

# Tasmanian Suicide Prevention Community Network Meeting

March 1st, 2022 – 12.00am – 2:00pm

Migrant Resource Centre, Hobart

## Meeting Minutes

*\*Meeting opened at 12:00 am by Michael Kelly*

### 1. Welcome, present and apologies

#### Present

**Michael Kelly** (Chair) Relationships Australia Tasmania, **Melanie Carroll** Relationships Australia

**Ben Hirst** Relationships Australia Tasmania, **Sarah Ellis** Relationships Australia Tasmania

**James Rice** SPEAK UP! Stay ChatTY, **Sally Son** Community member, **Tara Witts** Baptcare,

**Jon Jeffrey** Open Arms, **Donna Brown** Open Arms, **Jessica Bowring** Open Arms, **Kelly Sims**,

Glenorchy City Council **Brendan Sullivan** Mens Resources Tasmania, **Doug Cooper**,

#### Apologies

**Ricky Pfeiffer** Tasmanian LiFE Award nominee, **James Ryan** Lifeline Tasmania

### 2. Confirmation of minutes of the meeting held December 2nd, 2021

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.

The TSPC meeting is scheduled to take place after the TSPCN meeting. Communication will be provided via the TSPCN email & socials as well as into the next meeting.

### 4. Life Awards Update.

Ben Hirst spoke about the upcoming LiFE Awards in May, We currently have received 26 nominations to date which is a record number. We will hold the event at Blundstone Arena alongside the Tasmanian Suicide Prevention Forum. TSPCN members have 9 more days to get their nominations in.

## **5. Updates from network members**

**John Allingham** Richmond Fellowship Tasmania

### **Tas Rec:**

TasRec creates and provides links to a diverse range of community-based recreational and social activities, events, and opportunities for skill building and creative expression, all with a focus on enjoyment and wellbeing. The TasRec philosophy is all about inclusion, building connections, increasing confidence and self-esteem, and having fun! Calendars of events cover both north and south Tasmania.

Richmond Fellowship run four x 10 week programs throughout the year with some activities continuing all year round while others change with the seasons, providing a broad range of ongoing favourites and fresh opportunities throughout the year. All their programs and activities are open to anyone with a lived experience of mental ill-health.

### **Mental Health Nurse Program**

The Mental Health Nurse Program (MHNP) provides clinical care and treatment services for adults with severe and complex mental illness.

Mental Health Nurses employed in the program work with people and their GP to provide these services. Richmond Fellowship Tasmania's Mental Health Nurses are credentialled, highly skilled and experienced.

The mental health nurses provide:

- Mental Health assessment and monitoring
- Risk Management
- Recovery based interventions for example cognitive behavioural therapy, motivational interviewing and mindfulness
- Psycho-Education

Access to the program is with a GP Mental Health Treatment Plan (which a GP can provide) or a referral from a Psychiatrist. The program is free of charge.

## **6. Upcoming suicide prevention events**

A flyer was distributed to attendees with information on upcoming events and training.

## **7. General Business**

No general business was discussed given agenda time constraints.

## **8. Next Meeting**

12 April 2022, Ulverstone