



Tasmanian Suicide Prevention Community Network Meeting

November 30th 2022 – 10.00am – 12:00pm

Tasmanian Hockey Centre, New Town, Hobart.

Meeting Minutes

**Meeting opened at 10:10 am by Michael Kelly*

1. Welcome, present and apologies

Present

Michael Kelly (Chair) Relationships Australia Tasmania, **Mel Harback** Relationships Australia Tasmania, **Melanie Carroll** Relationships Australia Tasmania, **Ben Hirst** Relationships Australia Tasmania, **Tamara Johnston** Relationships Australia Tasmania, **Mel Wells** Newport & Wildman, **James Rice** SPEAK UP! Stay ChatTY, **Mitch McPherson** SPEAK UP! Stay ChatTY, **Rahnee Butterworth** Mental Health Families and Friends Tasmania, **Anita Parisella** Primary Health Tasmania, **Connie Alomes** Anglicare Way Back, **Ally Siggers** Anglicare Way Back, **Sam McKinley** Anglicare Way Back, **Lisbeth Sills** Lifeline, **Tanya Page** Huon Valley Council, **Scott Harrod** SAM Project, **Rick Tipping** North Hobart Football Club, **Mez Newman** PFLAG Tasmania, **Ash Vincent** Baptcare, **Tara Witts** Baptcare, **Cathryn Townsend** Blueline Laundry, **Samantha Lauder** Blueline Laundry, **Angela Smith** Care2Serve.

Apologies

Shane Morgan Open Arms, **Jessica Fyshe** Wellways, **Andrew Scarlet** Alliance, **Mark Davis**

2. Confirmation of minutes of meeting held 31st August 2022

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

3. Updates from network members

Tanya Page – Huon Valley Council

Tanya spoke on the mental health and wellbeing projects currently being rolled out and created in the municipality. The history of bushfires, local suicides, COVID and limited mental health services have all highlighted the need for the council to take action in the mental health space. This work is supported by the Tas Community Fund. With a

sustainability and longevity focus, the council have explored actions relating to grassroots initiatives and early intervention. The council have collaborated with CORES to provide mental health training, while also increasing opportunities to grow mental health literacy, and incorporate peer led programs to reduce the burden on the mental health system. The council have incorporated “The Right Place” in the community, which highlights local community organisations as mentally safe spaces for individuals to go and have the opportunity to have conversations around mental health and be supported in accessing professional support. Tanya also spoke on the development of a local mental health service directory and pocket card to provide extra information for the community.

Ash Vincent – Mindset Tas, Bapcare

Ash spoke on the partnership that Bapcare have with Monash University in the evaluation of the Mindset programs being rolled out in Tasmania. These non-clinical programs include the Foundations and Choices programs.

Foundations focuses on improvements relating to everyday functioning, such as social skills, support with management of depression and anxiety, impulse and addiction behaviours, and psychosis. This program runs for 39+ weeks. The Choices program is a short-term program which also focuses on the above domains.

The evaluation of these programs has shown very positive results, with reductions in mental health symptomology, number of hospital admissions, and lengths of hospital stays. These programs are associated with freeing up mental health resources and money savings of an estimated \$1.1 million.

Cathryn Townsend – Blueline Laundry

Blueline Laundry provide linen for hospitals and hospitality organisations across the state. With approximately 35% of their staff on the NDIS, and 35% from a refugee or migrant background, Blueline employ a large number of Tasmanians who may be vulnerable to poor mental health. Cathryn spoke on her own experiences with her staff, with staff on the NDIS experiencing higher rates of social disadvantage and rates of poor mental health. She expressed that those with psychosocial disabilities experienced high rates of suicidal ideation. In discussing staff from migrant backgrounds, Cathryn spoke on the impacts that

relocation can have on mental health including loss of supports, increased financial demands, and subsequent isolation from family which can lead to relationship breakdowns.

Blueline Laundry created a CAP with Relationships Australia Tasmania which addresses the unique barriers experienced by Blueline staff. Key actions include ensuring that support information is easily accessible, and that staff are supported with sensory needs when they arise. Blueline have also placed importance on capacity building and sustainability for the CAP.

4. General business – Open discussion

The Roses in the Ocean Lived Experience Summit being held in March was presented. Members were reminded of the opportunity to use the TSPCN to communicate upcoming events and learn about other events through our social media and email.

5. Next meeting – 15th February – Launceston (venue TBD).

6. Meeting closed at 11:30PM

7. Lunch, networking and outdoor art activity.

