

Monthly Meeting Minutes – 9 Feb 2017  
8:30-9:30am, 32.301, level 3, IHMRI building, UoW Wollongong campus

1. Attendees

WOLLONGONG:

ALEX HAINS	(AH)	Regional Manager, SP Collaborative
BROWYN CARLSON	(BC)	School of Humanities and Social Inquiry, UOW
BRIN GRENYER	(BG)	SP Collaborative Executive; IHMRI
CLARE LESLIE	(CL)	Lifeline South Coast
CYNTHIA MCCAMMON	(CMc)	Catholic Education
ERIN HIESLEY	(EH)	SP Collaborative Executive; Youth Health Manager, GPH
FRANK DEANE	(FD)	Illawarra Institute of Mental Health; UOW
GRAHAME GOULD	(GG)	Director, Lifeline South Coast
HEATHER MCCARRON	(HMc)	TAFE NSW, Shellharbour & Moss Vale Campuses
JULIE CARTER	(JC)	A/Director Mental Health Services, ISLHD
LEANNE WOODLEY	(LW)	Association of Independent Schools
LORNA MOXHAM	(LM)	School of Nursing, UOW
LYNN LANGHORN	(LLa)	Mental Health Director of Nursing, ISLHD
LYNNE HARRIS	(LH)	Department of Education
NICK GUGGISBERG	(NG)	Kiama Council
PAULA HAKESLY	(PH)	Director Mental Health Services, ISLHD
RON DE JONGH	(RdJ)	Grand Pacific Health (GPH)
TIM HEFFERNAN	(The)	SP Collaborative Executive; Lived Experience Representative

NOWRA:

GLENN WILLIAMS	(GW)	SP Collaborative Executive, MIND the GaP
HELEN BACKHOUSE	(HB)	Flourish
JUDITH SIMONS	(JSi)	Schizophrenia Fellowship
NATHAN DEAVES	(ND)	South Coast AMS
TIM HUDMAN	(THu)	SSPAN

PHONE:

KIMBERLY CHISWELL	(KC)	Waminda
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APOLOGIES:

ALAN WOODWARD	(AW)	Lifeline Australia
BETHANY PYE-RESPONDEK	(BP-R)	Illawarra Health & Medical Research Institute (IHMRI)
DEBRA MURPHY	(DM)	Regional Development Australia Illawarra
EMMA RODRIGUES	(ER)	LGBTI advocate
JANET JACKSON	(JJ)	NSW Trains
LINDA LIVINGSTONE	(LLi)	SP Collaborative Executive; COORDINARE
MARGOT MAINS	(MM)	CEO, ISLHD

MARILYN DUNN	(MD)	First Floor Program Coordinator, Salvation Army
TEDDY COOK	(TC)	ACON
PAUL MCCANN	(PMc)	Catholic Education
VIDA BLOKAS	(VB)	School of Psychology, UOW
WENDI HOBBS	(WH)	SSPAN

## 2. Welcome and introduction

BG noted that the Illawarra Shoalhaven has officially reached the 'establishment phase' of the LifeSpan project from 1 Feb 2017. Establishment phase scheduled for 6 months, with the 'implementation phase' starting from 1 Aug 2017.

BC was introduced as a new member of the Collaborative. BC outlined the focus of her work in researching the use of social media (e.g. facebook) for help seeking and health provision amongst indigenous communities around the world. AH noted that her knowledge and experience will be particularly useful when the Collaborative is designing community awareness campaigns for marginalised groups.

## 3. Role changes

AH noted that VB has now left her position within the ISLHD to work within the School of Psychology at UOW. As VB was the ISLHD representative on the Collaborative's executive, she can no longer fill that role (but she will continue to be involved with the Collaborative). BG thanked VB for her contribution to the Collaborative executive throughout the first 15 months.

ACTION 1: AH will work with the ISLHD to identify a suitable representative to replace VB on the Collaborative executive.	AH, LLa, JC
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AH noted that this will be PH's last Collaborative meeting as she is taking up another position in Victoria. AH thanked PH for her contribution in representing the ISLHD's commitment to the work of the Collaborative.

PH introduced JC as her interim replacement as Director of Mental Health, commencing 13 Feb 2017.

## 4. LifeSpan project - updates

Collaborative generally

- Logo finalised – AH thanked those involved in the working group for this.
- Collaborative website scheduled to go live mid-March.
- Currently recruiting Project Officer to support local implementation of LifeSpan project, closing 15 Feb.

Strategy 1: Aftercare

- Black Dog Institute (BDI) inviting participation in Delphi Study on integrated crisis care – online surveys open 6-26 Feb. Invitation emailed to members prior to this meeting.
- RdJ provided update re *Next Steps* proposal for the NSW Suicide Prevention Fund – progressed through to request for quote stage. This proposal involved collaboration between GPH, South Coast AMS, Flourish and the ISLHD. Hoping to hear result soon.

Strategy 2: Psychosocial treatments

- Currently working with BDI and Australian Institute of Health and Welfare (AIHW) on how to map what services are available in region and level of expertise of each specific to evidence-based suicide prevention

Strategy 4: Frontline staff training

- Conversations between NSW Health and BDI about provision of evidence-based training for emergency department staff. Hoping there will be something concrete to offer frontline staff soon.

Strategy 6: School programs

- Youth Aware Mental Health (YAM) identified as preferred school-based program as it has excellent evidence of reducing suicide attempts and is highly feasible.
- EOI for organisation(s) to deliver this program within schools currently being reviewed by panel at BDI. Training for the successful organisation(s) scheduled for mid-May 2017.
- Possible for schools to implement more intensive mental health programs, but should be in addition to YAM (not instead of YAM).
- School programs not likely to be rolled out until 2018 academic year. 2017 will focus on preparing the school communities for roll out.
- THu asked whether it's possible for Collaborative to support roll out of programs other than those prescribed by the LifeSpan project. AH noted that the Collaborative has contracted to implement the LifeSpan project, which focuses on those activities that are already evidence-based. Where there are promising locally-driven activities, the Collaborative could advocate for those local programs to establish their evidence (e.g. in partnership with UOW or IHMRI).

Strategy 7: Community awareness campaigns

- We have a meeting today with BDI who have engaged Boxing Clever to develop centralised communication strategy, which we will complement locally.
- KC emphasised need to ensure any communications are effective in reaching local high-risk cohorts, e.g. Aboriginal communities.

Strategy 9: Means restriction

- THu outlined locally-driven response in Ulladulla, which has an identified suicide 'hot spot'. Various interested groups meeting to coordinate a response that will increase safety and improve amenities at the site.

**ACTION 2:** AH to attend Ulladulla meetings. GG offered Lifeline South Coast involvement as well due to their experience with suicide hot spots.

AH &  
GG

Research opportunities

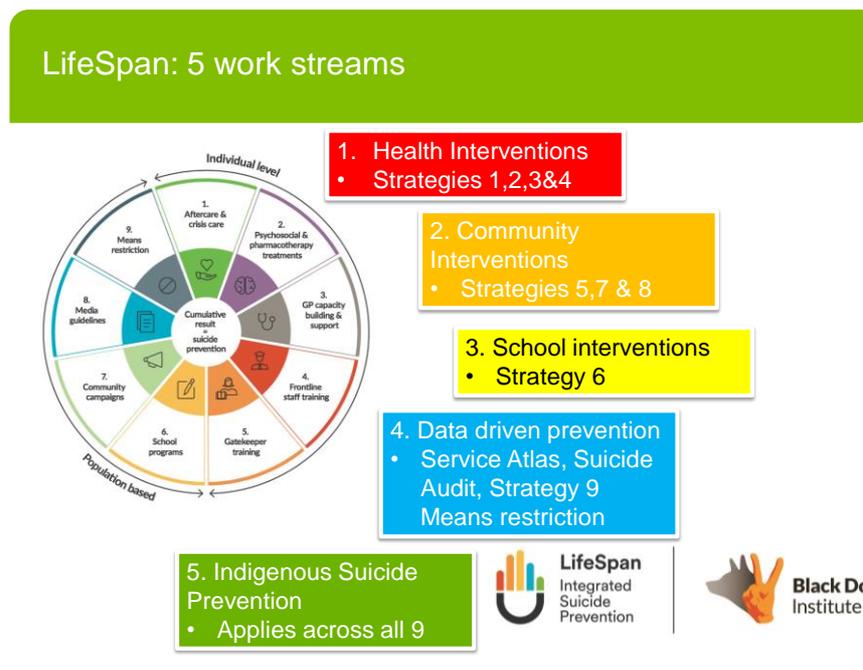
- BDI have identified 200+ potential PhDs based on the work associated with the LifeSpan project. They will not be able to do all of these themselves and are open to external researchers accessing the relevant data. External agency would need to provide research supervision. BDI would not be able to contribute funds/scholarships for the PhD students.

**ACTION 3:** Those interested in doing or supervising a PhD associated with the LifeSpan project should email AH ([ahains@coordinare.org.au](mailto:ahains@coordinare.org.au)), who will pass on their details to the relevant BDI staff.

all

## 5. Working Groups

The intention to establish Working Groups to support the development of practical and concrete plans for each of the LifeSpan strategies was communicated to all members via email prior to this meeting. The structure of these Working Groups was on the agenda to discuss in this meeting. To inform the discussion, the figure below was distributed to all attendees, which outlines how BDI have structured their LifeSpan team. We have also been advised that all relevant documents (e.g. more detailed descriptions of what each strategy involves) will be based on these work streams.



It was unanimously agreed that the Collaborative Working Groups should align with the above structure. AH noted that this could be adjusted if needed in future.

Lla suggested that the Working Groups establish a Terms of Reference. It was agreed to instead incorporate this into the Collaborative's Terms of Reference. This additional section will need to outline the role of the Working Groups, the role of the Working Group Lead, how the Working Groups will feed into the broader Collaborative meetings and the executive meetings, and how problems within the Working Groups might be resolved.

**ACTION 4:** AH to draft this additional section for the Terms of Reference with input from executive members. For review by Collaborative members at next meeting.

AH & exec

HB asked whether all Working Groups will need to begin meeting at the same time. AH said that while not all strategies will be implemented at the same time (e.g. school-based programs won't practically roll out until 2018), the 6 months 'establishment phase' really isn't very long to develop detailed plans for each strategy. Therefore, it was the expectation that all Working Groups will begin meeting as soon as possible.

**ACTION 5:** AH to find way for members to identify which Working Group(s) they would like to contribute to and possibly lead. This will likely be done electronically prior to next meeting.

AH

## 6. ATISISPEP update

ND advised members that, following the Dec Collaborative meeting, he was invited to attend the first meeting between the LifeSpan staff and the Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project (ATISISPEP) leaders in Perth. The focus of the meeting was how to ensure the positive intent of the LifeSpan project also achieves reduced suicides within Aboriginal and Torres Strait Islander communities. Discussions included whether LifeSpan sufficiently incorporates the concepts of Social and Emotional Wellbeing (SEWB) and whether an additional model is warranted for Aboriginal and Torres Strait Islander communities.

**ACTION 6:** ND to continue his involvement with the LifeSpan/ATISISPEP meetings and feedback to Collaborative.

ND

AH noted that the Federal Government has announced \$10million for the roll out of the Crisis Response Service nationally.

## 7. Next meeting

Date: Thurs 9 Mar 2017

Time: 8:30-9:30am

Venue: Level 3 meeting room, IHMRI building, UoW Wollongong campus

Video link: from GPH Centre, 107 Scenic Dr, Nowra **NOTE: This is a new Nowra location for video link.**

Phone link: contact AH for details if this is required

Meeting schedule for 2017 available [here](#). Please put these dates into your diary.