



Minutes | Tasmanian Suicide Prevention Community Network Meeting

Tasmanian Hockey Centre, Hobart

August 31 2022 | 2pm – 4pm

1 Welcome, present and apologies

Meeting opened at 11:00 am by Michael Kelly (Chair).

Attendees: Michael Kelly- Relationships Australia Tasmania, Scott Harrod – SAM Project, Mark Davis – various Advocate , Julie Ryan – Carers Tasmania, Anna Nicholls - Bapcare, Ben Hughes – The Men’s Table, James Ryan – Lifeline Tasmania, Nikki Titmus – Anglicare Tas, Samantha McKinley – Anglicare Tas, Ally Siggers – Anglicare Tas, Bob Gardon – Anglicare Tas, Connie Alomes – Anglicare Tas, Shane Morgan – Open Arms, Gerald Burke - Open Arms, Barb Walters - RAW, Ashley Steele - RAW, Melita Griffin – Newport & Wildman, Rick Tipping – North Hobart F.C., Joanna Butchart - Flourish, Doug Cooper – Brain Injury Association of Tasmania, Ben Fisher – Lifeline Tasmania, Clare Rudkin – Lifeline Tasmania, Jessica Fyshe - Wellways , Marziyeh Riazi – Migrant Resource Centre Tas, Thir Thapa – Migrant Resource Centre Tas, Lynden Leppard – LGAT, Ruby Grant – Department of Health, Beth Rad – Relationships Australia Tas, Ben Hirst – Relationships Australia Tas, Melanie Carroll – Relationships Australia Tas, Tamara Johnston – Relationships Australia Tas.

Apologies: James Rice, Dr Aaron Groves

2 Confirmation of minutes of meeting held 12th April 2022

Minutes of previous meeting were tabled and opened for discussion. All present agreed that the minutes reflected the previous meeting, and no amendments were needed.

3 Communique from TSPC and Directorate

A formal communique from the Tasmanian Suicide Prevention Committee (TSPC) will be circulated via e-mail when this becomes available.

4 Updates from Network Members

- **George Clark, General Manager, Mental Health, Alcohol and Drug Directorate**

The Tasmanian Suicide Prevention Strategy

A PowerPoint presentation that will be available for members of TSPCN.

George began by highlighting some of the outcomes up to now and identifying that not all targets were completed, and they will continue to address them in the new strategy. The Way Back Service has had confirmation of a further four years of Commonwealth funding for this service. The consultation for Tasmanian Suicide Prevention Strategy 2023-2027 is underway with successful online survey, literature review and State-wide community consultation. These included key informant interviews, advisory group consultations and the successful youth postcard approach that is providing a voice for young people. This will be continued over next five years as a broad community approach to engage youth to hear what is important for youth and what gaps are there for youth.

It was acknowledged that coordinated health services and referrals is an area that is outstanding and will still need to an action in the new strategy. The establishment of the suicide key data register, including data on significant social factors and detriments has been a success and will be continued to support gathering data into the future.

Some of the online survey themes were as follows:

- Engage early with youth and even younger – recognising the 12 – 14 years old voices in this space.
- Workforce capacity – acknowledging the shortage of workers in the sector and recognising that the development of a peer workforce would be greatly beneficial to the sector and community. Partnering with TasTAFE to deliver peer workforce training for 2023, offering 33 scholarships to undertake this study.
- Increase service access – highlighted as an ongoing gap across the state and varying greatly across communities and regions.
- Acknowledgment that Community led services and a regional approach was needed into the future, including alternatives for out of hours supports.
- Perception that little has changed in navigating the system in last 5 years – needs to be higher priority in next 5 years. Whole of government approach to the detriments of health such as risk factors and life stressors. For all levels of government to have KPIs that address Suicide across their operations – not as a silo of suicide prevention.

Moving forward with the strategy and consultation the five-year plan will have annual reviews to adjust along the way to best meet the everchanging community needs. The strategy to endorsed by late November or early December 2022. Leading up to this a draft will be circulated for feedback by mid-September 2022. There will be a merging of youth and other populations demographics to focus on issues that exist and will create one strategy with various implementation plans for identified groups, e.g. youth Aboriginal and LGBTIQ+.

From the survey feedback it was recognised that LGAs are ideally situated to (and already do) connect regional communities. This will be explored more into the future. Acknowledgement of the increasing gap of access to services and affordability to utilise the services and waiting periods to services. George spoke of a \$3.1million investment to help navigate the health system and have a one point of referral to assist in responding in real time and funding needed for gaps.

Lynden from LGAT raised point from floor that the strategy cannot be in isolation it needs to be embedded in Departments to be accountable against strategies. Suicide prevention is a KPI for each department and how they can cross support each other. This was acknowledged as the workable approach and a work in progress.

- **Nikki Titmus, Program Manager, Anglicare**
 - The Way Back Support Service is designed by Beyond Blue and being delivered by Anglicare to present a wraparound service that identifies and addresses the social detriments of health impacting the person in their journey.
 - Referrals accepted from Mental Health Services, with scope for NGO referrals, with average 12 weeks support period; person can represent if needed in future. Way Back very conscious of waiting lists and will hold person to their service to keep person safe.
 - The human connection is crucial to the service, and to walk alongside the person and to have trust in the referrals made for them to ongoing supports.
 - It is a 2-worker model and Way Back has 40 spaces with some scope if needed to increase.

- **Ben Fisher, Call Centre Manager, Lifeline Tasmania**
 - A Tasmanian Lifeline (ATL) has been operating for two years with some great outcomes but also some challenges.
 - Ben highlighting the difference between 13 11 14 national crisis number and ATL. National number. The ATL has helped answer questions such as will they understand my community? Is it only if I am suicidal?
 - ATL: Is in Tasmania for Tasmanians; reduces waiting time on phone; not diagnosing but is listening, connecting not fixing; acknowledges own knowledge of selves for each caller; creating link beyond asking the question; sharing of information.
 - If needed can access call back function and ATL will ring you back.

6 Upcoming Suicide Prevention Events

The following were offered during the meeting by services:

- Men's Skills – Male suicide 09/09 at 1.30pm as a webinar.
- The Men's Table catch ups 28/09 in Hobart and 13/09 Burnie
- Out of the Shadow Walk 09/09
- TSCPN 10th year Celebration 18/10
- Also attached are the upcoming events across the State flyer produced by the TSPCN.

7 General business – open discussion

No general business discussed given agenda time constraints.

8 Future Thinking

Cards were handed out to capture the response from members to the following question:

- What is the key aspect that you believe would enable suicide prevention in the community?

Cards gathered up and will be collated and major themes shared back to network and to the TSPC

9 Meeting Close

Meeting closed at 3:50pm.

10 Afternoon Tea and Networking

