

Tasmanian Suicide Prevention Community Network

Minutes: Online Meeting 7th May 2024

11:00am – 12:45pm

1. Welcome, acknowledgement of country and lived experience

Meeting opened at 11AM by Michael Kelly. Acknowledgement of Country and Lived Experience was done, as well as providing information on available supports and support person (Tamara Speed) present at meeting.

The Zoom meeting had an attendance of 33 people, representing service providers, community members, government and lived experience (information collected via poll), from the South, North and North-West. Due to the online nature of the meeting and number of attendees, introductions were not deemed appropriate, and it was not documented who was in attendance outside of meeting registrations, of which not all attended.

2. Confirmation of minutes of meeting held 20th February 2024

Minutes were circulated to attendees by email the day before the meeting. No attendees disputed previous minutes.

3. Terms of Reference for the Network

A copy of these were emailed to attendees prior to the meeting.

4. Meeting speakers

1. Emma Pryse Jones (Mindframe)

Mindframe supports safe media reporting, portrayal and communication about suicide, mental health concerns, alcohol and other drugs.

Emma spoke about the resources available on the Everymind website, designed to support the way we communicate about mental health and wellbeing, mental health concerns, suicide and self-harm, eating disorders, and alcohol and other drugs

She also spoke about the type of language we should use when discussing suicide, included preferred and problematic language.

When discussing methods and locations, Emma emphasised the significance of omitting specific details regarding these aspects.

It's important not to give exact details about how and where a suicide happened when talking to the community or on social media as it may glorify the event or cause a flow on effect in the community.

MindFrame can review organisational documents and provide training to ensure that appropriate language and imagery is used regarding suicide across organisations.

Rebecca Morecroft & Sophie Barker – Live4Life

More than fifteen years ago, the Live4Life model was created as a united effort to address rising issues like depression, anxiety, cyberbullying, self-harm, and suicide in the Macedon Ranges Shire, Victoria. Schools, police, and health services all noticed the concerning trend. The Youth Development Unit of the Macedon Ranges Shire Council, alongside schools and community leaders, realised the need for a collaborative response. They aimed to tackle these challenges together, focusing on prevention rather than crisis intervention.

The Live4Life model consists of four main components:

Local school and community partnership group: This group, comprising senior representatives from secondary schools, local government, and community and health services, spearheads the implementation of Live4Life. Meeting regularly, they drive collective impact and support administrative support.

The Crew – Youth leadership and participation program: Recognising the importance of peer influence, The Crew engage young people in delivering events and promoting mental health messages within their schools and communities. Crew members serve as advocates and ambassadors for mental health awareness.

Evidence-based mental health education in schools and community: This component ensures the dissemination of research-based mental health information throughout the community, aiming to reduce stigma, enhance mental health literacy, and encourage help-seeking behaviours. Activities include training local community members as Youth and Teen Mental Health First Aid Instructors and delivering relevant courses to teachers, parents, and students.

Youth Live4Life staff support: Providing guidance and assistance to the community partnership group, Youth Live4Life offers mentoring, access to resources, funding assistance, oversight of evaluation activities, and facilitates community engagement for instructors and youth workers.

Live4Life's aims to reduce suicide in rural and regional communities, reduce barriers to seeing help and decrease mental health stigma by increasing mental health knowledge among secondary school students, school staff, parents, carers and community members.

Live4Life started a test program in Break O'Day. In late 2022, they asked for communities outside Victoria to try out Live4Life. They picked Break O'Day in northeast Tasmania and have been working with Fingal Valley Neighbourhood House, the local council, schools, and support services.

In 2024, the community is on track to roll out all parts of the model. They're also teaming up with the University of Tasmania to evaluate the pilot over the next two and a half years.

2. [Marcus McCrae - Mental Health, Alcohol and Drug Directorate](#)

Marcus provided a refresher on Implementation Plan 1 of The Tasmanian Suicide Prevention Strategy and sought feedback and brainstorming for new actions for the next 18 months. Priority areas for The Tasmanian Suicide Prevention Strategy include enabling collective action to prevent onset of suicidal behaviour and respond early to distress, delivering compassionate and connected services that meet people's needs, empowering our people and communities to lead suicide prevention action, developing a skilled, supported and sustained workforce in Tasmania and enhancing whole-of-government mechanisms to coordinate their approach.

Development for Implementation Plan 2 focuses on the voice of lived experience and the Tasmanian community and include:

- Undertaking research to understand best practice.
- Bringing emerging research to Tasmania.
- Identifying priorities through the latest data developments.
- Building on actions from Implementation Plan 1.
- Aligning with National strategies.
- Collaboration with other jurisdictions.
- Best practice safe communication and messaging.
- Continuation of a whole-of-system approach.

The Tasmanian Suicide Prevention Strategy Implementation Plan 2 themes identified are:

- Improve the way they implement and evaluate.
- Prevent and respond early to distress.
- Build and support workforce.
- Strengthen our communities.
- Enhance the services they provide.

To have your say on Implementation Strategy 2, please email

MHADD@health.tas.gov.au

3. Alex Toscan – Kingsway Barbershop - Best Practice in a Workplace LiFE Award Winner

Alex talked about his work in the area of mental health and wellbeing while he goes about cutting hair at the Kingsway Barbershop. Alex also discussed his participation in the Barbers for Life project. He emphasised the significance of the barbershop environment as a safe haven where people feel comfortable. During his tenure at Kingsway Barbershop, Alex sadly has known clients who have died by suicide, underscoring the critical nature of their efforts to advocate for positive mental health. Currently, Alex is collaborating with CORES (Community Owned Response to Eliminating Suicide) to enhance their initial response to people who may be suicidal. Additionally, he's partnering with TSPCN to develop a Community Action Plan (CAP).

4. Annie Anderson – CORES (Community Owned Response to Eliminating Suicide) - Exceptional Contribution to Suicide Prevention in Tasmania LiFE Award Winner

Annie shared that over the coming months, a series of 31 events are on the agenda, promising an exciting lineup for the community. Notably, Sheffield is preparing to host a significant community event with speaker Nairn Walker to deliver an empowering talk titled "Celebrating Capacity." This event aims to unite the community and ignite inspiration, offering a platform to explore and appreciate the collective potential within.

5. **Meeting closed at 12:45PM.**

