



Personalised risk assessment: Whole organisational Approach: Shared learning session. Agenda

17.02.26 | 10.00-12.30 | [Zoom Meeting ID: 878 3769 8714](#) | **Passcode: 163446**

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)	Pea Higgins: NELFT Lived experience lead for relational care, PAR CoC lived experience lead, and Safety Delivery Group member (Culture of Care Programme).
Dr Emma Nielsen (They/them)	Emma is a researcher. They are also autistic and have lived experience. Emma is a PAR collaborator and will be a co-facilitator for discussions
Dr Matthew Milarski	Head of Quality Improvement, National Collaborating Centre for Mental Health (NCCMH)
Kate Lorrimer	Strategic Director of Relational Care
Paul Alexander	Nurse Consultant: Patient Safety & Clinical Incident Insight, S&B PNHST
Jo Lambert	Lived experience lead, South West London and St George's
Justine Trippier	Consultant Nurse, Suicide Prevention Lead, Southwest London and St George's Mental Health Trust
Sonia Sanduh	Consultant Nurse, Southwest London and St George's Mental Health Trust
Simon Putman	Peer Lead for Acute and Advocacy, Dorset Mental Health Forum
Lisa Spriggs	Lived experience lead, Dorset Healthcare University NHS Foundation Trust
Dr Rueben Pearce	Senior Lead Consultant Nurse, Berkshire Healthcare NHS Foundation Trust
Nicola Moone	Berkshire Healthcare NHS Foundation Trust
Katie Humphrey	Berkshire Healthcare NHS Foundation Trust

Aims and context

Content warning: This session will provide an opportunity to learn more about risk assessment for self-harm and suicide, and to learn from others who have started to move towards personalised and therapeutic assessments. We will hear updates from organisations who have moved away from prediction to more personalised and therapeutic assessments. Healthcare staff and people with lived experience will speak about the process. We aim to highlight the importance of taking a compassionate, relational, and approach throughout the assessment process. 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. **Leah** will provide a brief overview of the predictive utility of risk assessment for self-harm and suicide and as a contextual background.

Reuben, Katie, and Nicola will share overview learning and plans for developing personalised approaches to risk assessment.

Lisa and Simon will share learning that is related to the PAR programme, from their work on experiences of patients and staff in acute mental health wards, liaison psychiatry, and Retreats.

Kate and Pea will describe how NELFT are implementing PAR as risk formulation and safety planning, using a QI approach that supports coordinated change at ward, directorate, and organisational levels.

Paul will speak about the process of moving away from risk prediction and stratification towards more personalised assessment in Surrey and Borders.

Justine and Sandhu will speak about the lived experience led 'Hold the Hope' project, and about how this will be embedded into organisational training for personalised risk assessment in SWLSTG.

Emma and Pea will lead an interactive lived experience summary and reflection of the session.

Pea, Leah, and Emma will facilitate the chat, the discussion and Q&A.

Time	Item
10.00-10.10	<p>Welcome and introductions (Leah Quinlivan)</p> <ul style="list-style-type: none"> Leah will welcome attendees. She will highlight the importance of safety and wellbeing. Leah will overview the importance of considering language, stigma, and trauma for self-harm and suicide throughout our discussions
10.10-10.30	<p>Personalised risk assessment in Berkshire Healthcare NHS FT (Reuben Pearce, Katie, Humphrey, and Nicola Moone)</p> <ul style="list-style-type: none"> Rueben and Nicola will overview progress in their Trust for personalised risk assessment.
10.30-10.50	<p>Transformation and learning from experience in Dorset</p> <ul style="list-style-type: none"> Lisa and Simon will speak about work on improving relational care in Dorset Healthcare University NHS Foundation Trust
10.50-11.10	<p>A whole organisation approach to PAR (Kate Lorrimer and Pea Meyer Higgins)</p> <ul style="list-style-type: none"> Pea and Kate will speak about transformation work in NELFT for risk formulation and safety planning.

11.10-11.20	Break
11.20-11.40	Transforming risk assessment in Surrey and Borders (Paul Alexander) <ul style="list-style-type: none"> Paul will speak about the transformation work in Surrey and Borders, towards personalised and therapeutic risk assessment.
11.40-12.00	Embedding lived experience, and hope into organisational training for risk assessment (Justine Trippier and Sonia Sandhu) <ul style="list-style-type: none"> Justine and Sonia will speak about embedding the lived experience 'Hold the Hope' project into organisational training for risk assessment in Southwest London and St George's Mental Health Trust.
12.00-12.25	Personalised risk assessments: interactive session, reflection & Q&A (Emma Nielsen, Pea Myer Higgins, Leah Quinlivan) <ul style="list-style-type: none"> Emma and Pea will invite attendees to consider issues related to the use of risk assessment in practice, and share reflections. We welcome any questions or comments to our panel.
12.25-12.30	Meeting close <ul style="list-style-type: none"> Leah will close the meeting and provide an overview of the next learning events.
12.30	Close

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](#)