

Monthly Meeting Minutes – 13 July 2017
8:30-9:30am, COORDINARE office, Ground floor iCentral building
Squires Way, Innovation Campus, North Wollongong
& video link to GPH Centre, 107 Scenic Dr, Nowra

1. Attendees

WOLLONGONG:

ALEX HAINS	(AH)	Regional Manager, SP Collaborative
CARLIE SCHOFIELD	(CS)	Illawarra Aboriginal Medical Service
CARLY FILMER	(CF)	Kiama Council
CYNTHIA MCCAMMON	(CMc)	Catholic Education
EMMA RINGLAND	(ER)	Project Coordinator, SP Collaborative
FRANK DEANE	(FD)	UOW
GRAHAME GOULD	(GG)	Lifeline South Coast
JENNA ROBERTS	(JR)	Murrumbidgee PHN (LifeSpan Site Coordinator)
LEANNE WOODLEY	(LW)	Association of Independent Schools
LORNA MOXHAM	(LM)	School of Nursing & Global Challenges, UOW
LYNN LANGHORN	(LLan)	SP Collaborative Executive; Mental Health Director of Nursing, ISLHD
MARK WILDER	(MW)	Community Member
MARILYN DUNN	(MDu)	Salvation Army
MICHAEL COOK	(MCo)	Black Dog Institute
NICK GUGGISBERG	(NG)	Kiama Council
REBECCA SNG	(RS)	SP Collaborative Executive; Grand Pacific Health (GPH)
YVONNE TOEPFER	(YT)	ISPAN

NOWRA:

CLARE LESLIE	(CL)	Lifeline South Coast
GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
JUDITH SIMONS	(JSi)	One Door (formerly Schizophrenia Fellowship)
LINDA LIVINGSTONE	(LLi)	SP Collaborative Executive; COORDINARE
MICHELLE DICKSON	(MDi)	Waminda SP Collaborative Executive;
WENDI HOBBS	(WH)	SSPAN

APOLOGIES:

ARMANDO REVIGLIO	(AR)	Wollongong City Council
BRIN GRENYER	(BG)	SP Collaborative Executive; IHMRI
HEATHER MCCARRON	(HMc)	TAFE NSW
HELEN BACKHOUSE	(HB)	Flourish (formerly Richmond PRA)
JANET JACKSON	(JJ)	NSW Trains
KIMBERLY CHISWELL	(KC)	SP Collaborative Executive; Waminda
MELISSA CAMERON	(MCA)	Department of Education
ROZ JENNINGS	(RJ)	Department of Education
TIM HEFFERNAN	(THe)	SP Collaborative Executive; Lived Experience Representative
VIDA BLIKAS	(VB)	School of Psychology, UOW

2. Welcome and introduction

RS 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 focused on StepCare at their last meeting – StepCare involves the universal screening of patients presenting to General Practices, looking for symptoms of depression and anxiety, drug and alcohol use and suicidality.

The group discussed what excites them about StepCare, what worries them about StepCare, and what they think will be important to get right. Education of GPs, practice staff and patients, and increased community awareness were identified as important factors to get right before rolling out the program.

b. WG2 (community interventions)

CL reported Nick Hartgerink, former editor of the Illawarra Mercury, gave an insightful presentation on the Mindframe guidelines and how to engage the media at WG2's last meeting. CL noted that there will be a meeting with local communications teams next week to plan out LifeSpan key messages and media engagement, particularly around the upcoming RUOK? Day.

ACTION 1: All local communications teams are welcome to attend WG2 meetings and CL encouraged SP Collaborative members to contact her or ER if their communications teams would like to take part in key message & media planning.	All
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CL reported that Wollongong City Council will be trialing the Question Persuade Refer (QPR) online training within its workforce. This trial will be a good learning experience for how QPR can be run in workplaces and what sort of challenges may arise. CL also mentioned that WG2 has reviewed a Decision Tree which will help people choose which training is most appropriate for them.

WG2 has also been orientated to SharePoint, an online platform that the group will use to share and edit documents.

c. WG3 (school interventions)

ER reported WG3's first meeting was an introductory meeting to discuss the Youth Aware of Mental Health (YAM) training which will be rolled out in the Illawarra Shoalhaven in Terms 1 & 2 of 2018. Potential issues with YAM were raised and two WG3 members, who are trained YAM facilitators, reported on how issues have been addressed in Newcastle, where YAM is currently being rolled out.

At WG3's next meeting, the YAM facilitators will provide a further update on key learnings from the YAM rollout in Newcastle.

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

ER reported WG4 has been developing guidelines for how findings from the Suicide Audit Report can be shared safely with different members of the community, noting the sensitive nature of the information.

A preliminary copy of the Suicide Audit Report was received from the Black Dog Institute yesterday, and will be discussed at WG4's next meeting.

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

GW reported WG5 has five members who met for the first time last Tuesday. During the meeting, AH gave an overview of LifeSpan and the group looked at recommendations from the ATSIPEP report. The group also discussed how they will feedback to the other working groups. GW noted WG5 has decided to meet fortnightly to ensure they have capacity to review plans from other WGs in a timely way.

4. **Aftercare Service Update**

RS reported that the launch of the Aftercare service at Wollongong Hospital has been pushed back to 21 August. GPH has recruited clinicians for the service and Flourish is currently recruiting Peer Workers. The CAMS (Collaborative Assessment and Management of Suicidality) approach will be used by clinicians during an initial planning session and the GROW model will be used for ongoing Peer Work. Training for clinicians and Peer Workers is scheduled for late July and early August.

RS also noted that the project partners have been meeting with the Consumer Led Research Network, the University of Wollongong and Collaborative representative (AH) to discuss evaluation of the Aftercare service.

5. **LifeSpan communications update**

MCo provided an overview of the new LifeSpan wheel (Attachment 1) which has been updated in response to community consultation. Key changes include:

- Strategy titles have been changed to short statements about what each strategy is aiming to focus on.
- Gatekeeper training has been swapped with school interventions so that all the community interventions are grouped together and the wheel better aligns with the working groups.
- Core principles of LifeSpan have been added around the outside of the wheel.

MCo reported that information sheets that provide a succinct summary of the LifeSpan project and each of the strategies have been developed and will be distributed soon once finalised. The information sheets will focus less on the broader LifeSpan project and more on what is happening locally.

AH noted that all working groups have been discussing the importance of communications. MCo confirmed that communications resources will be available electronically. MCo invited working groups to suggest any additional resources they need to support effective communication of LifeSpan.

ACTION 2: Working Groups to suggest communication resources that would help with implementation to AH (ahains@coordinare.org.au), who will then feed back to the Black Dog Institute.

All
 WGs

MCo also reported that an animated video on LifeSpan is currently being produced and will be available in the next couple of weeks.

6. Community awareness (Facebook) survey

ER presented a summary of preliminary results (Attachment 2) from the Black Dog Institute's community awareness survey which is being disseminated via Facebook until 31 July 2017. ER highlighted the lack of representation of particular population groups and the group discussed possible reasons for why these groups have not been reached. ER noted that the current ethics application only allows for the survey to be promoted via Facebook. MCo will speak to a colleague at Black Dog about how the Facebook algorithms may be skewing the survey sample.

The group discussed possible ways to promote the survey to improve its representation of the region's population. LLI suggested that closed community Facebook pages may be a good place for the survey to be shared.

FD asked how often the survey will be administered. AH noted that the survey will be done every 12 months. The survey is one of the ways the LifeSpan project is measuring the impact of community awareness campaigns and will be included on the Report Card.

ACTION 3: Members are encouraged to share the link to the community survey via their Facebook pages (both personal and organisational).

All

7. After Suicide Response – proposal for discussion

AH discussed the inconsistent and often inadequate support provided to friends and families of those who have died by suicide and noted that an After Suicide Response as a very practical way to make a difference.

AH emphasised that the proposal being shared is a very early draft and is not actually what is going to happen. AH noted that the draft has been taken to the Salvation Army's 'ETC' (suicide bereavement) group and will soon be taken to the police, the Suicide Prevention and Awareness Networks, and other key people who may be able to inform the response, such as funeral directors, coroners and a forensic counsellor.

AH provided an overview of the draft After Suicide Response flowchart (Attachment 3) and noted the three key functions of the response:

- 1) Support friends, families and community groups (e.g. schools, workplaces), affected by a suicide death.
- 2) Set up a process for managing media so any reporting of suicide is done in a safe and responsible way.
- 3) Facilitate sustainable and timely data collection.

AH noted the Suicide Audit Report will only be provided by Black Dog for the next couple of years so the Collaborative needs to come up with a sustainable way of collecting local information on suicide. MCo listed the data sources used for the Suicide Audit Report and reported that Black Dog are documenting all the processes involved with compiling the report which will be shared with local sites. The group discussed other potential data sources and raised a number of issues with the proposed After Suicide Response which will need to be thought out.

CL noted it will be important to consult with Aboriginal communities. AH agreed and reported the response has already been shared with WG5 who will help with facilitating Aboriginal consultation. LLI noted that religious leaders are another group to target as they have their own process for following up with people following a death.

WH asked if Collaborative members will have access to the Suicide Audit Report. AH noted that the report includes information on suicide means and hotspots which, when shared, has been shown to increase the risk of suicide. WG4 are working on guidelines for how the information can be shared and the intention will be to make as much information as possible available whilst ensuring it is done safely.

AH mentioned the After Suicide Response scoping questions and invited the group to not only provide input on the proposed After Suicide Response but get in touch if they want to be involved with its development.

ACTION 4: SP Collaborative members interested in getting involved with the development of the After Suicide Response are encouraged to contact AH (ahains@coordinare.org.au)	All
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8. Additional items

Nil

9. Next meeting

Date: Thurs 10 August 2017

Time: 8:30-9:30am

Venue: COORDINARE office, Ground floor iCentral building Squires Way, Innovation Campus, North Wollongong

Video link: from GPH Centre, 107 Scenic Dr, Nowra

Phone link: contact AH for details if this is required

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