



## Personalised risk assessment: Equity, advocacy, and cultural change in risk assessment for self-harm and suicide

27.03.26 | 10.00-12.30

Facilitation team	
Dr Leah Quinlivan (She/her)	Research Fellow and Chartered Psychologist, NIHR GM Patient Safety Research Collaboration, University of Manchester
Pea Meyer Higgins (They/them)	NELFT Lived experience lead for relational care, PAR CoC lived experience lead, and Safety Delivery Group member (Culture of Care Programme), and co-facilitator.
Dr Emma Nielsen (They/them)	Researcher, lived experience PAR lead. Emma is a PAR collaborator, and co-facilitator. Emma is also autistic, has lived experience, and is an artist.
Dr Matthew Milarski	Head of Quality Improvement, National Collaborating Centre for Mental Health (NCCMH).
Sal Smith	Head of Lived Experience and Co-production, NCCMH
Eloise Curtis	Expert by Experience, Assessment and self-harm, speaker/collaborator, PAR collaborator, researcher, peer support worker.
Ellie Wildbore	Expert by Experience, Assessment and self-harm, speaker/collaborator, PAR collaborator, researcher
Aiman Shahzad	Culture of Care Programme, Project Manager
Jill Corbyn	Founder and Director of Neurodiverse Connection.
Dr Jay Watts	Psychiatric Survivor, Consultant Clinical Psychologist and Psychotherapist
Tom Ayres	Director of NCCMH.
Professor Nav Kapur	Professor of Psychiatry and Public Health, and Director of NCISH at the University of Manchester.

### Aims and context

Content warning: The theme for today's session is risk assessment, past, present, and future. This session will provide an opportunity to learn more about risk assessment for self-harm and suicide, to reflect on our work so far, and our hopes for the future. We will discuss experiences of risk assessment, the current programme of transformation work, and the future of relational risk assessments.

Throughout this session, we will discuss sensitive topics including self-harm, suicide, and experiences of healthcare services. Discussing these difficult topics can hopefully help improve personalised approaches to risk assessment. However, they may bring up past experiences and be upsetting. We always have an open-door policy, and these events will be recorded. Please do take care of yourself as priority. You can leave for sections and come back, and/or mute any sections as often as you wish.

### Support and contacts

We will have a support space available throughout the session and afterwards. If you are in crisis or feeling distressed, please do seek help from your trusted personal and professional support network. We have included a list of contact numbers as part of the agenda.

## Overview

**Leah** will chair the session. She will also provide general housekeeping. **Leah** will overview the importance of considering language, stigma, and trauma when sharing research, views, and experience.

**Emma and Pea:** For decades, people with lived experience have reported poor experiences of risk assessment. Emma and Pea will have a reflective discussion on their experiences of risk assessment, and why this needed to change.

**Sal** will discuss the Culture of Care standards for mental health inpatient standards and the importance of these standards and of the equity principals for risk assessment.

**Nav** will provide an overview of risk assessment for self-harm and suicide, and an update on progress and plans for the future.

**Jay** will speak about reform, fear, and the backlash problem. Jay will explore the history of reform, the backlash that it often provokes, and what it can teach us about why cultural change in suicide risk is so difficult to sustain.

**Jill** will speak about the new Neurodiverse Connection resource to support neurodiversity-informing care, and their hopes for the future of personalised risk assessments.

**Emma, Pea, Ellie and Eloise, and the panel** will share their views and co-facilitate the Q&A and panel discussion with our speakers. We will also invite our speakers and attendees to reflect on the importance of embedding the PCREF in personalised assessments, and of considering cultural and faith-based narratives for self-harm and suicide

**Tom** will close our final PAR session with reflections and hopes for the future.

Time	Item
10.00-10.10	<p><b>Welcome and introductions (Leah Quinlivan)</b></p> <ul style="list-style-type: none"> <li>Leah will welcome attendees. She will highlight the importance of safety, wellbeing, and the importance of considering language, stigma throughout our discussions</li> </ul>
10.10-10.25	<p><b>Risk assessment: patient experiences and why we need to change (Emma Nielsen, Pea Meyer Higgins)</b></p> <ul style="list-style-type: none"> <li>Emma and Pea will have a conversation about lived experiences of risk assessment.</li> </ul>
10.25-10.40	<p><b>The Culture of Care standards and the importance of equity in personalised risk assessment (Sal Smith)</b></p> <ul style="list-style-type: none"> <li>Sal will overview the Culture of Care standards and why these are essential to embed in personalised risk assessment.</li> </ul>
10.40-11.00	<p><b>Culture of Care Personalised Approach to Risk: present, progress, and plans (Nav Kapur)</b></p> <ul style="list-style-type: none"> <li>Nav will overview the Personalised Approach to Risk Programme, providing updates, plans, and hopes for the future.</li> </ul>
11.00-11.10	<b>Break</b>
11.10-11.20	<p><b>Reflections on the Culture of Care PAR programme, from a lived experience perspective (Pea Myer Higgins)</b></p> <ul style="list-style-type: none"> <li>Pea will reflect on the PAR transformation process, including site visits and need for change, from a lived experience perspective.</li> </ul>
11.20-11.40	<p><b>Have lessons been learned? Reform, fear, and the backlash problem (Jay Watts)</b></p> <ul style="list-style-type: none"> <li>Jay will explore what the history of reform, and the backlash it often provokes, can teach us about why cultural change in suicide risk is so difficult to sustain.</li> </ul>
11.40-11.55	<p><b>Neurodiversity-affirming care: resources and hopes (Jill Corbyn)</b></p> <ul style="list-style-type: none"> <li>Jill will speak about the new Neurodiverse Connection interactive toolkit to support neurodiversity-affirming care and will share their hopes for the future of personalised risk assessment.</li> </ul>
11.55-12.15	<p><b>Panel discussion, reflections &amp; Q&amp;A (Emma, Pea, Eloise, Ellie, Aiman, and panel)</b></p> <ul style="list-style-type: none"> <li>Pea will share their reflections, and will chair the Q&amp;A with Leah.</li> <li>We will invite our speakers and attendees to reflect on the importance of embedding the PCREF in personalised assessments, and of considering cultural and faith-based narratives for self-harm and suicide.</li> <li>We welcome any of your thoughts, reflections, questions and/or comments for our panel session.</li> </ul>
12.15-12.30	<p><b>Meeting close (Tom Ayers)</b></p> <ul style="list-style-type: none"> <li>Tom will close our final PAR meeting and share his hopes for the future.</li> </ul>
12.30	<b>Close</b>

## Help in a crisis contacts

- [Samaritans](#)  
Call 116 123 – 24 hours a day, 365 days a year
- Text “[SHOUT](#)” to 85258  
Available 24/7
- [SANEline](#)  
0300 304 7000 – 4.30pm-10.30pm, 365 days a year
- [Campaign Against Living Miserably \(CALM\)](#)  
Call 0800 58 58 58 – 5pm-midnight, 365 days a year
- [Women’s Aid](#) – national domestic violence helpline  
Call 0808 2000 247 – 24 hours a day, 7 days a week
- [Papyrus](#) HOPELineUK – for people under 35  
Call 0800 068 41 41 – 10am-10pm weekdays, 2pm-10pm weekends, 2pm-5pm bank holidays
- [Childline](#) – for children and young people under 19  
Call 0800 1111
- [The Silver Line](#) – for older people  
0800 4 70 80 90 – 24 hours a day, 365 days a year
- [NHS 111](#)  
Call 111 – 24 hours a day, 365 days a year
- [LGBT Foundation’s Helpline](#)  
Call 0345 3 30 30 30 – 9am-9pm weekdays, 10am-6pm Saturday
- [No Panic](#) – for people who suffer from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders  
Call 0844 967 4848 – 10am-10pm, 365 days a year
- [BEAT](#) – support and information about eating disorders  
0808 801 0677 – 3pm-10pm, 365 days a year
- [Alcoholics Anonymous](#)  
0800 9177 650
- [GamCare](#) – free information, advice and support for anyone harmed by gambling    Call 0808 8020 133 – 24 hours a day, 7 days a week
- [James’ Place](#) – a charity offering support to men in suicidal crisis at centres in Liverpool, London and Newcastle  
Call 0151 303 5757 (James’ Place Liverpool), 020 3488 8404 (James’ Place London) or 0191 406 6000 (James’ Place Newcastle) 9.30am-5.30pm Monday-Friday (except Bank Holidays) or complete a [self-referral form](#)