

Monthly Meeting Minutes – 13 June 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:

ALEX HAINS	(AH)	SP Collaborative
AMY BERTAKIS	(AB)	Wellways
ANN FRANKHAM	(AF)	Lived Experience
CARRIE LUMBY	(CLu)	Lived Experience
CYNTHIA MCCAMMON	(CM)	Catholic Education Office
DAMIEN CASTLES	(DC)	ISLHD
EMMA PATERSON	(EP)	SP Collaborative
JOHN PULLMAN	(JP)	ISLHD
LAURA SERGEANT	(LS)	Ability Links NSW
LINDA LIVINSTONE	(LLi)	SP Collaborative Executive; COORDINARE
LORNA MOXHAM	(LM)	UOW Global Challenges Program
MARK WILDER	(MWi)	Lived Experience
MELISSA CAMERON	(MC)	Department of Education
RACHEL NORRIS	(RN)	Lifeline South Coast
TIM HEFFERNAN	(TH)	SP Collaborative Executive; Lived Experience
TIFFANY WESTON	(TW)	UOW
VIDA BLIKOKAS	(VB)	SP Collaborative Executive; School of Psychology, UOW

NOWRA:

ALISON TYE	(AT)	ISLHD
CLARE LESLIE	(CLe)	Lifeline South Coast
SHARLENE CRUICKSHANK	(SC)	SP Collaborative Executive; South Coast Medical Service Aboriginal Corporation
WENDI HOBBS	(WH)	SSPAN, ISLHD

PHONE:

NICKY SLOSS	(NS)	Association of Independent Schools
REBECCA SNG	(RS)	SP Collaborative Executive; Grand Pacific Health

APOLOGIES:

ANDREA ARNDT-JACKMAN	(AJ)	Neami National
ARMANDO REVIGLIO	(AR)	Wollongong City Council
COREY DE BRUIN	(CdB)	Lived Experience
GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
JANET JACKSON	(JJ)	NSW Trains
JOAN GISSING	(JG)	Department of Education
KIM KELLY	(KK)	COORDINARE
MARY-ANNE FLEETON	(MF)	Anglicare
MICHELLE ELLIS	(ME)	Anglicare



NICK GUGGISBERG	(NG)	Kiama Municipal Council
TEAGAN STARR	(TS)	Shoalhaven City Council
TOM MCCOLL	(TM)	Shellharbour City Council

## 2. Welcome and introduction

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

## 3. Irena

AH, TH and CLu let members know that Irena, one of the Collaborative's lived experience members, recently died. TH and CLu shared a few words and memories about Irena.

## 4. Working Group (WG) updates

### a. WG1 (health interventions)

#### *Recovery Camp*

AH reminded members that the Collaborative will be funding 10 x health professionals working in mental health to attend the [Recovery Camp](#). An [expression of interest](#) has been put out and four people have been approved so far. AH highlighted there are still six spots available and encouraged members to continue to promote the opportunity.

**ACTION 1:** Collaborative members promote [Recovery Camp EOI](#) to local health professionals working in mental health.

All

#### *Psychological treatment subgroup*

RS reported the psychological treatment subgroup has developed and piloted a self-assessment tool against the core components of effective care. The next step will be to plan the one-day training on the core components, which will be offered alongside the self-assessment tool. Once the training is planned, the self-assessment tool and training day details will be sent out. AH invited anyone interested in getting involved with the work being done to improve psychological treatment to get in touch.

**ACTION 2:** Collaborative members interested in getting involved with the work being done to improve psychological treatment contact Alex ([ahains@coordinare.org.au](mailto:ahains@coordinare.org.au)).

All

#### *Safe Space subgroup*

CLu noted the Safe Space subgroup has identified four core elements of the proposed local Safe Space:

1. Residential respite
2. Drop-in centre
3. Peer support group
4. Warm line

CLu reported the group is now discussing priorities and who wants to be involved with each element. CLu encouraged Collaborative members interested in any of the components to get involved.

**ACTION 3:** Collaborative members interested in getting involved with Safe Space contact Alex/Emma ([suicideprevention@coordinare.org.au](mailto:suicideprevention@coordinare.org.au)).

All

**b. WG2 (community interventions)**

AH highlighted a lot has been happening in community interventions.

WG2 has been working to set up universal evaluation of community suicide prevention trainings across the region. The evaluation surveys have been finalised and are now being trialled.

The *Where to go for support* cards have been running out the door and we have almost run out of the first order of 20,000 cards. AH is in discussion with local Rotary Clubs about funding the printing of more cards, as well as the development of an adapted version for culturally and linguistically diverse populations. AH noted that Rotary Clubs could also act as a large army of people to help distribute the cards across the community.

The video projects discussed at the last meeting ([click here to view minutes](#)) are being filmed and will be ready for sharing at one of the next few meetings.

The *Illawarra Mercury's* suicide prevention campaign, [Care To QPR: Question, Persuade, Refer](#), has been named as a finalist for Suicide Prevention Australia's 2019 LIFE awards. AH emphasised it is great for the media campaign to be recognised. LLI reported local MP, Ryan Park, has also paid tribute to the media campaign. CLu noted the campaign also stands a good chance of winning The Mental Health Service (TheMHS) media award.

**c. WG3 (school interventions)**

MC reported that by the end of this school term 25 local government, Catholic and independent schools will have completed YAM this year, with a few more schools happening later in the year. MC highlighted all the logistics involved in delivering YAM across so many schools, and acknowledged the support from the Collaborative which has helped make this happen.

MC noted schools who are involved in the research of YAM are due to do their three month follow up surveys soon. Preliminary research outcomes are looking very positive.

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

LLi acknowledged that people are keen to see the impact of all the work we are doing. It is tricky to get real time data on suicide deaths and attempts, so we need to look at what other factors can indicate that things are improving. WG4 has been looking at how to monitor how well the health system is facilitating effective care. The group has started by looking at response times (the length of time from when people seek support to when they actually receive it). LLI invited any services with data on response times to have input on this work.

**ACTION 4:** Collaborative members with data on response times to contact Alex/Emma ([suicideprevention@coordinare.org.au](mailto:suicideprevention@coordinare.org.au)).

All

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

SC provided an update on the Sorry Day Reconciliation Walk that took place on Friday 24<sup>th</sup> May. The event had a fantastic turnout of around 1,000 people and there has been a lot of positive feedback. SC thanked AF, and all the speakers on the day, for sharing their stories and highlighting the importance of being able to speak about suicide.

SC noted the Sorry Day event was covered by local media, including South Coast Register ([click here](#)) and WIN News ([click here](#)). A number of Collaborative members reinforced the great success of the event and congratulated SC and AF. SC thanked the Collaborative for their support and presence on the day.

## 5. Discussion: How to reach disadvantaged communities

AH noted that because the Illawarra Shoalhaven is one of the four NSW trial sites for the Black Dog Institute's (BDI) LifeSpan project, research on our region is being conducted and will be published in journal articles.

BDI have recently published an article comparing data on suicide deaths across the four LifeSpan trial sites. AH noted the article identifies economic deprivation as a major risk factor for suicide in the Illawarra Shoalhaven, a finding that conflicts with the Collaborative's key message that 'suicide affects everyone'. AH acknowledged that both messages are true. Although the suicide rate is higher for people with socio-economic disadvantage, this should not be interpreted as suicide is only a problem for this group. In fact, 1 in 10 suicides in this region are people of the highest socio-economic status. AH reinforced that suicide affects everyone and we cannot only target people experiencing economic deprivation as we would miss the majority of suicides. AH explained that the article highlighted the relationship between low socio-economic status and suicide for our region because this relationship is statistically more pronounced for the Illawarra Shoalhaven compared to the other 3 trial sites.

The finding that socio-economic disadvantage is a risk factor for suicide in our region is still important for the Collaborative to consider. AH asked members: is the work we are doing effectively reaching people experiencing socio-economic disadvantage?

CLu stated not yet and suggested we follow up with local Councils who are looking at the barriers to reaching people in the community. LLi noted BDI's article suggests more suicide prevention training is run with services working with people in long-term unemployment or with a disability. LS works with people with a disability and has found that most people, if not all, are experiencing mental health issues. LS reinforced that people working in disability services are often finding themselves in conversations they do not feel equipped to deal with, and further suicide prevention training would be beneficial.

CLu emphasised that it is not just about training people in services, but also creating opportunities for connection, for example through informal peer-to-peer support like the Hearing Voices Network, which is working well. TH suggested we could reach people through the mental health service and local community centres.

AH asked members how we could better reach people in Nowra. WH noted SSPAN has good networks setup in Nowra and community suicide prevention training has been run with diverse groups, including homeless shelters. CLe noted that Lifeline offers free training and financial counselling in the Shoalhaven.

CLu suggested that we need to put more focus on recovery, not just help-seeking. AF agreed that 'recovery is possible' is an important message. RN noted Lifeline Australia has recently launched a podcast of stories of hope and recovery called '[Holding on to hope](#)'. SC pointed out that a lot of the work we are doing is for those who are seeking help, and asked how we can reach people who aren't seeking help. TH noted that framing wanting to talk about suicide as 'help-seeking' can be unhelpful and highlighted that the Safe Space will provide a place where people can go to talk about how they are feeling without feeling like they are 'needing help'. CLu pointed out that support groups also show how people are not just 'recovered' and life will have ups and downs, which is another important message.

AH thanked everyone for their contributions. This conversation will feed into the next phase of the Collaborative's work, where we can look at some of the drivers of suicide and upstream issues that have not been a focus during the implementation of LifeSpan.

**ACTION 5:** Alex / Emma / WGs review if the work we are doing is reaching socio-economically disadvantaged groups and identify if/what else we need to do.

AH/ER  
/WGs

## 6. Additional items

### a. Roses in the Ocean training

AH reported Roses in the Ocean have recently conducted training with another group of people with lived experience.

### b. Suicide Prevention Australia research grants & PhD scholarships

AH noted Suicide Prevention Australia are currently offering a number of research grants & PhD scholarships ([click here for more details](#)).

### c. National Suicide Prevention Conference

AH noted the National Suicide Prevention Conference is coming up in late July. The Collaborative will have a strong presence at the conference this year, delivering 3 sessions:

- Workshop on the implementation of a systems approach to suicide (in collaborative with Newcastle)
- Presentation on media campaign (in collaborative with Newcastle)
- Presentation: 'A Survivor's guide to being a Lived Experience Member of a Suicide Prevention Initiative' (by CLU)

### d. Collaborative's Report Card

AH reminded members that a Report Card is being put together to help mark the end of a significant period for the Collaborative. AH invited members to contribute with the writing/reviewing of the Report Card.

**ACTION 6:** Collaborative members let Alex/Emma ([suicideprevention@coordinare.org.au](mailto:suicideprevention@coordinare.org.au)) know if they are able to help with the writing/reviewing of the Collaborative's Report Card.

All

## 7. Next meeting

Date: Thurs 11 July 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

**Meeting schedule for 2019 available [here](#). Please put these dates into your diary.**