

## Suicide Prevention Programme – Monthly Clinic 3

15<sup>th</sup> November 2019, 10:00 – 12:00

Item	Summary	Resource
<p>Introductions</p>	<p><b>Suicide Prevention Programme Team Attendees</b>                      NCCMH: Emily Cannon, Helen Smith, Kaycee Meads, Matt Milarski, Saiqa Akhtar, Tom Ayers                      NCISH: Nic Richards</p> <p><b>Wave 2 sites</b></p> <ul style="list-style-type: none"> <li>• Sussex</li> <li>• Hampshire and Isle of Wight (H&amp;IoW)</li> <li>• Staffordshire and Stoke on Trent (S&amp;SoT)</li> <li>• North East and North Cumbria ICS</li> </ul> <p><b>Wave 1 sites</b></p> <ul style="list-style-type: none"> <li>• Lancashire and South Cumbria (L&amp;SC)</li> <li>• Greater Manchester</li> <li>• Cornwall and Isles of Scilly</li> <li>• Norfolk and Waveney</li> <li>• Coventry and Warwickshire</li> </ul> <p><b>Trailblazer sites</b></p> <ul style="list-style-type: none"> <li>• South West London</li> <li>• Derbyshire</li> <li>• Buckinghamshire, Oxfordshire, Berkshire West</li> <li>• Devon</li> <li>• Somerset</li> </ul>	

	<p><b>Other Organisations</b></p> <ul style="list-style-type: none"> <li>• Public Health England</li> <li>• Tower Hamlets</li> <li>• Hertfordshire Partnership University NHS FT</li> <li>• Central and North West London NHS FT</li> </ul>	
<p>Training for GP Practices</p>	<p><b>Sussex</b> Sussex asked if anyone is delivering training to GPs for suicide prevention (SP).</p> <p><b>Cornwall</b> A GP in Cornwall (<a href="#">Rebecca Osborne</a>) has developed training package for GPs. It took her 6 months to book appointments for the training. It's spread through word-of-mouth and the demand is phenomenal. Relationship building was important. They are looking to developing training for practice managers and reception staff as well as an online version. Rebecca is employed by the CCG as a suicide lead. The cost to employ her is approximately £10,000 per year (amounting to approximately half a session per week). It was asked if Becky could write her top 10 tips (what worked and what failed) and suggested that she present at a learning set. It was mentioned that incidents were used as an opportunity for Rebecca to engage with services. It was suggested to link real-time surveillance (RTS) with GP training.</p> <p><b>Derbyshire</b> Derbyshire have been running a programme across GP practices for 2.5 years and have engaged approximately 500 GPs. Training is delivered at the GP practice meaning all practice staff can attend. It is based on <a href="#">Connecting with People</a> (which is also being run in the MH trust). It is delivered by GPs for GPs which has helped with take up and credibility. By using a recognised training product, the tools are being embedded into GP practices. The tools (assessment of risks, questions to ask etc.) are supported by PHE. It has evaluated quite well based on GP feedback. Derbyshire are training and mobilising trainers which is more cost-effective. They are embedding safety plans into System 1 (it's believed that there isn't any cost for this).</p> <p><b>Other work</b></p>	<p><a href="#">Rebecca Osborne</a> – Cornwall (email address)</p> <p><a href="#">Keith Waters</a> – Derbyshire (email address)</p> <p><a href="#">Connecting with People</a> (website)</p>

	<ul style="list-style-type: none"> <li>• In Somerset, MH trusts and GPs are having conversations around using the same tools and language (specifically around imminence and risk).</li> <li>• The NCCMH developed <a href="#">self-harm and suicide prevention competencies</a> for professionals and the wider public. This can be helpful for commissioning.</li> </ul> <p>It was mentioned that people who visit GPs more frequently are at a higher risk for suicide as well as people who don't visit their GPs at all (<a href="#">Suicide in primary care in England 2002-2011</a>). This suggests there's an opportunity to reduce suicide rates through GP training. It was suggested to look beyond GPs e.g. community pharmacists.</p> <p>It was suggested to have systems in place in primary care that enable and prompt GPs to ask questions around suicidal behaviour – emotional distress can be symptoms. It was also mentioned to look at how GPs are assessing depression as a prevention approach. It was suggested to include suicide bereavement in the package of training for GPs.</p> <p>It was asked if there is SP training in a vocational training scheme. It was mentioned that Health Education England (HEE) provide funding for training but no one was aware of any specific training in place – NCCMH will find out. It was suggested to build awareness of SP training in small networks of GPs. It was mentioned that there is an opportunity to talk about SP with medical students in Masters programmes.</p>	<p><a href="#">Louise Finnis</a> – Somerset (email address)</p> <p><a href="#">Self-harm and Suicide Prevention Competence Frameworks</a> (website)</p> <p><a href="#">Suicide in primary care in England 2002-2011</a> (PDF)</p>
<p>Community Champions and Suicide Safer Communities</p>	<p><b>Staffordshire and Stoke on Trent (S&amp;SoT)</b> S&amp;SoT are developing a community champion scheme – they plan to recruit people in the community as champions; train them; and develop communications, an engagement plan, and a schedule of activities over 12 months. They asked if anyone else has done this sort of work.</p> <p><b>North East and North Cumbria ICS (NE&amp;NC)</b> <a href="#">Suicide Safer Communities</a> started in 2014, in a rural area in Cumbria, when a bereaved mother set up an event in a local leisure centre. They have a <a href="#">Facebook page</a> (for Every Life Matters), hold regular meetings in the local library or accountants and run events (e.g. park run, sponsored swim). They receive £1,000 of funding per year. It is largely led by communities and self-sustaining. It was mentioned that its very effective if you get local</p>	<p><a href="#">Suicide Safer Communities</a> (website)</p> <p><a href="#">Every Life Matters</a> (Facebook page)</p>

	<p>people to set it up with public health (PH) support. They have engaged a lot of people. SP training has taken off in the town due to awareness raising (including GPs, teachers etc.). They developed a champions role to raise awareness and share information. There are things in place to keep champions safe and support them e.g. police and local GPs come to events, discussing safeguarding in the steering group. There is a steering group including people in the local area, police and GPs. They have support from the local MP and have linked in with the police and farming communities.</p> <p>It is starting to be rolled out across the ICS – NE&amp;NC are supporting this. They are also setting up ‘suicide safer boxes’ in local village halls to provide information and signpost – this was suggested by local council. They [Every Life Matters] has received a substantial amount of lottery funding – they are considering using funding for paid community champion roles. The development manager, <a href="#">Chris Woods</a>, is preparing a summary on the work (this will be shared when it becomes available).</p> <p><b>Other work</b></p> <ul style="list-style-type: none"> <li>• Several self-seeded community groups in Devon are coming together to support people with training and operating safely. A self-seeded SP alliance was also started by people with lived experience – Devon is trying to support them as they don’t have any funding. NE&amp;NC mentioned that the local people didn’t have support when they started to do events. Devon are also working with the Community Safety Partnership (partnership with the police and local authorities) to look at what role they might have in Safer Suicide Communities.</li> <li>• In Essex, the Head of Strengthening Communities is using Facebook to offer free MHFA training to members of community/community groups, as well as promoting free online training provided by the Zero Suicide Alliance. There was a huge uptake of the Zero Suicide Alliance training by the community of one particular town following a suicide of one of its residents. It was mentioned that it’s self-sustaining. The training is run by qualified trainers.</li> <li>• Cornwall Safer Towns and Communities have taken interest in training.</li> </ul>	<p><a href="#">Katherine McGleenan</a> – North East and North Cumbria (email address)</p> <p><a href="#">Chris Woods</a> – Every Life Matters (email address)</p> <p><a href="#">Nicola Glassbrook</a> – Devon (email address)</p> <p><a href="#">Kirsty O’Callaghan</a> – Essex (email address)</p>
CYP self-harm registers	<p><b>Somerset</b> Somerset and the South West region are outliers for Children and Young People (CYP) SH admissions. They want to set up a register for acute, GP and education settings to improve</p>	

their knowledge and data. They asked if anyone could share their experiences trying to improve data collection and details about their register.

Cornwall mentioned that [Whitney Curry](#) has done work with A&E and Safeguarding to collect SH data. They are also considering looking at where CYP buy paracetamol from.

There was discussion around the difficulty accessing data such as from schools and colleges. It was mentioned that the [Schools and Students Health Education Unit \(SHEU\)](#) survey indicates the general picture of SH that doesn't reach A&E. It was commented that this still may be an underestimation.

[Pierce Rodway](#) mentioned that he is leading a steering group for SH data and is working on creating a SH dashboard for schools, prisons and hospitals. He commented that he'll provide an update when the work has progressed.

The PHE representative mentioned that she is doing work with Norfolk and Yorkshire ambulance services. It was mentioned that ambulance data is vital for SH work (not all SH cases go to A&E).

It was mentioned that a [self-harm study on CYP](#) compares hospital admissions for SH with school data. It has a formula that can be used to estimate the SH numbers in the community. It was estimated that only one to two thirds of people who self-harm end up in hospital.

There was concern that people may wait for data before acting. It was advised that people don't delay doing work because of this.

Somerset is doing work in schools. They are getting schools to write SH policies. They commented that CYP are wanting to call them 'self-injury' policies. They used the [Creating a School Self-Injury Policy](#) document from the charity [LifeSIGNS](#) for their template. It was mentioned that Leicestershire, Derbyshire and Northamptonshire used to have good guidance documents for SH work in schools (see documents in the resources).

[Whitney Curry](#) – Cornwall (email address)

[Schools and Students Health Education Unit](#) (website)

[Pierce Rodway](#) – Lancashire and South Cumbria (email address)

[Incidence of suicide, hospital-presenting non-fatal self-harm, and community-occurring non-fatal self-harm in adolescents in England \(the iceberg model of self-harm\): a retrospective study](#) (website)

[Creating a School Self-Injury Policy](#) (PDF)

[LifeSIGNS](#) (website)

[University of Oxford guide](#) (PDF)

	There was discussion about terms and definitions for SH. It was mentioned that it's important to be consistent in definitions of what is being covered. It was suggested to look at NICE guidelines and PHE. There was concern that using other terms such as 'self-injury' may not work well to reflect the NICE guidelines. It was mentioned that using the term 'self-injury' was about making CYP feel heard. It was advised to be careful when using other terms.	<a href="#">Derby City Council protocol</a> (PDF)  <a href="#">Northamptonshire Children &amp; Young People's Partnership guidelines</a> (PDF)
AOB	The next monthly clinic (Monthly Clinic 4) is on the <b>16<sup>th</sup> December 2019, 14:00 – 16:00.</b>	

## Contacts

Contact person	Email address	Topic
Rebecca Osborne (Cornwall)	<a href="mailto:rebecca.osborne5@nhs.net">rebecca.osborne5@nhs.net</a>	GP training
Keith Waters (Derbyshire)	<a href="mailto:keith.waters@nhs.net">keith.waters@nhs.net</a>	GP training
Katherine McGleenan (North East and North Cumbria)	<a href="mailto:Katherine.McGleenan@cumbria.nhs.uk">Katherine.McGleenan@cumbria.nhs.uk</a>	Suicide prevention in the community
Chris Woods (Every Life Matters)	<a href="mailto:chris.wood@every-life-matters.org.uk">chris.wood@every-life-matters.org.uk</a>	Suicide prevention in the community
Nicola Glassbrook (Devon)	<a href="mailto:nicola.glassbrook@devon.gov.uk">nicola.glassbrook@devon.gov.uk</a>	Suicide prevention in the community
Kirsty O'Callaghan (Essex)	<a href="mailto:Kirsty.OCallaghan@essex.gov.uk">Kirsty.OCallaghan@essex.gov.uk</a>	Suicide prevention in the community
Whitney Curry (Cornwall)	<a href="mailto:Whitney.Curry@cornwall.gov.uk">Whitney.Curry@cornwall.gov.uk</a>	Self-harm
Pierce Rodway (Lancashire and South Cumbria)	<a href="mailto:pierce.rodway@nhs.net">pierce.rodway@nhs.net</a>	Self-harm
Louise Finnis (Somerset)	<a href="mailto:LFinnis@somerset.gov.uk">LFinnis@somerset.gov.uk</a>	Self-harm work in schools

## Resources

Resource	Link	Topic
Connecting with People	<a href="https://www.connectingwithpeople.org/courses">https://www.connectingwithpeople.org/courses</a>	Suicide prevention training for GPs
Self-Harm and Suicide Prevention Competence Frameworks (NCCMH)	<a href="https://www.rcpsych.ac.uk/improving-care/nccmh/other-work/self-harm-and-suicide-prevention-competence-frameworks">https://www.rcpsych.ac.uk/improving-care/nccmh/other-work/self-harm-and-suicide-prevention-competence-frameworks</a>	Self-harm and suicide prevention training
Suicide in primary care in England 2002-2011 (NCISH)	<a href="https://www.rcpsych.ac.uk/docs/default-source/improving-care/nccmh/suicide-prevention/monthly-clinic/suicideinprimarycare2014.pdf">https://www.rcpsych.ac.uk/docs/default-source/improving-care/nccmh/suicide-prevention/monthly-clinic/suicideinprimarycare2014.pdf</a>	Suicide research – primary care
Suicide Safer Communities (Every Life Matters)	<a href="https://www.every-life-matters.org.uk/suicide-safer-communities/">https://www.every-life-matters.org.uk/suicide-safer-communities/</a>	Suicide prevention in the community
Every Life Matters Facebook page	<a href="https://www.facebook.com/EveryLifeCumbria/">https://www.facebook.com/EveryLifeCumbria/</a>	
The Schools and Students Health Education Unit	<a href="https://sheu.org.uk/">https://sheu.org.uk/</a>	Self-harm in schools
Incidence of suicide, hospital-presenting non-fatal self-harm, and community-occurring non-fatal self-harm in adolescents in England (the iceberg model of self-harm): a retrospective study	<a href="https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(17)30478-9/fulltext">https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(17)30478-9/fulltext</a>	Self-harm in CYP
Creating a School Self-Injury Policy	<a href="http://www.lifesigns.org.uk/wp-content/uploads/2015/02/schools-self-injury-policy-v2.pdf">http://www.lifesigns.org.uk/wp-content/uploads/2015/02/schools-self-injury-policy-v2.pdf</a>	Self-injury policies
LifeSIGNS	<a href="http://www.lifesigns.org.uk/">http://www.lifesigns.org.uk/</a>	Self-injury
Young people who self-harm, A Guide for School Staff (University of Oxford)	<a href="https://www.rcpsych.ac.uk/docs/default-source/improving-care/nccmh/suicide-prevention/monthly-clinic/school's-guide-to-self-harm-final-digital-sept-18.pdf">https://www.rcpsych.ac.uk/docs/default-source/improving-care/nccmh/suicide-prevention/monthly-clinic/school's-guide-to-self-harm-final-digital-sept-18.pdf</a>	Self-harm in schools
Multi-Agency Self Harm Protocol (Derby City Council)	<a href="https://www.rcpsych.ac.uk/docs/default-source/improving-care/nccmh/suicide-prevention/monthly-clinic/self-harm-booklet-derby-protocol.pdf">https://www.rcpsych.ac.uk/docs/default-source/improving-care/nccmh/suicide-prevention/monthly-clinic/self-harm-booklet-derby-protocol.pdf</a>	Self-harm in CYP
Supporting Children and Young People who Self-Harm, Guidelines for School Staff (Northamptonshire Children & Young People's Partnership)	<a href="https://www.rcpsych.ac.uk/docs/default-source/improving-care/nccmh/suicide-prevention/monthly-clinic/northampton-self-harm-schools.pdf">https://www.rcpsych.ac.uk/docs/default-source/improving-care/nccmh/suicide-prevention/monthly-clinic/northampton-self-harm-schools.pdf</a>	Self-harm in schools