



Nominated Candidates Pack Suicide Prevention Australia 2022 Board of Directors Election

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(Note: candidate order in the nominated candidates pack and ballot paper is determined randomly)



Dr Tanya Bell (Youturn Limited / StandBy)

Nominee details

Name	<u>Dr. Tanya Bell</u>
Member/Associate	<u>Youturn Limited / StandBy</u>
Proposer	<u>Darren Black (SuperFriend)</u>
Seconder	<u>Karen Phillips (Youturn Limited / StandBy)</u>
State	<u>Queensland</u>

Nominee Education & Experience

Dr. Tanya Bell BAppSc (Biol)(Hons) GCEd (HE) PhD (PHE), is a Population Health Epidemiologist with a passion for improving community health and well-being by translating evidence-based health care into practice. Tanya is an accomplished leader with over two decades experience in research and academic institutes, government and non-government agencies including Medical Locals and Primary Health Networks.

Tanya's engagement with the suicide prevention sector began during her time at ConNectica, an Australian social enterprise and a trusted national and international thought leader in mental health, suicide prevention and human services. As a peer reviewed published researcher, Tanya has been commissioned to complete reviews and analyses of mental health services, people's lived experiences and suicide prevention strategies plans. She was a key author in the National Mental Health Commission's Review into the Suicide and Self-Harm Prevention services of current and former serving Australian Defence Force members and their families.

Statement of Interest

Being the CEO of the national service provider for people who are bereaved or impacted by suicide (referred to as 'postvention'), Tanya is committed to ensuring postvention is firmly a part of the suicide prevention agenda. Through the work of our StandBy program and key advocacy networks she is focused on the needs of the people and communities including supporting the recommendations in the National Suicide Prevention Adviser's Final Advice. Tanya is currently completing her Company Director's Certificate with the Australian Institute of Company Directors and is experience in key Board responsibilities including governance, risk and strategy.



Proposer statement of support (Darren Black)

Yes I am very happy to endorse the nomination of Dr Tanya Bell to the Board of SPA. I have worked with Tanya and her team at StandBy and believe her academic and clinical expertise in mental health, combined with her experience leading a national suicide prevention organisation make her well qualified to contribute on the Board of Suicide Prevention Australia.

Seconder statement of support (Karen Phillips)

As a Suicide Prevention Australia (SPA) Director and colleague, I would like to endorse Dr Tanya Bell's nomination as a Director on the SPA Board. Apart from Tanya's extensive knowledge and experience in the community sector, Tanya's genuine passion and dedication will bring an important dimension to the work of SPA.

Tanya is an outstanding leader and CEO, and it is a privilege working alongside Tanya in my capacity as General Manager StandBy. Tanya's vision for Youturn and StandBy is exciting. I am very impressed with Tanya's knowledge in the suicide prevention sector and her ability to contribute to SPA's strategic direction will be an enormous asset. It is essential that postvention remains on the agenda and I'm confident Tanya will fulfil that responsibility.

I believe Tanya would make an excellent Director on the SPA Board due to her vision, ability to motivate and engage, and aptitude to influence and create change.



Mr Robert Prugue (People Reaching Out to People)

Nominee details

Name	<u>Mr Robert Prugue</u>
Member/Associate	<u>People Reaching Out to People</u>
Proposer	<u>Darren Black (SuperFriend)</u>
Seconder	<u>Margot Lydon (Associate Individual / Workplace Mental Health Advisory)</u>
State	<u>New South Wales</u>

Nominee Education & Experience

After losing five friends to suicide back in 2016, I immersed myself to educate myself on mental health by unlearning all the stigmatic beliefs around mental health, eg men don't cry, you don't talk about your problems, etc. The more I learned, the more I wanted to be involved on an ongoing basis as I had this belief that while I may never fully help someone who's struggling with cancer, by unlearning this stigma on mental health I could perhaps make a difference to someone needing true connection while they struggled with mental health issues. While my 35+ years professional background was in global finance and investments, I left my career in finance, and with the generous help from others, had formed PROP. Unlike the many highly effective suicide awareness groups, PROPs goal is to help such groups within SPAs membership universe. In finance, there's no such thing as "seven degrees of separation"; at best there are three to four degrees. And working with others more knowledgeable, we funded and created a web page to help others follow my personal path of unlearning the stigmatic beliefs. Please peruse this work and course through www.prop.org.au

Statement of Interest

Since my involvement in suicide awareness (2016), I have been working with groups like SPA, Lifeline, SuperFriend, Roses in the Ocean, let alone with large financial institutions such as superannuation funds, insurance companies, banks, and financial services company. My hope and goal has been to help bring these two groups together to assist those within suicide prevention and awareness. More recently, I have been a member of SPAs Audit and Risk Committee (ARC) which has allowed me to utilise my finance skills more broadly within SPA. I have long held a belief that my 35+ years in finance has allowed me to add value in the very diverse but large suicide awareness/prevention arena by connecting my professional world with the needs of those within SPA. As someone seeking to be a board member, my intention would be to exercise this goal more fluidly.



Proposer statement of support (Darren Black)

I work with Rob Prugue on the SPA Audit & Risk Committees and am happy to nominate Rob to the Board on the basis of both his impressive professional background which I think provides diversity on the Board as well as his strong personal interest and commitment to suicide prevention in Australia.

Seconder statement of support (Margot Lydon)

Rob is highly curious, tenacious and a person of great intellect and integrity. These are all excellent Director qualities that are required on any Board. These character traits, in addition to Rob's professional background and his passion for making a real difference, will contribute materially to the work of SPA and its members as well as the broader Australian community. Furthermore, the suicide prevention sector and SPA will gain benefit from Rob's diversity of thought, vast executive and global experience and his unique perspective from his life experience.

Having worked with Rob and PROP, I fully support Rob's nomination.



Dr Sathya Rao OAM (Royal Australian and New Zealand College of Psychiatrists)

Nominee details

Name	<u>Dr. Sathya Rao OAM</u>
Member/Associate	<u>Royal Australian and New Zealand College of Psychiatrists</u>
Proposer	<u>A/Prof Vinay Lakra (Royal Australian and New Zealand College of Psychiatrists)</u>
Seconded	<u>Andrew Peters (Royal Australian and New Zealand College of Psychiatrists)</u>
State	<u>Victoria</u>

Nominee Education & Experience

Qualifications:

MBBS, MD (Psychological Medicine), DPM, DipNB (Psychiatry), FRANZCP

Awards:

- 1) Recipient of the Medal of the Order of Australia (OAM) (General Division) in June 2022.
- 2) Recipient of the 'Meritorious Service Award' by the Victorian branch of the college of psychiatrists (RANZCP), in 2020 in recognition of the outstanding service to Victorian Psychiatry over many years.

Experience:

- I am a psychiatrist with over three decades of experience in public mental health.
- Currently - Executive Clinical Director of Spectrum, a Victorian statewide service that specialises in personality disorder and complex trauma.
- Vice President and board member of Australian Borderline Personality Disorder Foundation (a not for profit charitable organisation) for 10 years.
- Deputy Chief Psychiatrist of Victoria (part time-on secondment).
- Adjunct Associate Clinical Professor at Monash University.

Statement of Interest

I have worked exclusively with chronically suicidal patients in public mental health sector for over 30 years and I would bring 'on the ground' practical experience in suicide prevention. I have some insights in to what does and what doesn't work in suicide prevention in mental health clinical settings.

I have extensive clinical experience in suicidology and have researched and published scientific



papers in the field (papers on coronial suicide data, risk evaluation protocols that were incorporated in to the NHMRC Clinical practice guidelines for personality disorders, etc.).

I have collaborated with consumers and carers and helped build the BPD Foundation through which we have developed a National Consensus Statement for care of people with personality disorders across Australia.

I am passionate about suicide prevention and I believe it is possible with concerted effort. I have developed models of care for people with personality disorders and complex trauma.

Proposer statement of support (Vinay Lakra)

A/Prof Sathya Rao's clinical expertise would add significant value to the Suicide Prevention Australia Board. His commitment and dedication to suicide prevention is evident through his extensive research and publication history. A/Prof Rao received the Medal of the Order of Australia (OAM) in June 2022 in recognition of his contribution to psychiatry.

I have no hesitation in nominating him for this position.

Seconder statement of support (Andrew Peters)

A/Prof Sathya Rao has made significant contributions to understanding and managing patients with personality disorders and complex trauma. Although personality disorders are treatable, about 10% of people with the disorder die by suicide. A/Prof Rao brings extensive clinical experience about suicide prevention in mental health settings.

A/Prof Rao was awarded the RANZCP Victorian Branch's Meritorious Service Award in 2020 in recognition of outstanding service to Victorian psychiatry over many years. The RANZCP has confidence in A/Prof Rao's value, commitment and expertise in suicide prevention and has no hesitation in recommending him to the Suicide Prevention Australia Board.



Mr Cedric Davies (Associate Individual)

Nominee details

Name	<u>Mr Cedric Davies</u>
Member/Associate	<u>Associate Individual</u>
Proposer	<u>Rev. Alex McCoy (Anglicare NSW)</u>
Secunder	<u>Glenn N. Davies (Anglicare NSW)</u>
State	<u>New South Wales</u>

Nominee Education & Experience

- Masters in Finance [UNSW] and Fellow of the Institute of Chartered Accountants. Audit Supervisor with Ernst and Whinney, London.
- Then Group Internal Audit Manager, Lucas CAV London.
- Then a progression of CFO roles with international public companies in Australia. Then Mergers & Acquisitions and building new businesses.
- Personally established and chaired in Melbourne and Sydney groups of the Finance Directors of the largest listed companies [conceptually akin to the Business Council of Australia for CEOs].
- Then recruited by Deutsche Bank when they established their Private Bank in Australia for the first time. This commenced a career in Global Private Banks [Deutsche Bank; Credit Suisse - Singapore then Australia; Standard Chartered Bank - Hong Kong.]

Statement of Interest

I have lived in many countries - Rhodesia [Zimbabwe], South Africa, UK, Australia, Singapore and Hong Kong and worked in others - France, Spain, Brazil, Mexico, United States, China, Philippines, Indonesia, and Ukraine/Poland. Consequently I am comfortable interfacing with many nationalities. I am hands-on, not political, and a business builder.

I am suicide experienced with the passing of my wife and have benefited enormously from the support of Lifeline, where I will shortly commence training as a Telephone Counsellor. I have the ability to access senior Australian leaders who have experienced mental illness - for example, Paul Keating and Geoff Kennett.

Henceforth I shall devote my life to helping others, particularly in the realm of mental health, where I will look for the niches for the prevention of suicide in Australia. For example, cyber bullying and social media.



Proposer statement of support (Alex McCoy)

Mr Cedric Davies has considerable corporate and management experience and expertise in several countries and contexts. Moreover, he has deep personal experience in understanding suicide through the bereavement of his wife. Mr Davies has strong Christian convictions and wants to use his time and expertise in assisting those who either experience suicidal inclinations, or have suffered the loss of a loved one.

Seconder statement of support (Glenn Davies)

Mr. Cedric Davies, who is not a relative of mine, is well suited to become a Director of Suicide Prevention Australia, given his life experience as a businessmen and his Christian faith which enables him to empathise with the human condition with all its frailties and flaws.

The loss of Mr. Davies wife through suicide also adds to his insight with regard to the bereavement that suicide brings.



Mr Anubhav Dhingra (Associate Individual)

Nominee details

Name	<u>Mr Anubhav Dhingra</u>
Member/Associate	<u>Associate Individual</u>
Proposer	<u>Shayne Connell (LivingWorks Australia)</u>
Seconded	<u>Martin Whelan (Lifeline Australia)</u>
State	<u>Victoria</u>

Nominee Education & Experience

I have been very heavily involved with Lifeline and its mission around suicide prevention from being a Crisis Supporter, In-shift Supervisor and a Crisis Supporter trainer at Lifeline Australia (Melbourne) training and supporting volunteer crisis supporters.

I have a Bachelors of Psychology and am a LivingWorks safeTALK and ASSIST Trainer passionate about suicide prevention amongst all Australians especially within LGBTQI and migrant communities.

I sit on the Board of the Anxiety Recovery Centre Victoria (ARCVic) and I also a member of Self-Stigma Technical Advisory Group for the National Mental Health Commission.

Statement of Interest

I have both professional and lived experience of mental ill-health and suicidality which informs my passion to be an advocate for Suicide Prevention. Suicide prevention is at the core of who I am professionally and am working alongside LivingWorks to develop a Suicide Prevention strategy amongst South Asian Communities as suicide within these communities are high and often under reported.

I bring with me both grass-roots (lifeline etc) and executive level experience (ARCVIC Board Director and Self-Stigma Technical Advisory Group Member) both at a state and at a national/federal level.

It would be an honour and privilege to serve as a director at Suicide Prevention Australia.

Proposer statement of support (Shayne Connell)

Anu has a breadth and depth of experience in suicide prevention that would make him a good Director of SPA.

Anu brings a fresh perspective, both a professional and lived experience approach, and has experience as a Board Director.



Seconder statement of support (Martin Whelan)

Anu has extensive experience within the mental health sector focused on supporting those with suicidal ideations. He has filled a number of positions at Lifeline Australia and completed these roles with passion. I expect that he will bring the same energy to the board. Anu will complement the existing board members due to his experience within the mental health workforce and his insights obtained through his own background.

Anu continues to build relationships across the mental health sector due to his passion for making a difference. His experience demonstrates someone who is well respected and well connected to large organisations that have a focus on suicide prevention. This, in addition to the above, makes Anu a valuable member of the Suicide Prevention Australia board should you choose to accept him in the position of Director.

Just as important as what Anu will bring to the board is what Anu will get from joining the board that will keep him actively engaged. I believe this to be a way for Anu to channel his focus and passion for suicide prevention through an effective governance structure. From both the perspective of what Anu brings to the board and what Anu gets from being on the board, I see a thoughtful and dedicated board member



Dr Kate Chitty (Associate Individual)

Nominee details

Name	<u>Dr Kate Chitty</u>
Member/Associate	<u>Associate Individual</u>
Proposer	<u>Dr. Bridianne O’Dea (Black Dog Institute)</u>
Seconder	<u>Professor Alison Calear (Associate Individual)</u>
State	<u>Western Australia</u>

Nominee Education & Experience

I am a Senior Research Fellow, mental health researcher, focused on suicide and self-harm prevention. I completed my PhD in the School of Medicine, The University of Sydney, in 2015. I currently work for University of Sydney and am a visitor and adjunct at The University of Western Australia, School of Population and Global Health. I have established my postdoctoral research in detecting opportunities for self-harm and suicide prevention from a public health perspective, using big data and epidemiological methods. I received a National Health and Medical Research Council fellowship to support this research and my study, the Australian Suicide Prevention Using Health Linked data (ASHLi) study, is the largest population-based case series study of people who have died from suicide that has ever been conducted in Australia. As lead investigator of the ASHLi study I have had much experience successfully chairing meetings with, and presenting to, a wide variety of stakeholders about the topic of suicide. Often, I will present results from our study and spearhead the discussions around interpretation and future directions. Over the past year I have been consulting and collaborating with the World Health Organisation providing comments on drafts of suicide prevention initiatives delivered throughout the world.

Statement of Interest

I wish to be Director, first and foremost, because suicide prevention is a topic of utmost importance to me, as evidenced from the last 7 years of my research career. Directorship represents a significant opportunity for me to utilise my research skills and academic knowledge of suicide prevention in a directly translatable manner, which I believe will be a huge benefit to Suicide Prevention Australia and myself. Throughout my research career I have developed a wide and growing network of stakeholders in suicide prevention in Australia and internationally, and access to this will be a huge benefit to the Company. As an individual, I come from a place of empathy in all my interactions, professional or otherwise, and to this role I will bring commitment, dedication and my perspective as a woman, a mother, a wife, a sister, a friend, a cousin and a daughter.



Proposer statement of support (Bridianne O’Dea)

I met Kate when she was completing her PhD at the University of Sydney and we have been friends and collaborators ever since. I am nominating Kate for Director because I truly believe that she endeavors to make a difference and she has the strengths necessary to do so. I have always been struck by Kate’s empathy, her strong moral compass and her authenticity. Kate’s written and verbal communication are very clear – not just to those who understand the intricacies of her research, but to everyone she comes across personally and professionally. In addition, Kate has an exceptional track record in conducting high quality scientific research in the field of suicide prevention that has led to high impact outputs and positioned Australia as a world leader in this field. These traits, alongside her academic track record, will make Kate an excellent Director, and if elected I know Kate will uphold her responsibilities to the highest degree

Secunder statement of support (Alison Calear)

I met Kate through our mutual affiliation with the Society for Mental Health Research. Kate has a very natural ability to empathise and engage in a very honest and open way. She is passionate about improving the mental health of Australians, which is reflected in her highly relevant and impactful research. In Kate I see an up and coming leader in the field of suicide prevention research, not only because she leads high quality research, but because she brings unique insights to the field and communicates them extremely well. Being elected as a Director of Suicide Prevention Australia will be an important milestone in Kate's development, both as an individual and as a researcher. I am nominating her because I believe her personal and professional traits would make her an asset to Suicide Prevention Australia.



Mr Nicolas Brown (Batyr)

Nominee details

Name	<u>Mr Nicolas Brown</u>
Member/Associate	<u>Batyr</u>
Proposer	<u>Katherine Newton (R U OK?)</u>
Seconded	<u>Rita Fentener va Vlissingen (KPMG)</u>
State	<u>New South Wales</u>

Nominee Education & Experience

Nicolas Brown has spent a large portion of his career in the for-purpose sector working with young people in Australia and overseas. In 2015 he began work at SPA Member organisation batyr. In 2019 Nic stepped into the role of CEO where he continues his commitment to ensuring batyr delivers on its mission, vision and strategic direction.

During his career Nic has had the opportunity to gain valuable experience in preventative education and suicide prevention in the areas of schools, universities, lived experience including regional implementation of suicide prevention and mental health programming. Nic has a commitment to collaboration and the need for young voices and lived experience in all levels of decision making. He has provided his expertise in advisory capacities across activities and organisations such as the Global Coalition for Youth Mental Health, the Integrated Content Technical Advisory Group for the beyond blue National Education Initiative and the Suicide Prevention Australia Policy Committee.

Nic believes in maintaining positivity through adversity and in values driving organisational and leadership decision making. He was the Young Alumnus of the Year for Southern Cross University in 2021 and is currently a Technical Advisory Group Member for the National Mental Health Commission, National Stigma Reduction and Discrimination Strategy as well as a Member of the Global Anti Stigma Alliance.

Statement of Interest

batyr has access to thousands of young people across Australia every week, there is a unique opportunity for these perspectives to be relayed through to the Board of SPA. With suicide being the leading cause of death for young people it's a critical voice that at times doesn't get the platform; although having innovative, pro active and unique perspectives and solutions. Similarly, batyr has trained and supported over 1000 young people to share their lived experiences and I would value the privilege of sharing insights from these diverse stories to inform the work of SPA.



I believe strongly in collaboration working closely with colleagues across the sector to improve outcomes and broaden the impact we can achieve together. I am passionate about suicide prevention and will bring a positive energy, drive and compassion to the role whilst maintaining a clear view on good governance and the core purpose of the role of a peak body.

Proposer statement of support (Katherine Newton)

Nic is well known as an informed and approachable leader in the sector. His highly experienced leadership in the youth space shows demonstrated commitment to generational change along with a compassion-first approach and personality type. Nic enjoys and insists on collaboration, and will often explore opportunities. Nic will make a good Director with his level-head, expertise and genuine passion for suicide prevention.

Seconder statement of support (Rita Fentener va Vlissingen)

We have no hesitation in recommending Nic Brown as a nominee for a role on the SPA Board. We have worked with Nic and his team for over four years now and he is a great leader, thoughtful contributor, collaborative and genuinely understands the role and potential of genuine prevention when it comes to suicide and suicidal behaviour. While Nic is the current CEO of Batyr, a leading national youth mental health organisation promotion in schools and universities through peer and lived experience story telling he has also got a longer history working in the NGO and NFP sector within Australia and overseas. Coupled with his depth of experience he has also had roles on expert committees with SPA and at a national level with the National Mental Health Commission for example.

Nic is also keenly strategic and has the ability to help organisations shape the next phase of their journey, as evidenced from the leading role he played in Batyr's 10 year strategy launched earlier in the year.

In summary we believe he would be a welcome addition to the SPA board and strongly support his application.