

Tasmanian Suicide Prevention Community Network Meeting

February 15th 2022 – 1:00PM – 3:00PM

Tailrace Centre, Riverside, Launceston.

Meeting Minutes

**Meeting opened at 1:10 PM by Mel Harback*

1. Welcome, present and apologies

Present

Mel Harback Relationships Australia Tasmania, **Melanie Carroll** Relationships Australia Tasmania, **Jasmin Dunn** Relationships Australia Tasmania, **Tamara Johnston** Relationships Australia Tasmania, **Mel Wells** Newport & Wildman, **Cathryn Townsend** Blueline Laundry, **Stephanie Armour** Launceston Council, **Sarah McCormack** Launceston Council, **Mark Davis** lived experience community member, **Callan Hume** SPEAK UP! Stay ChatTY, **Kylea Aldred** SPEAK UP! Stay ChatTY, **Naomi Simpson-Kitt** Head to Health, **Tricia Ashton-Stride** Head to Health, **Gayle Carroll** StandBy, **Monica Hastings** Flourish, **Marion Barbari** lived experience community member.

Apologies

Steph Brake Primary Health Tasmania

2. Confirmation of minutes of meeting held 30th November 2022

Minutes of previous meeting were emailed to attendees prior to current meeting and no concerns were raised regarding accuracy.

3. Updates from network members

Cathryn Townsend – Blueline Laundry

Cathryn spoke on the staff make up of Blueline Laundry, including 35% of their staff being from migrant or refugee backgrounds, and 35% being NDIS participants. The goal of the CAP was to create sustainable and practical actions that address the unique needs experienced by the staff cohorts they employ. 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. QPR training was adopted as one of the actions for Blueline's CAP, however, it has been found that this training may not be meeting the cultural needs of the staff.

Sarah McCormack – City of Launceston Council

Sarah spoke on the Asset Based Community Driven Effort (ABCDE) Learning Sites that she has been involved in rolling out across Launceston. This program adopts a strengths based approach, with the motto of "What's strong, not what's wrong". The learning sites have been rolled out to target at-risk communities, with the goal to empower communities to develop and implement their own wellbeing initiatives – such as raising funds for homelessness. This program supports skills acquisition in project proposals and grant applications.

This program has seen a collaborative effort done by multiple departments within the council, including communities, environmental health and economic development, which highlights the broad set of needs and interests that these community run initiatives meet. One such initiative that Sarah spoke on is Say G'day on Bin Day, which encourages neighbours to connect with each other.

Stephanie Armour – City of Launceston Council

Stephanie followed up Sarah with discussions around the end of the Trial Sites in Tasmania, and how sustaining change has been a key focus for the site. There is still opportunities for grants and attendees were encouraged to consider these grants for their own work or other work being done for the age and gender cohorts identified for the trial sites.

4. Forum update

Attendees were given an overview of the Tasmanian Suicide Prevention Forum being held 31st March 2023 at the Tramsheds. Speakers, workshops and pricing were discussed, as well as how to purchase tickets or forward questions to the team.

5. TSPCN evaluation and open discussion

Attendees were reminded about the TSPCN feedback form that the suicide prevention team have been running to gather feedback on how the TSPCN is meeting the needs of it's members. Printed copies were available, as well as an online link for those who were interested in providing feedback.

Gayle Carroll spoke on the upcoming training that is being held by StandBy on "What do I say? What do I do?". There are multiple free trainings coming up and attendees were directed to get in touch with Gayle regarding dates and registration.

6. Next meeting.

The next meeting is being held at the Paranaple Centre in Devonport on the 18th April.

7. Meeting close, afternoon tea and networking.

Meeting was closed at 2:15PM.

