

Suicide Prevention Programme – Wave 4 Workshop 2

15th July 2021, 13:00 – 14:00

Details	Links
<p>Welcome and introduction Tom Ayers, NCCMH</p> <p>The aim of these workshops is to bring a learning community together to support each other, discuss issues and share some of our work around suicide prevention.</p>	<p>Please get in touch with NCCMH at Suicide.Prevention@rcpsych.ac.uk if you would like to contact any workshop participants.</p>
<p>Discussion topic 1 Supporting people with autism and special educational needs Sue Willgoss, Advisor for Suicide Prevention, Norfolk and Suffolk NHS Foundation Trust</p> <p>Statistics show that globally, people with autism are disproportionately at risk of dying by suicide. The April 2021 policy brief 'Autism Community Priorities for Suicide Prevention', produced by the International Society for Autism Research (INSAR), highlighted that suicide in autism is a hidden crisis, overlooked by policy makers, clinicians, and researchers worldwide.</p> <p>INSAR carried out extensive systematic reviews and consultation, identifying a lack of research into suicide in people with autism, along with insufficient access to appropriate mental health support services. A list of priority recommendations has been published to enable removal of barriers to mental health services for people with autism, including suggestions around changes in legislation, policy, clinical guidelines, and research.</p>	<p>International Society for Autism Research Policy Brief</p>

'Where do we go from here?' – a report published in June 2021 by a team of collaborators including the **MH Autism group**, University of Nottingham, University of Glasgow, Newcastle University, Autistica, ESRC and the James Lind Alliance, sets out these priority recommendations, examining each one in greater detail.

In this context, what work is already being carried out, or what would people consider implementing locally around suicide prevention for people with autism?

["Where do we go from here?"](#), Autism Community priorities for future suicide research

[MH Autism Group](#), a team of collaborators led by Sarah Cassidy, working to better understand and prevent mental health problems, self-injury, and suicidality in autistic people

www.autistica.org.uk

Link to Sue's slides 'Suicide and Autism' - separate link under this Workshop listing

Discussion

- **General**

- There may be an opportunity to improve ability to track suicides where autism is a key factor – not always straightforward and could be under-reported as a result.
- Where it has been identified that third sector mental health organisations are unable to support those with autism/learning disabilities – it could be worth investigating/challenging as could be a commissioning issue that can be resolved.
- **NHS Bradford District and Craven CCG** have launched a regional overnight crisis line for CYP and their parent/carers - including those with neurodiverse needs.

- **Cross-disciplinary working**

- Important to review and share learning/identify intervention opportunities with other agencies e.g. Safeguarding

- Educational psychologists could be made aware of these risks around suicide when working with children with autism, possibly including parents in these conversations. There could be an opportunity to link with the Mental Health Support Teams operating across schools in the UK.
- In **Greater Manchester**, details of **bereavement support training for education staff focused on those with SEN** is shared – as bereavement can increase suicide risk factors.
- **Research**
 - An **NCISH report (2017)** examined the relationship between suicide and autism; there were 119 suicides by patients (who had been in contact with MH services in the year before death) with this diagnosis (2005-2015). Certain risk factors, including alcohol misuse, were **less frequent** in this group compared to patients in other groups. Other risk factors, such as previous self-harm, were **more common**.
 - **NHS Bradford District and Craven CCG** recently produced a survey to learn from the experiences of people with autism and their families' around accessing crisis and urgent care. They are working on the recommendations and highlighting the risk of suicide with all partners and suicide prevention leads.

[Back Pocket Teacher](#) specialising in the needs of bereaved and grieving children with Special Educational Needs & Disabilities

[Training video for Educational Psychologists](#) (YouTube) around suicide and suicide bereavement produced by Dr. Paula Baxter, a Rochdale Ed Psych with lived experience.

[NCISH Annual report and 20-year review, 2016](#)

Thanks to all those who will be considering further work on this – we would like to revisit later in 2021 to discuss any progress.

Discussion topic 2

Wellbeing measures in place for staff dealing with disclosures

<p>Louise McEvoy, Advanced Public Health Practitioner - Suicide Prevention, Worcestershire County Council</p> <p>We know that work related stress can be a real problem for those who are consistently reviewing distressing material/data, with this cumulative impact affecting emotional wellbeing and resilience.</p> <p>What measures are in place to support staff with this?</p> <p>Have others extended this to volunteers e.g. suicide prevention champions in the community? Aware of the Mind Wellness Action Plan and Orange Button Campaign, any other initiatives?</p>	<p>Wellness Action Plan download Mind, the mental health charity - help for mental health problems</p> <p>Orange Button Campaign link</p>
<p>Discussion</p> <ul style="list-style-type: none"> • In Greater Manchester, facilitated peer support sessions run by the Greater Manchester Resilience Hub are available for those involved in Real Time Surveillance work. The Hub already provides support services for wellbeing for health and social care staff and emergency services. • Tom Ayers (NCCMH) recently chaired an RCPsych discussion on support for psychiatrists if a patient dies by suicide. As part of this work a booklet was produced for RCPsych members by the multi-disciplinary team at the University of Oxford Centre for Suicide Research. Oxford Health are developing this booklet for the wider MH workforce and will be shared when ready for publication. • Karen Lascelles (Oxford Health) gave a talk on risks of vicarious trauma at a PHE meeting last year. Slides are available below with links to helpful guides. • In Hertfordshire, staff (including reviewers covering mortality, serious incidents, and inquests) have group supervision from the Head of 	<p>Greater Manchester Resilience Hub: Pennine Care NHS Foundation Trust</p> <p>Booklet available for members at: https://www.rcpsych.ac.uk/members/supporting-you/if-a-patient-dies-by-suicide</p> <p>Link to Karen's slides 'Vicarious Trauma' - separate link under this Workshop listing</p>

Psychological Therapies, in addition to the staff support options available within the Trust.

- **In Devon** a local suicide bereavement charity runs some bereavement courses for people working with people who have complex needs.
- **Nicola Glassbrook (Devon)** recommends Rory O'Connor's book '**When it is Darkest**' which touches on the impact of dealing with suicide.
- In **Slough** they have been exploring the possibility of setting up a staff digital health interventions hub for volunteers, VCS staff and unpaid carers.
- When carrying out audits, some settings implement a 'no lone working' policy, ask for volunteers, and provide the opportunity for a debrief.
- **Sue Willgoss (Norfolk and Suffolk Foundation Trust)** underwent training with the National Suicide Prevention Alliance to be one of their Lived Experience Influencers. This training includes a focus on self-care and support.
- The local Mind-run suicide bereavement support service in **Somerset** also offers support to staff.
- **Adele Owen (GMMH)** - Adele's team are about to add to the guidance on **Shining a Light on Suicide** for those who witness a traumatic death.
- **The Lancashire and South Cumbria Health and Care Partnership** team have developed a **suicide prevention policy** for organisations to implement. Link to policy below.

National Suicide Prevention Alliance: [Preventing suicide together - NSPA](#) - For information on resources and the Lived Experience Influencer role:

[Home - Mind in Somerset](#)

www.shininglightonsuicide.org.uk

Link to the 'Generic Suicide Prevention Policy' - separate link under this Workshop listing

<ul style="list-style-type: none"> • Derbyshire are employing a Wellbeing Counsellor who will be deployed to work directly with local voluntary sector organisations, following recognition of their brilliant contribution and related impact of Covid. 	
<p>Discussion topic 3 Models of suicide bereavement services Marta Kowalczyk, Senior Public Health Officer, Lincolnshire County Council</p> <p>The area is looking at commissioning services for those bereaved by suicide. What models can be shared by other areas on planning/ commissioning/evaluating bereavement services post-suicide? E.g. is suicide bereavement part of a generic bereavement programme or a standalone service?</p>	
<p>Discussion</p> <ul style="list-style-type: none"> • Service Models <ul style="list-style-type: none"> ○ Southampton are in the process of setting up this service across their region, and are taking a 3-pronged approach: <ul style="list-style-type: none"> ▪ Already give out Help is at Hand booklet but also are producing an accompanying booklet which first responders will give to individuals when suicide is suspected; signposting to other services/support (which will include generic bereavement services as well as suicide) ▪ Appointing a ‘Single Point of Contact’ (SPOC) person to work with those bereaved by suicide, from the incident to inquest ▪ Offering training to upskill local community and voluntary sector services – including those we are signposting to. 	<p>Help is at hand booklet – a resource from Support after Suicide for people bereaved through suicide or other unexplained death, and for those helping them.</p>

- **Nicola Glassbrook (Devon)** has been working with Support after Suicide following their report last year **From Grief to Hope**, to set up a working group to look at **service standards** for bereavement support services.
- Nicola has also recently commissioned a service for Devon – for more information on the service specification please contact NCCMH.
- A bereavement service in the **Kent and Medway** area has just gone live, with a focus on working with coroners, police, funeral directors, and the Independent Funeral Directors Association. The **Help is at Hand** booklet is being provided to funeral directors.
- **Seher Kayikci (Barnet) – Mind in Barnet** have been commissioned to deliver COVID-19 bereavement support and counselling – the service has been reporting increase in suicidal thoughts, with covid bereavement triggering past unresolved bereavement issues and complex mental health issues worsen by lockdown and isolation. Our model consists of two phases: Phase I - immediate emotional support and Phase II - counselling offer if people are willing to or ready. The service has seen over 200 people within a year. For more information on the service specification please contact NCCMH.
- In **Derbyshire** the **Tomorrow Project** has been **commissioned to** offer suicide bereavement support.
- In **Norfolk and Waveney**, **MIND** provide immediate support specifically for those bereaved by suicide.
- The **Greater Manchester Bereavement Service** includes support for those suicide bereaved as well as bereaved by other causes - there may be reluctance to refer to a '**suicide**' **bereavement service** pre-inquest.

[From Grief to Hope: The collective voice of those bereaved or affected by suicide in the UK – Support After Suicide](#)

Please email the NCCMH team at suicide.prevention@rcpsych.ac.uk for details on service specification

[Help is at hand](#) booklet – a resource from [Support after Suicide](#) for people bereaved through suicide or other unexplained death, and for those helping them.

[Mind in Enfield and Barnet – For better mental health \(mindeb.org.uk\)](#)

Please email the NCCMH team at suicide.prevention@rcpsych.ac.uk for details on service specification.

[Who Can Help With Suicide - Tomorrow Project](#)

[Norfolk and Waveney Mind - Lighthouse Project](#)

[Home - Greater Manchester Bereavement Service \(greater-manchester-bereavement-service.org.uk\)](#)

- One of the **Greater Manchester Coroner's** offices has a **SWAN Bereavement Nurse** who will support families too.
- The **Somerset MIND** suicide bereavement support offers immediate support to families and groups, with volunteers and peer buddies, and support with inquests as well as counselling
- **Support Needs**
 - **Kent and Medway** commissioned a **local needs assessment** which highlighted that people need practical/emotional support in the first 6-12 months, e.g. dealing with media, coroners. For ongoing counselling, they signpost to local peer support/**SOBS** separately.
 - **Sue Wilgoss (Norfolk and Waveney)** - Generic bereavement counselling may not always be what is needed for bereavement by suicide, and **practical support is very important, as is** 'being present'.
- **Signposting and referral**
 - **Hertfordshire** police have developed a leaflet for their 'grab packs' when they attend a suspected suicide, which includes signposting to bereavement support.
 - In **Blackburn with Darwen**, the public health team have just put together a lengthy list of local and national Bereavement Support Services for partners to signpost bereaved families to.
 - **Cornwall and Somerset** are working on a film for police to explain need for urgent referral for suicide bereavement support.

[Home - Mind in Somerset](#)

[Survivors of Bereavement by Suicide – Overcoming the isolation of people bereaved by suicide \(uksobs.org\)](#)

- Links to other resources:

Coping when someone dies by suicide: [Cruse](#)

A charity to consider for counselling for suicide bereavement: [Suicide&Co | Support after Suicide Bereavement \(suicideandco.org\)](#)

For emotional and practical support: [Get help now. Free and confidential, for as long as you need it. \(amparo.org.uk\)](#)