

## Suicide Prevention Programme – Wave 4 Workshop 15

8 November 2023 13:45-15:00

Details	Link/Resources
<p><b>Welcome and introduction.</b>            Saiqa Akhtar  <i>National Collaborating Centre for Mental Health</i></p> <ul style="list-style-type: none"> <li>The aim of these monthly workshops is to bring a learning community together to support each other, discuss issues and share some of our work around suicide prevention. They provide an opportunity to learn from the community, make connections and share resources.</li> <li>Housekeeping was covered.</li> <li>Session is recorded for note-taking purposes but not going online</li> </ul>	<p>Please get in touch with NCCMH at <a href="mailto:Suicide.Prevention@rcpsych.ac.uk">Suicide.Prevention@rcpsych.ac.uk</a> if you would like to contact any workshop participants.</p>
<p><b>Topic 1:</b>  <b>Catherine Philips &amp; Sue Willgoss</b>  <b>Norfolk and Suffolk Foundation Trust</b></p> <p><b>Question/ topic:</b> How can we support young people, their parents, and carers at times when the risk of self-harm and suicide is increasing.</p> <ul style="list-style-type: none"> <li>Stepping back Safely suicide prevention project at Norfolk and Suffolk NHS Foundation Trust. Started as a pilot in Great Yarmouth and Waveney, a project that looked at developing a personalized safety planning intervention. Patients and carers were specifically asked to be involved in safety planning for their at-risk relatives.</li> <li>This project is about how to make the triangle of care work better, ensuring service users, carers and staff members are working together to keep service users as safe as possible. Project also includes</li> </ul>	<p><a href="https://youtu.be/XQfmxlnlMOg?si=mkqgUKpIXPybnuds">https://youtu.be/XQfmxlnlMOg?si=mkqgUKpIXPybnuds</a></p> <p><a href="https://www.papyrus-uk.org/debrief-service/">https://www.papyrus-uk.org/debrief-service/</a></p> <p><a href="https://aafda.org.uk/">https://aafda.org.uk/</a></p>

training package.

- Now implemented across adult service lines in the trust.
- There are also educational workshops for carers and family members to help them understand the intervention. These workshops have been co-developed by family members and carers of people who are/ have been at risk of suicide. The workshops are divided into two sessions. The first session is looking at what the family member needs for recovery, and the second session is focused on carers.
- There is a new pilot being developed for this project that is focused on young people under 18.
- This pilot is called caring safely together, this work has begun by reaching out to young people, their parents, and carers to understand their needs. The workshops will then be co-developed with young people, their families, and carers. We want to provide support for the family members and carers, they can often feel overwhelmed and isolated. We need to know what this group of people do and don't want to be included in the workshops.
- The workshops will incorporate the trauma window called the window of tolerance. This helps us to understand how emotional dysregulation can lead to risky states of mind. The window of tolerance is a space of optimal emotional arousal, in this window emotion can be processed and information integrated and responded to.
- The workshops will include skills from DBT, CBT, ACT and CFT.
- There is a research evaluation on this pilot while it is occurring.
- The pilot will focus on 14–18-year-old vulnerable young people. The workshops being developed will have lots of resources available for sharing and learning. We want to widen the young people's window of tolerance. Some young people can often have a very small window of tolerance and oscillate between the hyper aroused state and the hypo aroused state.
- Parents and carers can also come out of the window of tolerance when supporting a vulnerable young person.

### Questions and discussion

- What was the selection criteria for those who could attend?
  - It is the carer who decides if it was something that they wanted to attend. Any carer caring for someone over age 18 can get in touch and enquire about attending the workshops. The young person pilot is currently only working with carers of young people under the Crisis Assessment Intensive Support Team.
- What are the workforce capacity implications of delivering this work?
  - Delivering the workshop needs to be co-delivered with someone who has lived experience. It can be delivered online or in person. It doesn't have to be a clinician or a mental health worker to deliver this.
- How did you develop a network of people attending the training?
  - The key is to engage with clinicians who can then promote this work to carers. Word of mouth has been very important. GP's can be a key group of people to promote this too.
- As a result of these workshops have carers felt that they are better equipped to support those they care for?
  - Carers have found they feel less anxious to ask the person they care for what they need, and understanding the two different states and how different responses are needed. Carers feel

calmer and are able to step away and give the service user more agency to tell the carer when they need support.

**Topic 2:**

**Emily Maile**  
**Lincolnshire County Council**

**Question/ topic:** Providing proactive support/ supervision for staff working in suicide prevention.

- Staff members in Lincolnshire are seeing very difficult information from suicides. There is a clear need for staff to have support that is preventative and proactive.
- In Cornwall there has been the start of a discussion around how there is staff support for those who have to deal with lots of information re suicide. In Cornwall they are funding staff to have counselling/ supervision sessions to help staff talk about the nature of the work they are doing.
- In Plymouth they are also looking at support for staff members. They want to create a reflective supervision space like social workers have. Another approach has been trying to get information that is not necessary for staff to see such as photographs to be removed from information files suicide prevention staff review.
- In Devon they have monthly debriefs with psychologists for those who carry out suicide prevention training. There is a greater need to support staff who have to review difficult material.
- There is a systems level approach that reduces exposure of difficult material. This is very hard for staff to deal with. Important to create a support needs assessment, so then counselling, check-ins and reflective practice can be implemented for staff.
- Organisations need to be doing more to support their staff. Not everyone is able to deal with this kind of difficult information. Some areas have very poor surveillance systems from the perspective that they give far too much difficult information.
- British Transport Police have a very good wellbeing department which includes peer support and TRIM programme. Have a wide range of support for different issues that officers may face. They have an in-house wellbeing hub and the option for employees to access psychiatric counselling.

[Working-together-to-prevent-suicide-in-the-NHS-workforce--a-national-suicide-prevention-toolkit-for-England.pdf](#)

[Vicarious Trauma Workshop & More! - I'm OK, You're OK \(imokyoureok.co.uk\)](#)

