN	(MDu)	Salvation Army
MARY-ANNE FLEETON	(MF)	Anglicare
RACHEL NORRIS	(RN)	Lifeline South Coast
RON DE JONGH	(RdJ)	Grand Pacific Health

NOWRA:

ANN FRANKHAM	(AF)	Lived Experience
CLARE LESLIE	(CL)	Lifeline South Coast
JOHN CASEY	(JC)	ACON
MICHELLE DICKSON	(MDi)	Waminda
WENDI HOBBS	(WH)	SSPAN

APOLOGIES:

BONNIE HITTMAN	(BH)	Shellharbour City Council
CATHERINE CAMPBELL	(CC)	Shoalhaven City Council
GLENN WLLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
JANET JACKSON	(JJ)	NSW Trains
LINDA LIVINGSTONE	(LLi)	SP Collaborative Executive; COORDINARE
MELISSA CAMERON	(MC)	Department of Education
MICHELLE ELLIS	(ME)	Anglicare
NICKY SLOSS	(NS)	Association of Independent Schools
SANDRA BOLACK	(SB)	iSPAN
SHARLENE CRUICKSHANK	(SC)	South Coast Medical Service Aboriginal Corporation
TIM HEFFERNAN	(The)	SP Collaborative Executive; Lived Experience Representative
VIDA BLIKAS	(VB)	SP Collaborative Executive; School of Psychology, UOW

2. Welcome and introduction

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

### 3. Working Group (WG) updates

#### a. WG1 (health interventions)

AF reported that WG1 met to discuss how to ensure people are receiving effective psychological treatment. The group plans to start by trying to influence the training of new health professionals whilst they are at University, and are following up with UOW representatives already involved with the Collaborative.

#### b. WG2 (community interventions)

BB reported WG2 has started making plans for the Collaborative's celebration event to be held in September:

**Thursday 13<sup>th</sup> September**  
**8:30am – 10:30am**  
**Kiama Pavilion**

BB noted the event will be similar to the LifeSpan launch last year, with each Working Group running their own stall. There will also be a panel session with people who have been involved with the different LifeSpan strategies/interventions.

ACTION 2: Emma send [Celebration event invitation](#) to Collaborative members.

ER

ACTION 3: Collaborative members distribute [Celebration event invitation](#) throughout their networks (both professional and personal)

All

#### c. WG3 (school interventions)

ER noted the [story on the Youth Aware of Mental Health \(YAM\) program](#) was recently published in the Illawarra Mercury. WG3 has been working to leverage this media coverage to engage:

1. Parents & school staff to do the [Question Persuade Refer \(QPR\) online](#) training.
2. Schools who did not do YAM this year to sign up for 2019.

ER reported 8 schools shared a Facebook post encouraging parents to do QPR and 1 new school is interested in meeting to discuss YAM.

ER noted WG3 has also made plans for their stall at the Celebration event.

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

AH reported WG4 has been focusing on the role of pharmacy in suicide prevention. Strategies being discussed include training for pharmacy staff and help-seeking messages in pharmacies. WG4 is also working with the Black Dog Institute (BDI) and other LifeSpan trial sites to prepare communications to be disseminated via national pharmacy networks.

RN noted that Lifeline Macarthur have engaged pharmacists to include help-seeking information on the cover of medication scripts and have had lots of positive feedback from the community.

ACTION 4: Rachel to put Alex in contact with relevant person from Lifeline Macarthur.

RN

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

MDi provided an update on WG5 activities, including:

- Meeting has been organised with Men's Group in Albion Park to discuss the LifeSpan funding.
- WG5 stall at the Celebration event will include suicide prevention resources which have been developed for local Aboriginal communities.
- QPR face-to-face suicide prevention training to be delivered to community groups in the Shoalhaven.

MD also noted that Waminda is continuing to roll out QPR online with staff and community members.

4. **Shoalhaven suicide bereavement group**

MDu noted that the Salvation Army currently facilitates a monthly support group for people bereaved by suicide, called the 'etc' group, as part of their First Floor program. Currently this type of group only exists in Wollongong, however due to increasing interest from the community, Salvation Army is looking into setting up a similar group in the Shoalhaven region.

MDu reported a meeting with local stakeholders is being held to explore how a suicide bereavement group in the Shoalhaven would look. Collaborative members were invited to attend the meeting and share the invitation across their networks.

**Friday 24<sup>th</sup> August**

**10am**

**Salvation Army Nowra**

**(Cnr Salisbury & St Anns Street, Nowra)**

ACTION 5: Collaborative members disseminate stakeholder meeting invitation across their networks.

All

5. **Introduction to the ED guidelines**

AB noted that in June 2018, BDI released [Guidelines for integrated suicide-related crisis and follow-up care in Emergency Departments and other acute settings](#). ISLHD has been benchmarking their current practice against these guidelines, to identify any gaps and areas for improvement. AB also noted that ISLHD is currently 6 months into implementing a new model of care within mental health services and are working on how to prevent people from getting to ED in the first place.

AB highlighted that the [guidelines](#) reinforce the need for collaboration. They are not just about what happens in the ED, but also about community services, general practice, psychologists etc. AB will present findings of their analysis of the guidelines to the Collaborative once they have been signed off.

AH acknowledged the positive response from ISLHD to the ED guidelines, emphasising their willingness to take on the guidelines when many other local health districts have not.

6. **Additional items**

[Media campaign](#)

AF reported that aside from AF's story, no other stories from the media campaign have been published in the southern papers.

ACTION 6: Alex/Emma follow up with Ann & Clare about getting stories in southern papers.

AH/ER

ER noted that we are half way through the media campaign and some of the momentum is slowing. ER reinforced the need for Collaborative members to help spread the word by continuing to share media releases and promote the [Question Persuade Refer \(QPR\) online](#) across their networks. RdJ suggested having shared RUOK? events with neighbouring organisations to help promote QPR.

ACTION 7: Collaborative members use media releases and social media to help spread the word.

All

### Sustainability

RdJ asked if it is too early to discuss what happens after the end of the LifeSpan project. AH outlined some of the conversations about this that have been happening, and agreed to bring this conversation to October monthly meeting.

## 7. Next meeting

### Celebration event

Date: Thurs 13 September 2018  
Time: 8:30-10:30am (light breakfast, tea & coffee provided)  
Venue: The Kiama Pavilion  
2 Bong Bong Rd, Kiama

Meeting schedule for 2018 available [here](#). Please put these dates into your diary.