

Monthly Meeting Minutes – 8 Aug 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:

ALANNA ROODENRYS	(AR)	Lived Experience
ALEX HAINS	(AH)	SP Collaborative
ANN FRANKHAM	(AF)	Lived Experience
BRIAN BOULTON	(BB)	Citylife Community Initiatives
BRUCE MCMILLAN	(BM)	Lived Experience
CARRIE LUMBY	(CLu)	Lived Experience
CLEMENTINA VELASCO	(CV)	Tafe NSW
COLUM RUANE	(CR)	Macquarie University
CYNTHIA MCCAMMON	(CM)	Catholic Education Office Diocese of Wollongong
EMMA PATERSON	(EP)	SP Collaborative
HELEN PIPER	(HP)	Neami National
JOHN PULLMAN	(JP)	ISLHD
LINDA LIVINSTONE	(LLi)	SP Collaborative Executive; COORDINARE
MARK ELLIS	(ME)	Flourish
MARK WILDER	(MW)	Lived Experience
MARY-ANNE FLEETON	(MF)	Anglicare
YVONNE ZURYSKI	(YZ)	Macquarie University

NOWRA:

GLENN WILLIAMS	(GW)	SP Collaborative Executive; MIND the GaP
KRISTEN BRADSHAW	(KB)	ISLHD
MICHELLE DICKSON	(MD)	Waminda
TEAGAN STARR	(TS)	Shoalhaven City Council
SHARLENE CRUICKSHANK	(SC)	SP Collaborative Executive; Waminda

PHONE:

GIULIANA MORANDIN	(GM)	South Coast Private Hospital
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APOLOGIES:

AARON NEWTON	(AN)	Lived Experience
AMY BERTAKIS	(AB)	WellWays
ANDREA ARNDT-JACKMAN	(AJ)	Neami National
CLARE LESLIE	(CL)	Lifeline South Coast
JANET JACKSON	(JJ)	NSW Trains
JOSEF GARRINGTON	(JG)	ACON
KIM KELLY	(KK)	COORDINARE
MELISSA CAMERON	(MC)	Department of Education
NICK GUGGISBERG	(NG)	Kiama Municipal Council
NICKY SLOSS	(NS)	Association of Independent Schools

RACHEL NORRIS	(RN)	Lifeline South Coast
REBECCA SNG	(RSi)	SP Collaborative Executive; Grand Pacific Health
TIM HEFFERNAN	(TH)	SP Collaborative Executive; Lived Experience
VIDA BLIKAS	(VB)	SP Collaborative Executive; School of Psychology, UOW
WADE LONGBOTTOM	(WL)	South Coast Medical Service Aboriginal Corporation

## 2. Welcome and introduction

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

## 3. Working Group (WG) updates

### a. WG1 (health interventions)

#### *Recovery Camp*

EP informed members that there are six funded places still available for health professionals working in mental health to attend the [Recovery Camp](#). EP 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*

AH provided update on the [online self-assessment tool](#) that has been developed to help practitioners reflect on how their practice aligns the recently identified core components of effective care. Practitioners who complete the self-assessment tool will gain access to a free one-day training on these core components. AH reported a flyer promoting the training and self-assessment will be distributed shortly and encouraged members to promote the opportunity to local psychologists, particularly those working in private practice.

UPDATE: training details and [flyer](#) have now been finalised – see below.

#### **Shoalhaven**

Monday 21<sup>st</sup> October  
9am – 4pm  
Grand Pacific Health Centre  
107 Scenic Drive Nowra

OR

#### **Illawarra**

Tuesday 29<sup>th</sup> October  
9am – 4pm  
Shellharbour Civic Centre  
76 Cygnet Ave, Shellharbour

[Click here for Psychological treatment training flyer](#)

ACTION 2: Collaborative members promote [Psychological treatment training flyer](#) to local psychologists.

All

#### *Safe Space subgroup*

CLu reported on latest activities related to the development of a local non-clinical alternative for people in distress, being called a 'Safe Space'.

BM and CLu did a presentation at the National Suicide Prevention Conference on the experience of being lived experience members of the Collaborative's Safe Space working group. There was a lot of interest in the Safe Space concept at the conference and other regions were keen to learn more from the Collaborative about the process of developing a proposal. BM reported specific interest from Aboriginal women in the Lake Cargelligo and sought advice from Aboriginal Collaborative members around cultural safety issues. AH raised potential opportunity for the subgroup to visit Waminda in order to learn about their healing community model. MD said she is happy to share document on their 'healing framework'.

**ACTION 3:** Michelle send Waminda's healing framework to Alex/Emma ([suicideprevention@coordinare.org.au](mailto:suicideprevention@coordinare.org.au)).

MD

The Safe Space working group is still in the process of setting up a local peer support group for people who are struggling that will be facilitated by people with lived experience. BM is in negotiations with the Wollongong Youth Centre to host the group. CLu invited members to share ideas for the name of the peer support group. AH offered a rugby league jumper as a prize for best idea.

**ACTION 4:** Members send ideas for the name of the peer support group to Alex/Emma ([suicideprevention@coordinare.org.au](mailto:suicideprevention@coordinare.org.au)).

All

**b. WG2 (community interventions)**

BB gave update on upcoming community events:

**RUOK? Nowra**

**Saturday 7<sup>th</sup> September 2019**

**12pm – 1:30pm**

**Shoalhaven Entertainment Centre**

[Click here for event flyer](#)

BB explained that the event is being organised and run by the RUOK? organisation but encouraged members to promote the event and to get involved. BB reported that 10 local services have already signed up to run a stall at the event and emphasised that others are still welcome. Services interested in running a stall at the event need to contact Fiona from RUOK? for more details. HP offered to pass this information on to the sub-acute team in Nowra.

**ACTION 5:** Members share [RUOK? Nowra event](#) information with services/supports that they think might want to get involved.

All

**ACTION 6:** Members/services interested in holding a stall at the [RUOK? Nowra event](#) contact Fiona from RUOK? ([fiona@ruok.org.au](mailto:fiona@ruok.org.au)).

All

EP reported that RUOK? have also asked for advice on how to promote the event to the general community and offered to personally invite any key people / groups we think should be there.

**ACTION 7:** Members send suggestions for ways to promote the [RUOK? Nowra event](#) and who to invite personally to Emma ([suicideprevention@coordinare.org.au](mailto:suicideprevention@coordinare.org.au))

All

**Collaborative's RUOK? Day event**

**Thursday 12<sup>th</sup> September**

**8:30am – 10:30am**

**Kiama Pavilion**

[Click here for event invitation](#); [Click here for Facebook event](#).

EP gave an update on plans for the event. Similarly to last year there will be stalls providing information about the work we are doing and how people can get involved, as well as a panel of Collaborative members. This year there will also be performances by a local lived experience poet, David Stavenger, and young woman on piano. EP highlighted that the Collaborative's first report card and set of key message videos will be released at the event, and people will be invited to record their own videos promoting messages of hope and recovery on the day.

BB encouraged Collaborative members to RSVP and to distribute the invitation to their own networks, particularly with anyone who has been involved, or would be interested in getting involved, with local suicide prevention efforts.

**ACTION 8:** Members continue to promote the [Collaborative's RUOK? Day event](#) across their networks (personal & professional) & send their RSVPs to [suicideprevention@coordinare.org.au](mailto:suicideprevention@coordinare.org.au)

All

AH shared the news that the Illawarra Mercury won the prestigious LiFE award for media for their #care2qpr campaign. AH reported that the editor, Julian O'Brien, and the writer involved in the campaign, Lisa Wachsmuth, attended the awards dinner and that it was a great to see the campaign recognised. AH acknowledged the power of lived experience in the campaign and thanked the lived experience Collaborative members for sharing their stories of hope and recovery. AF was involved in the campaign and thanked the Collaborative for encouraging people with lived experience to use their voices. She explained that she hadn't been previously aware of the 'power of telling your story'.

**c. WG3 (school interventions)**

EP reported that 28 schools across the region have completed the [Youth Aware of Mental Health](#) (YAM) program over the last two years. More than 5,800 students participated in YAM and 170 volunteers helped deliver the program.

EP noted that the schools working group is now looking at what else we can do in schools and have identified two priorities: 1) encouraging schools to take a whole of school approach to wellbeing by engaging them in the national [Be You](#) initiative; 2) setting up a communication protocol for the education system for after a suicide (as part of a whole of community after suicide response).

EP noted that schools who sign up to [Be You](#) are connected to a Be You consultant who will help them look at what they are already doing to promote wellbeing, and work on areas where they can do more. Schools will also gain access to free resources such as professional learning for school staff.

ACTION 9: Members interested in getting involved with the work in schools contact Alex/Emma ([suicideprevention@coordinare.org.au](mailto:suicideprevention@coordinare.org.au)).

All

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

LL spoke about the challenges of producing meaningful data about the work of the Collaborative. The data working group continues to look at how to measure response times as one of the indicators of whether the work we are doing is having an impact.

LL reported that the Black Dog Institute (BDI) will be providing feedback on the results of the LifeSpan evaluation which will show some of the impact of our work. YZ and CR from Macquarie University noted they will also be conducting an evaluation of the implementation of LifeSpan ([see item 5 below](#)).

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

AH reported the Illawarra Wingecarribee Alliance Aboriginal Corporation is holding a Services Open Day in Warilla on 20<sup>th</sup> September.

[Click here for Services Open Day invitation and stall holder registration form.](#)

#### 4. **National Suicide Prevention Conference: Key Themes**

AH, BM, CLu and EP spoke about their experience of attending and presenting at the National Suicide Prevention Conference. CLu noted four key themes emerged:

1. Lived Experience participation
2. Whole of government / community approach
3. Targeting specific social/cultural cohorts
4. Safe Spaces

AH spoke about the whole of government approach as the newest trend in the suicide prevention space and emphasised that the Collaborative's whole of community approach captures the whole of government response within it.

CLu spoke about how moving it was to hear Julia Gilliard speak about the need for Safe Spaces in Australia. AH highlighted that the conference was another example of the importance and value lived experience.

#### 5. **Implementation Evaluation**

AH noted that the LifeSpan trial period for the Illawarra Shoalhaven officially ended on 31<sup>st</sup> July 2019. AH credited the work the Collaborative has done to locally resource and sustain the activities beyond LifeSpan that has resulted in a very smooth transition out of the LifeSpan trial period.

AH emphasised that the end of LifeSpan is still a significant landmark for the Collaborative, and is a good time for us to reflect on all the work that has been done and what we have learned. AH reminded members that some of our learnings about what has been working well and what could be improved has already been documented in the evaluation video we are developing.

BDI have also engaged Macquarie University to do an implementation evaluation of LifeSpan across the four NSW trial sites. AH said that the evaluation aims to capture not just the “what” but the “how” of implementing LifeSpan, and the learnings will be very useful for the Collaborative.

YZ & CR explained that as part of the evaluation they will conduct interviews and focus groups with Collaborative members to gather qualitative feedback. YZ highlighted that they will be looking to hear about all aspects of implementation including the good parts but also the challenges and frustrations. AH strongly encouraged members to be as open and as frank as possible.

LL asked about the timeframe for this evaluation. YZ reported they will be conducting the evaluation over the next few months and hope to have results back to the Collaborative by the end of this year.

**ACTION 10:** Alex / Emma work with Macquarie University to support LifeSpan implementation evaluation.

AH/ER

## 6. Additional Items

### Suicide Prevention And Recovery Centre (SPARC) advisory group

CLu noted that herself and AH are members of the SPARC advisory group who are working to setup a peer respite in Sydney. CLu noted she will be seeking input from Collaborative members, emphasising the advisory group needs to have input from lived experience experts on cultural safety, and could learn from any unhelpful experiences with residential supports.

## 7. Next Meeting

Date: Thurs 12 September 2019  
Time: 8:30-10:30am  
Venue: RUOK? Day event  
Kiama Pavilion

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