



Second Progress Report on Stage One of the National BPD Training and Professional Development Strategy: Upskilling and Engaging Clinicians Working with People with Borderline Personality Disorder and their Families

Prepared for the National Mental Health Commission by:

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Date delivered:

29 June 2018

Introduction

A Consortium comprising, the Australian BPD Foundation, Spectrum Personality Disorder Service for Victoria and the Mental Health Professionals' Network has been funded by the Federal Government, via the National Mental Health Commission, to deliver training and professional development activities to upskill clinicians to better support people living with a diagnosis of BPD, their families and carers.

The Consortium has been funded to deliver four activities in total.

This report provides an update on each activity, namely the professional development webinar series, the Virtual Library, Locally-Based Practitioner Networks and scoping activity for developing e-learning modules.

Activity specifically undertaken between 1 January and 30 June 2018 is addressed.

This report consists of the following components:

Part A: Professional Development Webinar Series

Webinar Two Report: Treatment principles for people living with Borderline Personality Disorder

Webinar Three Report: Evidence based treatments for people living with Borderline Personality Disorder

Part B: Virtual Resource Library

Part C: BPD Locally-based Practitioner Network

Part A:

Webinar Reports

Webinar 2: Treatment principles for people living with Borderline Personality Disorder

The second webinar of the series, “Treatment principles for people living with Borderline Personality Disorder”, was held on Wednesday, 22nd February 2018, from 7:15 pm – 8:30 pm AEDT.

The following outlines the webinar’s learning objectives and presenters.

Webinar learning objectives

Through an exploration of borderline personality disorder and a panel question and answer discussion, at the completion of the webinar participants will:

- identify the core treatment strategies for borderline personality disorder
- describe the application of treatment principles included in the National Health and Medical Research Council Clinical practice guidelines for borderline personality disorder
- identify how to be therapeutic, even when not undertaking formal psychotherapy.

Panel:

- A/Prof. Sathya Rao (VIC - Psychiatrist)
- Ms Teresa Stephenson (WA - Psychologist)
- Mr Aaron Fornarino (SA - Consumer Advocate)

Facilitator: Dr. Lyn O’Grady (VIC Community Psychologist)

The data for this report is sourced from:

- registrant data
- attendee data
- a post-webinar feedback survey for attendees.

REGISTRANT AND ATTENDEE DATA

Registrant and attendee numbers

Table 1 provides an overview of the number of webinar registrants and attendees. It identifies unique attendees versus people watching on shared computers, as well as the number of attendees who completed the feedback survey.

No. of registrations	4,428
No. of registered email addresses who logged in	1,689
No. of attendees [^]	1,742
% of registrants who participated	38%
No. of attendees who completed the feedback survey	781
% of registered email addresses who logged in who completed the feedback survey	46%

Table 1: Registrant and attendee overview

[^] includes 53 people who participated via a shared computer. See Table 2.

Geographical location of registrants and attendees

Registrants were asked to provide their postcode when registering for the webinar, which is used to determine their state and Australian Standard Geographical Classification (ASGC). Table 2 shows a breakdown of the State/Territory where registrants and attendees were located.

State/Territory	Registrants		Attendees	
	Number	%	Number	%
New South Wales	1,251	28%	501	30%
Victoria	1,260	28%	464	27%
Queensland	1,009	23%	368	22%
Western Australia	352	8%	139	8%
South Australia	235	5%	83	5%
Tasmania	127	3%	54	3%
Australian Capital Territory	92	2%	42	2%
Northern Territory	50	1%	19	1%
Other / Unknown	52	1%	19	1%
Grand Total	4,428	100%	1,689	100%

Table 2: State / territory of attendees (percentages are rounded)

Table 3 identifies the location of registrants and attendees based on the ASGC.

ASGC classification	Registrants		Attendees	
	Number	%	Number	%
Major Cities (RA1)	2,697	61%	1,043	62%
Inner Regional (RA2)	1,241	28%	470	28%
Outer Regional (RA3)	325	7%	119	7%
Remote (RA4)	51	1%	18	1%

Very Remote (RA5)	12	0%	4	0%
Other / Unknown	102	2%	35	2%
Grand Total	4,428	100%	1,689	100%

Table 3: Remoteness classification of attendees (percentages are rounded)

Professions of webinar registrants and attendees

The breakdown of professions who registered and attended are described in Table 4. Psychologists were the largest discipline group attending at 36%, followed by other professions at 34%.

Profession	Registrants		Attendees	
	Number	%	Number	%
Psychologist	1,502	34%	614	36%
Social Worker	507	11%	178	11%
Occupational Therapist	206	5%	87	5%
General Practitioner	171	4%	94	7%
Mental Health Nurse	296	7%	118	7%
Psychiatrist	47	1%	25	1%
Other	1,699	38%	573	34%
Grand Total	4,428	100%	1,689	100%

Table 4: Breakdown of professions (percentages are rounded)

The inclusion of just under 100 General Practitioners and 25 Psychiatrists in the audience represents a significant achievement, particularly given the difficulty in engaging these particularly time-poor clinicians in an after-hours professional development activity.

When breaking down the professions for 'Other attendees', Counsellors represented 26% of other attendees and 9% of all attendees. Other professions who attended are outlined in Table 5.

Attendees Profession - other	Number	Percentage
Aboriginal Health/ Mental Health Worker	111	19%
Community Health Services Worker	27	5%
Consumer/Carer/Mental Health Peer Workforce	16	3%
Counsellor	148	26%
Counsellor/Guidance Officer/Chaplain (education)	10	2%
Dietitian	5	1%
Educator/Teacher	26	5%
Employment/Vocational/Rehabilitation Counsellor	6	1%
Exercise Physiologist	1	<1%
Health Educator/Promotion Officer	2	<1%
Lawyer/Solicitor	0	0%
Medical/Doctor	12	2%
Mental Health Program Manager	8	1%
Mental Health Worker	42	7%
Music/Art Therapist	11	2%

Natural Therapies Practitioner	3	<1%
Not listed	0	0%
Nurse	45	8%
Pharmacist	4	1%
Psychotherapist	21	4%
PIR Support Facilitator	4	1%
Program Officer/Manager	8	1%
Registrar – General Practice	2	<1%
Registrar - Psychiatrist	4	1%
Registrar - Other	0	0%
Rehabilitation /Employment consultant	0	0%
Researcher	4	1%
Speech Pathologist	1	<1%
Student/intern - Nursing	0	0%
Student/intern - Occupational Therapy	0	0%
Student/intern - Other/Not specified	0	0%
Student/intern - Social Work	7	1%
Student/intern Medical	0	0%
Student/intern Psychology	41	7%
Youth Worker	4	1%
Total	573	100%

Table 5: Breakdown of other professions for attendees (percentages are rounded)

FEEDBACK SURVEY SUMMARY

Seven hundred and eighty-one participants provided feedback on the webinar which equals 46% of registered email addresses attending.

Responses to questions are not mandatory and some respondents did not answer all questions.

The profile of respondents is representative of the professions who attended.

QUALITATIVE FEEDBACK

Learning objectives

Survey respondents were asked to rate the degree to which each of the learning objectives were met, selecting from the possible responses 'entirely met', 'partially met' and 'not met'.

Table 6 outlines the responses to these questions regarding learning objectives.

Learning objective:	Entirely Met	Partially Met	Not Met	No response
A) Identify the core treatment strategies for borderline personality disorder	70%	28%	2%	0
B) Describe the application of treatment principles included in the National Health and Medical Research Council Clinical practice guidelines for borderline personality disorder	62%	36%	2%	0
C) Identify how to be therapeutic even when not undertaking formal psychotherapy	79%	18%	2%	1%

Table 6: Degree the learning objectives of the webinar have been met (percentages are rounded)

Relevance to work practice

Survey respondents were asked to rate the relevance of the webinar to their work practice.

Responses are summarised in Table 7.

Relevance to practice	Number	% of total
Entirely relevant	586	75%
Partially relevant	186	24%
Not relevant	6	<1%

No response	3	<1%
Total	781	100%

Table 7: Relevance of the webinar to practice

Respondents were asked to provide additional feedback on why the webinar was partially or not relevant to their practice was that they didn't currently work with clients with BPD.

Improvement to work practice

Survey respondents were asked to identify whether their work practice would be improved as a result of watching the webinar.

Seven hundred and forty-three (95%) said that the webinar would improve their work practice, while 34 (4%) said it would not. Four respondents (<1%) did not provide an answer for this question.

Survey respondents were asked to further identify specific areas of their work practice that would be improved by watching the webinar. Responses are summarised in Table 8.

Areas of practice that will improve	Number	Percentage**
More confidence in supporting the mental health of people living with BPD	664	89%
Will use the National Health and Medical Research Council Clinical practice guidelines for borderline personality disorder	462	62%
More confidence in developing a crisis plan to support a person living with borderline personality disorder	415	56%
No response	39	5%

Table 8: Change to practice

**response categories are not mutually exclusive, so percentages add to more than 100

Intention to participate in future webinars

Ninety-eight percent of respondents said that they would attend a future BPD webinar.

Conclusion

Although the number of attendees at this webinar was lower than the first, the target of 500 attendees was exceeded more than three times over. A pleasing number of GP and psychiatrist attendees were noted. The webinar met its objectives in that 95% of attendees who completed the survey reported that their work practice would improve, with 59% indicating they are now more likely to use the National Health and Medical Research Council (NHMRC) guidelines in their practice and 53% reporting they are likely to develop a crisis plan with their BPD clients. Participants noted that some of the core treatment strategies noted in the webinar may already be used in their everyday practice, and can also be applied to people living with BPD.

Part A:

Webinar Reports

Webinar 3: Evidence based treatments for people living with Borderline Personality Disorder

The third webinar of the series, “Evidence based treatments for people living with Borderline Personality Disorder”, was held on Thursday, 19th April 2018, from 7:15 pm – 8:30 pm AEST.

The following outlines the webinar’s learning objectives and presenters.

Webinar learning objectives

Through an exploration of borderline personality disorder and a panel question and answer discussion, at the completion of the webinar participants will be able to:

- identify the evidence based treatments for BPD
- outline the limitation and lack of available services to access evidence based treatments
- identify the core principles of an example of an evidence based treatment for BPD e.g.: Dialectical Behaviour Therapy.

Panel:

- Dr. Martha Kent (SA - Psychiatrist)
- Ms Pip Bradley (VIC - Mental Health Nurse)
- Mr Fred Ford (VIC - Carer)

Facilitator: Dr. Lyn O’Grady (VIC Community Psychologist)

The data for this report is sourced from:

- registrant data
- attendee data
- a post-webinar feedback survey for attendees.

REGISTRANT AND ATTENDEE DATA

Registrant and attendee numbers

Table 1 provides an overview of the number of webinar registrants compared with the number of attendees. It identifies unique attendees versus people watching on shared computers, as well as the number of attendees who completed the feedback survey.

No. of registrations	4,256
No. of registered email addresses who logged in	1,524
No. of attendees [^]	1,571
% of registrants who participated	36%
No. of attendees who completed the feedback survey	693
% of registered email addresses who logged in who completed the feedback survey	45%

Table 1: Registrant and attendee overview

[^] includes 47 people who participated via a shared computer.

Geographical location of registrants and attendees

Registrants were asked to provide their postcode when registering for the webinar, which is used to determine their state and Australian Standard Geographical Classification (ASGC). Table 2 shows a breakdown of the State/Territory where registrants and attendees were located.

State/Territory	Registrants		Attendees	
	Number	%	Number	%
New South Wales	1,249	29%	488	32%
Victoria	1,239	29%	428	28%
Queensland	913	21%	315	21%
Western Australia	319	7%	109	7%
South Australia	227	5%	78	5%
Tasmania	136	3%	48	3%
Australian Capital Territory	81	2%	32	2%
Northern Territory	40	1%	12	1%
Other / Unknown	53	1%	14	1%
Grand Total	4,257	100%	1,524	100%

Table 2: State / territory of attendees (percentages are rounded)

Table 3 identifies the location of registrants and attendees based on the ASGC.

ASGC classification	Registrants		Attendees	
	Number	%	Number	%
Major Cities (RA1)	2,596	61%	922	60%
Inner Regional (RA2)	1,222	29%	463	30%
Outer Regional (RA3)	291	7%	99	6%
Remote (RA4)	43	1%	15	1%
Very Remote (RA5)	13	0%	5	0%
Other / Unknown	92	2%	20	1%

Grand Total	4,257	100%	1,524	100%
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Table 3: Remoteness classification of attendees (percentages are rounded)

Professions of webinar registrants and attendees

The breakdown of professions who registered and attended are described in Table 4. Psychologists were the largest discipline group attending at 36%, followed by other professions at 35%.

Profession	Registrants		Attendees	
	Number	%	Number	%
Psychologist	1,452	34%	552	36%
Social Worker	525	12%	166	11%
Occupational Therapist	283	7%	110	7%
General Practitioner	142	3%	67	4%
Mental Health Nurse	241	6%	81	5%
Psychiatrist	44	1%	17	1%
Other	1,569	37%	531	35%
Grand Total	4,256	100%	1,524	100%

Table 4: Breakdown of professions (percentages are rounded)

When breaking down the professions for 'Other attendees', Counsellors represented 26% of other attendees and 9% of all attendees. Other professions who attended are outlined in Table 5.

Attendees Profession - other	Number	Percentage
Aboriginal Health/ Mental Health Worker	60	11%
Community Health Services Worker	18	3%
Consumer/Carer/Mental Health Peer Workforce	14	3%
Counsellor	139	26%
Counsellor/Guidance Officer/Chaplain (education)	17	3%
Dietitian	7	1%
Educator/Teacher	24	5%
Employment/Vocational/Rehabilitation Counsellor	14	3%
Exercise Physiologist	7	1%
Health Educator/Promotion Officer	1	<1%
Lawyer/Solicitor	0	0%
Medical/Doctor	16	3%
Mental Health Program Manager	1	<1%
Mental Health Worker	27	5%
Music/Art Therapist	6	1%
Natural Therapies Practitioner	6	1%
Not listed	41	8%
Nurse	39	7%
Pharmacist	6	1%
Psychotherapist	15	3%
PIR Support Facilitator	2	<1%

Program Officer/Manager	4	1%
Registrar – General Practice	1	<1%
Registrar - Psychiatrist	0	0%
Registrar - Other	0	0%
Rehabilitation /Employment consultant	0	0%
Researcher	4	1%
Speech Pathologist	1	<1%
Student/intern - Nursing	0	0%
Student/intern - Occupational Therapy	9	2%
Student/intern - Other/Not specified	0	0%
Student/intern - Social Work	10	2%
Student/intern Medical	3	1%
Student/intern Psychology	36	7%
Youth Worker	3	1%
Total	531	100%

Table 5: Breakdown of other professions for attendees (percentages are rounded)

FEEDBACK SURVEY SUMMARY

Six hundred and ninety-three participants provided feedback on the webinar, which equals 45% of registered email addresses attending.

Responses to questions are not mandatory and some respondents did not answer all questions.

QUALITATIVE FEEDBACK

Learning objectives

Survey respondents were asked to rate the degree to which each of the learning objectives were met, selecting from the possible responses 'entirely met', 'partially met' and 'not met'.

Table 6 outlines the responses to these questions regarding learning objectives.

Learning objective:	Entirely Met	Partially Met	Not Met	No response
A) Identify the evidence based treatments for BPD	87%	12%	1%	0%
B) Outline the limitation and lack of available services to access evidence based treatments	79%	18%	2%	1%
C) Identify the core principles of an example of an evidence based treatment for BPD eg: Dialectical Behaviour Therapy	86%	11%	2%	1%

Table 6: Degree the learning objectives of the webinar have been met (percentages are rounded)

Respondents were asked to provide additional feedback on why the learning objectives were partially or not met. The predominant theme was a desire for more information on treatments other than DBT.

Relevance to work practice

Survey respondents were asked to rate the relevance of the webinar to their work practice. Responses are summarised in Table 7.

Relevance to practice	Number	% of total
Entirely relevant	524	76%
Partially relevant	158	23%
Not relevant	9	<1%
No response	2	<1%
Total	693	100%

Table 7: Relevance of the webinar to practice

Respondents were asked to provide additional feedback on why the webinar was partially or not relevant to their practice. Respondents indicated that they had small numbers of clients with BPD or that they didn't work with clients with BPD.

Improvement to work practice

Survey respondents were asked to identify whether their work practice would be improved as a result of watching the webinar.

Six hundred and sixty-three (96%) said that the webinar would improve their work practice, while 25 (4%) said it would not. Five respondents (<1%) did not provide an answer for this question.

Survey respondents were asked to further identify specific areas of their work practice that would be improved by watching the webinar. Responses are summarised in Table 8.

Areas of practice that will improve	Number	Percentage** (n=693)
More confidence in discussing harm minimisation with clients who have BPD	358	52%
More confidence in discussing strategies to manage distress in clients with BPD	504	73%
More confidence in establishing treatment goals with clients who have BPD	441	64%
No response	37	5%

Table 8: Change to practice

**response categories are not mutually exclusive, so percentages add to more than 100

Intention to participate in future webinars

Ninety-eight percent of respondents said that they would attend a future BPD webinar.

Conclusion

This webinar, the third in the series received a similar number of registrations compared to the first two webinars. Attendance numbers continue to well exceed the target of 500 per activity.

Consistent with the first two webinars, psychologists were the largest profession group to register. The attendance of GPs and psychiatrists has also remained pleasingly high so far throughout the series. The first two webinars featured lived experience panellists, with this webinar featuring a carer. The audience found the carer's view to be very helpful especially the message around developing a crisis care plan. Participants valued the facilitator's inclusion of questions submitted during the webinar by the audience. .

The qualitative feedback provided by attendees indicated 98% said the content was relevant to their work practice. Pleasingly, 94% said their work practice will improve after the webinar, with 81% feeling more confident in supporting the mental health of people living with BPD.

Part B:

Virtual Resource Library Report

An important component of the project is to develop a Virtual Resource Library for Practitioners. This involves establishing and promoting practitioner use of an online portal, i.e. the Virtual Library Resource. The Virtual Library Resource launched on the 30th October 2017.

Housed on the Australian BPD Foundation website, <https://bpdfoundation.org.au/virtual-library.php>, the Virtual Library was developed by Spectrum the Personality Disorder Service for Victoria. It will provide resources related to the topics addressed by the National BPD Webinar series with resources related to each topic being added prior to each webinar being delivered. In order to ensure credibility of material published or referred to in the Virtual Resource Library, all material included has been vetted by subject experts at Spectrum.

Feedback will be sought from clinicians using the Virtual Library and periodic updates will be made to the contents of the library depending on feedback and at the launch of further webinars.

The Virtual Resource has been promoted to all mental health professionals registered for the webinar, the MHPN, Spectrum and Australian BPD Foundation databases through the pre and post webinar communication program.

Webinar recordings

Each webinar is recorded and available for view and/or download from both the Virtual Library and MHPN's webinar library. The following table identifies recordings views/downloads from each source:

Webinar title and source	No of video views	No of video downloads	No of audio downloads	Total
What is BPD? (Oct 17)				
MHPN webinar library	1,467	294	337	
ABPD Foundation virtual library	966	N/A	N/A	2,189
Treatment principles for people living with Borderline Personality Disorder (Feb 18)				
MHPN webinar library	446	94	180	
ABPD Foundation virtual library	518	NA	NA	1,196
Evidence based treatments for people living with BPD (April 18)				
MHPN webinar library	203	85	54	
ABPD Foundation virtual library	388	NA	NA	637

Webinar recordings views and downloads as at 31 May 2018

Please note the variance in views and downloads of webinar recordings between each webinar is largely due to the time the recording has been available.

In addition, since the launch of the virtual library to 31 May, the following number of visitors have been recorded on the noted landing pages:

- 654 visitors to the virtual library landing page <http://bpdfoundation.org.au/virtual-library.php>

Part C:

BPD Network Progress Report

The MHPN and the Australian BPD Foundation are working in partnership to develop locally-based practitioner networks at various locations across Australia. The Foundation currently has branches in Victoria, New South Wales, South Australia and Western Australia, and networks are either already established or in the process of being established in each of these locations. Working together adds value to the networks as it draws in consumer and carer perspectives and increases the reach of the project. A branch of the Foundation is being formed in Queensland and establishment of branches in ACT, Northern Territory and Tasmania is under consideration. The Foundation advises Branches that an important part of their role is to partner with the MHPN to support the development and expansion of locally-based mental health professional networks and to deliver quarterly professional education sessions for mental health professionals in their region. In states without a Foundation branch, MHPN is using its network to source coordinators to form locally based networks and organize and deliver quarterly professional education sessions for mental health professionals in their areas. In rural and remote areas it may prove more effective to work through local coordinators sourced through the MHPN.

The NSW branch of the Foundation has partnered with MHPN to deliver mental health professional development sessions in Sydney. The branch has a strong relationship with Project Air and Mental Health Carers NSW which increases the network's reach and also assists with resources to draw on for professional development sessions.

The newly formed WA branch of the Foundation has established contact with MHPN with a view to partnering to provide professional development sessions for Western Australian networks. The branch has a strong relationship with Mental Illness Fellowship WA and Helping Minds WA, adding value in terms of reach and resources. In the first instance the focus is on establishing a network in Perth, with a view to potential expansion depending on interest.

There has been an expression of interest from Mind Australia Queensland in establishing a branch of the Foundation in Queensland and discussions are underway between Mind Aust., a local member of the MHPN and a local consumer/carer representative so this is set to contribute to the newly established Ipswich and Brisbane North networks.

Professional development sessions in New South Wales and Victoria are recorded whenever possible, with the consent of participants, so that they can be accessed more broadly by rural and remote members.

Western Australia are exploring video-conferencing as well as recording for WA based members. All recordings are subject to consent of participants.

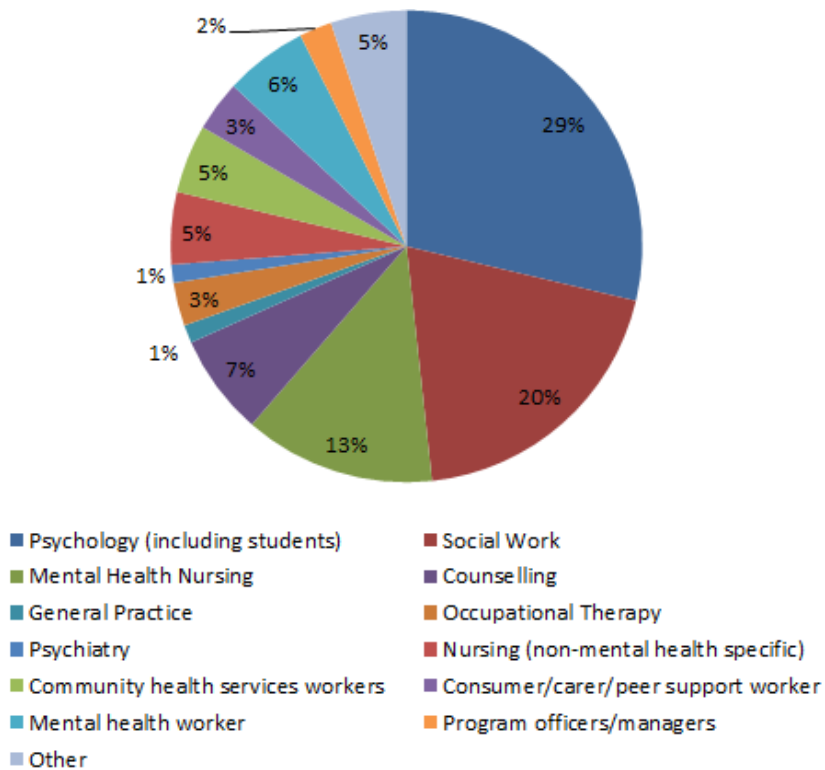
The recordings are accessed:

- via the Australian BPD Foundation website for the Victorian network;
- via the Mental Health Carers NSW YouTube channel for the Sydney/NSW network;
- via a location yet to be determined for the WA network.

INTERDISCIPLINARY PRACTITIONERS

All network meetings are attracting a broad mix of practitioners across the private and public sectors including primary health clinicians (such as GPs), core mental health practitioners (such as psychologists, psychiatrists, social workers, mental health nurses, OTs, counsellors and psychotherapists, creative therapy practitioners), and community health or mental health workers (such as family support workers, case workers).

The following graph and table show the professional background of individuals who have attended network meetings.



Professional background	Number	Percentage
Psychology (including students)	116	29%
Social Work	79	20%
Mental Health Nursing	53	13%
Counselling	28	7%
General Practice	5	1%
Occupational Therapy	12	3%
Psychiatry	5	1%
Mental health worker	23	6%
Consumer/carer/peer support worker	14	6%
Nursing (non-mental health specific)	20	5%
Community health services workers	19	5%
Program officers/managers	9	2%
Other	21	5%
TOTAL	404	100%

Please note the previous report showed practitioners who had expressed interest, while this data focuses on meeting attendees.

NETWORK ACTIVITY

Network	Location / access	Coordinated by	EOI	Members	First meeting	Meetings to date	Number core mental health disciplines last meeting	COMMENTS
Adelaide BPD MHPN	Adelaide SA	Australian BPD Foundation SA branch	November 2015	483	March 2016	8	6	Next meeting planned for August 2018
Victorian BPD MHPN	Melbourne VIC, with video-recording for broader VIC based members	Australian BPD Foundation VIC branch	March 2013	493	July 2016	7	4	Last meeting 26/6/18 Next meeting August
Sydney BPD	Sydney, NSW, with video-recording for some meetings	Australian BPD Foundation NSW branch (supported by Mental Health Carers NSW)	June 2017	714	October 2017	3	4	Next meeting planned for August 2018
Various NSW	Various – incl. Newcastle, Port Macquarie	TBC	June 2017					Further discussions with local practitioners to happen over the coming months

Network	Location / access	Coordinated by	EOI	Members	First meeting	Meetings to date	Number core mental health disciplines last meeting	COMMENTS
Ipswich/West Moreton BPD MHPN	Ipswich QLD	Melissa Kent, Clinical Psychologist & DBT program coordinator	July 2017	90	October 2017	8	4	Next meeting scheduled for August 2018
Brisbane North BPD MHPN	Chermside QLD TBC	Dr Sarah Swannell, Psychologist & DBT program coordinator	October 2017	182	February 2018			
Hobart BPD MHPN	Hobart	The Hobart Clinic	October 2017	99	April 18	1	4	20 attendances at first meeting
Perth/WA BPD MHPN	Perth WA, with video-conferencing or recording for broader WA based members	Australian BPD Foundation WA branch (supported by Mental Illness Fellowship WA)	Early 2018 TBC	TBC	June 18	1		32 attendances at first meeting (including the state's Chief Psychiatrist)