




TASMANIAN
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Annual Suicide Prevention Forum Program

Friday May 17th, 2013 9:00am—4:15pm

The Baha'i Centre, Hobart

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Suicide Prevention Project

TSPCN Annual Suicide Prevention Forum

2013

Baha'i Centre, Hobart

Program

- 9:00am Registration
9:30am Welcome to country, forum opens
9:40am Lydia Nettlefold



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Following the death by suicide of her son Ed, at the age of 21, Lydia became a passionate advocate for suicide prevention. Through the Nettlefold Foundation and Ed's Threads she continues to work towards increasing awareness of suicide prevention and mental health. Along with this she runs a successful Tasmanian business, the Red Feather Inn in Hadsden. Lydia is a past LIFE Award winner, and speaks from experience about the impact of suicide.

10:00am Barry Taylor, *MindOUT!, a project of the National LGBTI Health Alliance*

The Suicide Closet: Collaborative Action for Suicide Prevention in LGBTI Communities



While most lesbian, gay, bisexual, transgender and intersex (LGBTI) people live happy and fulfilling lives, the over-representation of LGBTI people in the depression and anxiety, self-harm and suicide statistics is a matter requiring concerted, multi-faceted and collaborative responses. Despite this over-representation, there has been little attention given to addressing LGBTI suicide. This presentation will argue that there is still much to be done by mainstream suicide prevention programmes and that the

failure by many programmes to specifically address LGBTI suicide is increasing health disparity by putting LGBTI suicide in the closet.

Based in Sydney, Barry is the Senior Project Officer for MindOUT!: LGBTI Mental Health and Suicide Prevention Project. He has worked in mental health promotion and suicide prevention for 25 years at the local, national and international levels. His extensive experience includes sitting on the State and Commonwealth government advisory committees; designing, implementing and evaluating suicide prevention programmes; writing suicide prevention and postvention guidelines, training packages and community resources; providing technical advice to community based and national mental health promotion and suicide prevention programmes. Barry is an internationally sought after presenter and trainer on his specialist subject areas of mental health promotion, suicide risk assessment, postvention, loss and grief, spirituality and men's well-being. He has worked extensively in responding to suicide in school settings and established the Wellington Regional Suicide Postvention Response Service in Wellington, New Zealand. Barry was a Winston Churchill Fellow in 1990.

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10:45am Dr Robert Tait (sponsored by ATDC)

Mental Health and Substance Use in Self-harm and Suicidal Behaviours



The presentation will examine the role of substance use in the occurrence of self-harm and suicidal behaviours. It will also investigate the relationship between self-harm and suicidal behaviours with a particular focus on these behaviours in older adults. Robert Tait is based at the National Drug Re-

search Institute in Perth. His research interests are around alcohol, tobacco and other drug use and in particular how these relate to mental health disorders. He is also interested in the development of new treatment interventions, delivery of interventions to new groups and the use of new modes of delivery. He also uses existing data sets to assess the long-term relationships between substance use and mental/ physical health disorders.

11:35am Morning tea and presentation of LIFE Awards

The Tasplan Outstanding Contribution Life Award.



The Red Herring Surf Communities in Action for Suicide Prevention Life Award.



The Working it Out LGBTI Life Award.



12:10pm Launch of LGBTI Community Action Plan for Suicide Prevention

12:30pm Robin Cunningham



Robin Cunningham, MBA, is a business consultant and mental illness advocate. He serves on the board of trustees of [NAMI New Jersey](#), where he is treasurer and chairman of the board's finance committee; New Jersey Governor's Council on Mental Health Stigma; the governing board of Greater Trenton Behavioral Healthcare; and the advisory board of [PeaceLove Studios](#).

In his business career, Mr Cunningham has held the positions of chairman, president, and vice president, among many others, in sales, marketing, finance, administration, and strategic planning. He has worked in the industries of industrial finance; commercial and investment banking; mergers, acquisitions, and divestitures; corporate turn-around management; ocean shipping; railcar manufacturing and leasing; railroad transportation; software development; and payroll services, among others. These accomplishments are all the more remarkable given that Mr Cunningham has schizophrenia (diagnosed at age 13).

Robin has recently come out of retirement in order to co-found, along with Hakon Heimer, the Cure Alliance for Mental Illness, where he serves as Chief Operating Officer. He is now completing his first memoir about his experiences with schizophrenia. Among others, he has appeared on Voices in the Family (WHYY) and in the BBC documentary "Voices in My Head."





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1:20pm Lunch

2:00pm Concurrent workshops (70 minutes)

- A) What to do when someone is thinking about suicide: Connie Alomes, Standby Response.**
- B) Advocacy Workshop: TSPCN Advocacy Coalition.**
- C) Providing support in the school environment: postvention suicide support for schools and activities to illustrate the experience of LGBTI students: Mishelle Zara, Headspace school support team and Sue Newman, Working It Out**
- D) Equal Not Same, Towards LGBTI Inclusive Practice: Barry Taylor, MindOUT!**

3:10pm Launch of 'Suicide Grief: Personal Stories of Suicide Loss'



3:30pm Sue Murray, CEO of Suicide Prevention Australia

Suicide Prevention: A Whole of Community Action

Sue will speak about the National Coalition for Suicide Prevention and the agenda that has been set in place for the next decade. The coalition has been formed under the principles and framework of collective impact and is particularly keen to promote suicide prevention as a whole of community action rather than locked into the health/mental health paradigm. Sue will be listening to the conversations and presentations throughout the day and will be drawing some conclusions from this first TSPCN Annual Forum.

Sue's background in education and health promotion has underpinned a career spanning more than 25 years in the community sector where she had responsibility for programs in education, media, communications and fundraising.

After 10 years leading the National Breast Cancer Foundation positioning it as a highly recognised organisation and raising \$100 million for breast cancer research, Sue built on her experience to establish the George Foundation for Global Health. Most recently she has moved into mental health promotion as CEO of Suicide Prevention Australia.

Sue is Chair of Macquarie Community College, a graduate of the AICD and a member of both the Advisory Council for the Centre for Social Impact and Chief Executive Women.

4:00pm Last words and Evaluation.

4:15pm Forum finishes, tea and coffee available.