



Working Together to Prevent Suicide



Suicide Prevention Summit

Monday 13 January 2020

10:00 - 15:00

Conference Hall, Bristol City Hall, BS1 5TR



Public Health
England



Protecting and improving the nation's health

Suicide Prevention – The National Perspective

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This session

- National Suicide Prevention Programme and the Long Term Plan
- Suicide Prevention in the South West
- Cross Government Suicide Prevention Report
- Sector Led Improvement
- Zero Suicide Ambition
- Mental Health Programmes
- Every Mind Matters

National Suicide Prevention Programme and the Long Term Plan

- Funding for Suicide Prevention and Self Harm reduction was initially outline in the Five Year Forward View (2015), with an ambition of a 10% reduction and a phased approach for implementation.
- During Wave 1 (2018/19) of the programme, the 10 areas with the highest suicide prevalence (as per Office of National Statistics) were selected to receive additional funding.
- Within the South West, this included Bristol, North Somerset & South Gloucestershire (BNSSG) and Cornwall & Isles of Scilly (CIOS) STPs.
- These programmes are entering their third year and during this summit you will hear about the progress of some of the projects which have supported this work.

National Suicide Prevention Programme and the Long Term Plan

In January 2019, the Long Term Plan for the NHS was published, outlining the ambitions for the NHS over the next 10 years.

Suicide reduction

- Reducing suicide will **remain an NHS priority**.
- Full coverage across the country of the existing **suicide reduction** programme.
- This will be further supported by the design and roll out of a **Mental Health Safety Improvement Programme** with a focus on suicide prevention and reduction for mental health inpatients.
- Building on the work of the Global Digital Exemplar (GDE) programme, we will use **decision-support tools and machine learning** to augment our ability to **deliver personalised care and predict future behaviour, such as risk of self-harm or suicide**.

Bereavement support (crisis care)

- **Bereavement support** for families and staff who are bereaved by suicide, who are likely to have experienced extreme trauma and are at a heightened risk of crisis themselves will be rolled-out to all areas of the country.

Self harm

- There will be a new approach to the **longer-term management of self harm**.

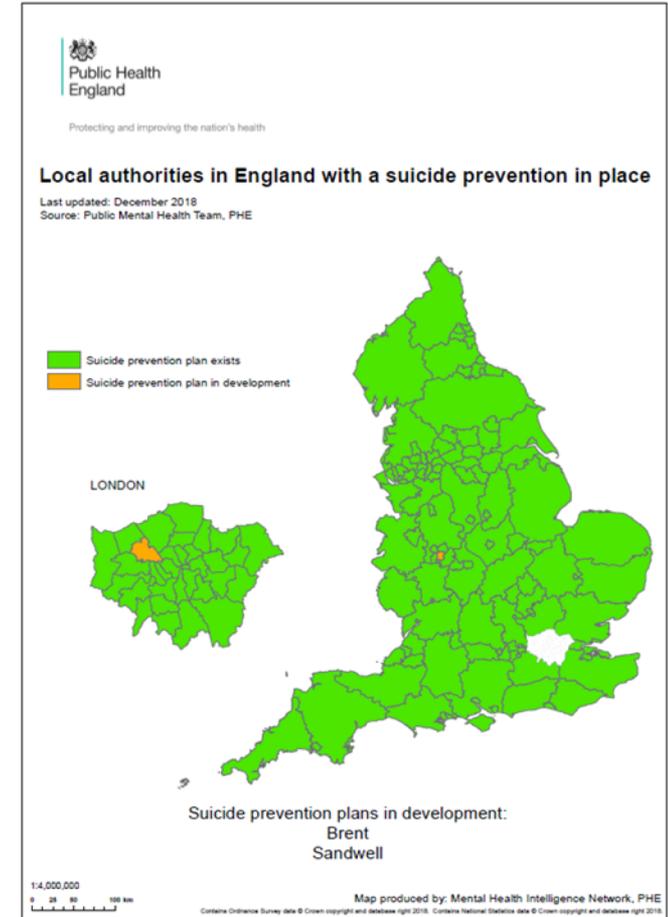
Suicide Prevention in the South West

All 13 local authorities have action plans - at varying stages of development and implementation

- Supported by multi agency groups, suicide audits and some with real time data monitoring

STP Transformation funding:

- Adult MH & Suicide Prevention Programme Manager: joint appointment between National Health Service England South West and Public Health England South West
- All remaining STPs within the South west have been identified as going forward during 2020/21.
- **Bereavement Support:** One STP area was identified during 2019/20, with four out of the six remaining STPs proposed from 2020/21 onwards.
- **Trailblazer:** Two STP areas were identified for non-recurrent funding to support innovations around suicide prevention which were Devon and Somerset STPs.



Cross Government Suicide Prevention Report

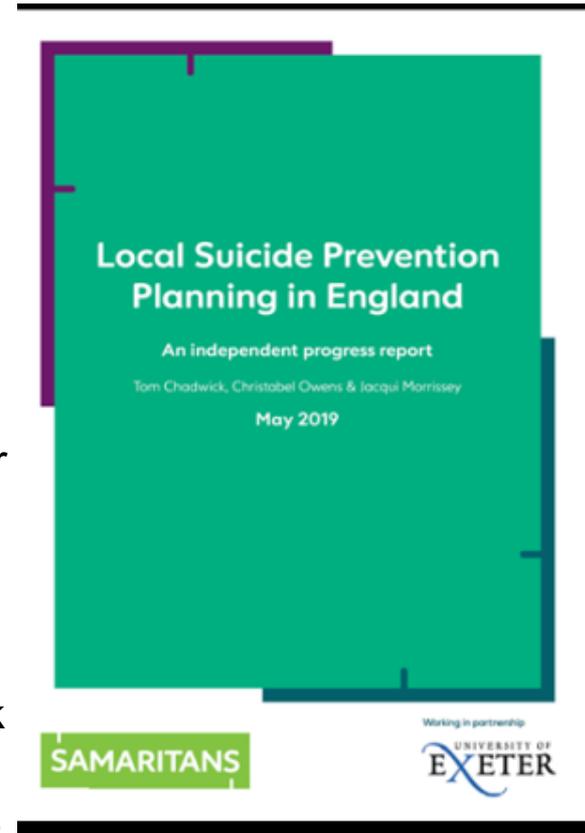
- Recommendations about the quality of local authorities' plans made by House of Commons Health Select Committee January 2017 report from the Inquiry into Suicide Prevention
- After the government's response July 2017 and a period of debate about quality assurance, the Association of Directors of Public Health (ADPH), the Local Government Association (LGA), Public Health England (PHE) and the Department of Health and Social Care (DHSC) developed the SLI programme: a survey; overview and scrutiny and peer review.
- 2018 survey: 150/152 local authorities responded (88% welcomed support)
- June 2019: Government pledged extra funding for SLI and suicide prevention
- https://www.nspa.org.uk/wp-content/uploads/2019/06/Samaritans-Uni-of-Exeter-Local_plans_in_England_executive_summary.pdf

Cross Government Suicide Prevention Report

Multi-agency groups and action plans: output and outcome measures; measuring success; **experts by experience**; audits; role of coroners

1. High risk groups: **men**, people in the care of mental health services; criminal justice system; specific occupational groups
2. **Tailor approaches** for: children and young people; other specific population groups
3. **Reducing means to access**: high frequency locations; limiting availability of other means of suicide
4. Provide better information and **support to those bereaved** or affected by suicide
5. **Support the media** in delivering sensitive approaches to suicide and suicidal behaviour
6. Support research, data collection and **monitoring**
7. Reducing rates of **self-harm** as a key indicator for suicide risk

Cross cutting themes: **sharing good practice**; strengthen what is taking place; develop regional priorities through SLI; follow up partnership activity



Sector Led Improvement



Suicide prevention sector-led improvement

Prospectus 2019/20

The Suicide Prevention programme is part of our sector-led improvement offer of support: www.local.gov.uk/SLI-offer



<https://www.local.gov.uk/suicide-prevention-sector-led-improvement-programme>

Sector Led Improvement

National

- Samaritans and University of Exeter stocktake report
- Webinar series Spring 2020 and masterclass 12 March 2020
- ‘Must Know’ publication for elected members and case study publication
- LGA and NHS Clinical Commissioner’s Leadership Essentials for Health and Wellbeing Board Chairs and Vice-Chairs
- scoping to be undertaken to refine a streamlined prevention resource

Regional

- Funding allocation to each ADPH region with identified lead
- 10 plans have been received and funding has been allocated: undertaking regional peer reviews of suicide prevention, including mapping and gap analysis; explore, map, review and identify opportunities for improvement activity in co-morbidity, debt management, community response; further explore and strengthen existing priority areas; learning networks, communities of practice, information sharing hubs.

Local

- 12 expressions of interest for bespoke expert support for local areas were received by in late 2019 covering 15 local authorities

Sector Led Improvement – South West

- A regional plan for the South West was submitted
- The South West received £30,000.
- A task and finish group is now needed for the implementation phase.
- The funds need to be spent prior to the completion of the financial year March 2020.

Key activity no.1: Peer review		Funds allocated: £25K
Activity lead: TBC		Target date: complete audit and recommendations by end March 2020
What are the objectives and the intended SLI aspect of this work?	How is this activity going to lead to improvement in Suicide Prevention?	
SLI aspect: Peer review process Objectives: Audit existing suicide prevention priority areas across the SW region, drawing on findings from the ADPH benchmarking	Improved consistency of approach and quality of implementation of local action plans where appropriate and an opportunity for peer challenge and advancement as a result. Funding required for short-term consultancy to deliver audit/review and produce recommendations	
Key activity no.2: Region-wide activities		Funds allocated: £0 (relates to activity above)
Activity lead:TBC		Target date: by end March 2020
What are the objectives and the intended SLI aspect of this work?	How is this activity going to lead to improvement in Suicide Prevention?	
SLI aspect: Region-wide priority setting Objectives: 1. Identify areas of good practice and areas where improved consistency/planning required as identified by the ADPH benchmarking eg treatment of depression in primary care; tackling high frequency areas; reducing isolation. 2. Review rise in suicide rates and understanding the trends including possible causes, impact of changes in the Coroners verdicts etc.	Ensure consistency of approach where appropriate and implementation of recommendations from ADPH benchmarking	
Key activity no.3: Communities of practice		Funds allocated: £5K
Activity lead:		Target date:
What are the objectives and the intended SLI aspect of this work?	How is this activity going to lead to improvement in Suicide Prevention?	
SLI aspect: Communities of practice Objectives: Establish multi-agency networks within developing ICS areas footprints with a focus on quality improvement initiatives and hold a single region-wide networking event	Ensure consistency of approach, network development at an ICS level and an opportunity for region-wide networking. Funding required for region-wide networking event/conference.	

Zero Suicide Ambition

Zero suicide is:

- A commitment to a culture that focuses on learning, improvement, personalisation and safety, rather than blame and “defensive” practice
- A recognition that suicides in mental health inpatients are preventable
- Something that applies to all mental health units, incl. specialist units

Zero suicide is not:

- A performance management target
- An avoidance of positive risk taking
- An opportunity to place blame

- Within the South West, all our Mental Health providers have robust plans in place, which have been assured at both a regional and national level.
- Close working with the national Zero Suicide Alliance, which includes access to resources and training.
- Further information on this work can be found here:
- <https://www.zerosuicidealliance.com/>

Mental Health Programmes

Additional mental health ambitions to support suicide reduction (by 2023/24):

- Anyone experiencing mental health crisis will be able to **call NHS 111 and have 24/7 access to the mental health support** they need in the community.
- By **70% of mental health liaison services will meet the 'core 24' service standard.**
- We will **increase access to evidence-based care for an additional 24,000 women** with moderate to severe perinatal mental health difficulties and a personality disorder diagnosis each year by 2023/24.
- We will **expand specialist perinatal mental health services** so that more women who need it have access to the care they need from **preconception to two years after the birth** of their baby.
- We are investing in **integrated models of primary and community mental health care which will support adults with severe mental illnesses.**

Every Mind Matters

- Every Mind Matters has been created by Public Health England, with tips and advice developed with experts and approved by the NHS.
- It has also been endorsed by the Royal College of General Practitioners.
- Every Mind Matters gives you simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better.
- It will help you spot the signs of common mental health conditions, get personalised practical self-care tips and information on further support.
- You'll also learn about what you can do to help others.



<https://www.nhs.uk/oneyou/every-mind-matters/>