

## Suicide Prevention Programme – Wave 4 Workshop 9

8<sup>th</sup> November 12:45-14:00

Details	Link
<p><b>Welcome and introduction</b> Emily Cannon <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 but not going online.</li> <li>• Sessions work best when all engaged.</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></p> <p><b>Adele Owen QPM -GM Suicide Prevention &amp; Bereavement Support Programme Manager- NHS Greater Manchester Integrated Care</b></p> <p><b>Laura Dunaway- Mental Health Project Manager- HEE North West</b></p> <p><b>Question/ Topic: Suicide Bereavement Training</b></p> <ul style="list-style-type: none"> <li>• This project focuses on suicide bereavement counselling.</li> <li>• The work started at end of 2018, we wanted to create a specific bereavement service for the city of Manchester</li> <li>• We started this work with a scoping activity to see what was already in place. We found that there were a</li> </ul>	<p><a href="https://suicidebereavementuk.com/wp-content/uploads/2022/11/Walk-With-Us-Toolkit.pdf">https://suicidebereavementuk.com/wp-content/uploads/2022/11/Walk-With-Us-Toolkit.pdf</a></p>

number of services, but many didn't feel they had the expertise to offer suicide bereavement support.

- This led to working to upskill already trained bereavement councilors, so they would feel able to offer suicide bereavement support.
- Our research showed that there isn't any training packages around for suicide bereavement
- To develop the training package we would roll out, we worked with bereavement counselors, IAPT and people with lived experience.
- This work has been a collaborative multi-agency approach, with stakeholders from Lancashire and South Cumbria Health and Care Partnership, NHS Greater Manchester Integrated Care, Office for Health Improvement and Disparities, Health Education England, and Champs Public Health Collaborative
- The training for bereavement providers is delivered by an external provider who bid to be part of the work
- The training provider, Cruse, helped develop the training package. One of the approaches we took to develop the training with the provider was to run focus groups with those who had lived experience of being bereaved by suicide and had accessed counselling
- Once the first draft of the training had been developed,
- We found that the first draft of the training didn't meet the required standards as it didn't reflect the voices of our lived experience experts. So we went back and reworked the training and ensured it had a voice of those with lived experience of bereavement by suicide in it.
- The training consists of a module delivered in a month, then a month gap then the next module.
- We wanted the councilors to understand the process of being bereaved by suicide.
- There is now plans for a specific young people and children training package.
- Now need to make people aware of this work.

Questions/ discussion:

- It was challenging getting the right people to take part in the development of the training.
- There is a let's talk bereavement group in North Cumbria in which a lot of work in this area is being carried out. Starting to also think about how to support young people.
- We also needed to make sure we reach all diverse communities in the North West Area.
- This was aimed specifically at accredited bereavement councilors, this cohort shouldn't be adapted. There is other training, such as harmless around suicide bereavement for other cohorts.

**Topic 2:**

**Claire Cotter- National Coordinator NHS Wales Health Collaborative**

**Question/ topic: Postvention Update for suicide and self-harm prevention in Wales**

- In Wales we have been developing guidance on how to support people bereaved by suicide. It is now out for public consultation
- Wales has a national strategy for Suicide and Suicide Postvention.
- In 2018, the Sennad reviewed suicide prevention in Wales, and gave out 31 recommendations in the area.
- The Strategy in Wales, has six key objectives:
  - Further improve awareness, knowledge and understanding of suicide and self-harm amongst the public, individuals who frequently come into contact with people at risk of suicide and self-harm, and professionals
  - Deliver appropriate responses to personal crisis, early intervention and management of suicide and self-harm
  - Provide information and support to those bereaved or affected by suicide and self-harm
  - Support responsible media reporting
  - Reduce access to means of suicide
  - Continue to promote and support learning, information and monitoring systems and research to improve our understanding of suicide and self-harm
- One of the things that needed developing was a bereavement pathway.
  - The first step was a listening exercise to those affected by suicide in Wales
  - Harder to engage males in this process compared to females
  - Looked at where people got help and support.
  - Key agencies were identified.
  - There needs to be immediate support after a death by suicide.
- This led to the creation of draft guidance
- Alongside this there has been the creation of multiagency task and finish group to create narrative on how we respond to the needs of those bereaved by suicide immediately. All members are agencies that are first responders.
- The agencies that deal with a suicide such a coroner's office were also engaged, as often people who go through this process don't feel the response is compassionate or that they are proactively supported.
- The guidance document uses existing guidance around bereavement, such as from NICE guidance to help inform it.
- People's experiences were also written into the draft guidance.
- This guidance also identifies agencies along the bereavement journey.
- A consequence of the draft guidance and the engagement of the touch point agencies from bereavement pathway has been the development of areas for actions for these agencies. The meaning of compassion and trauma informed practice has been explored
- Within the document there have been 4 key areas of recommended activity
  - Procurement of a national advisory and liaison service

<https://collaborative.nhs.wales/networks/wales-mental-health-network/suicide-and-self-harm-prevention/suicide-and-self-harm-documents/bereavement-by-suicide-insights-jan-march-2021/>

[What is compassionate leadership? | The King's Fund \(kingsfund.org.uk\)](https://www.kingsfund.org.uk/articles/compassionate-leadership)

<https://nationalwatersafety.org.uk/wales/drowning-prevention-strategy>

- Compassionate response at each touchpoints on the bereavement journeys
- Digitized, updated “Help is at Hand Cymru” which also listens to the voices of people with lived experience
- Workforce development- defining the training offers needed to equip workers.
- There needs to be further research around the burden of suicide in young people on parents and grandparents
- The guidance hasn’t set out how engagement of people with lived experience is sustained
- This is something that will need to be added
- There is also needs to be a continued focus on workforce development by
  - Carrying out an all sectors audit
  - Helping people navigate the training and development offers
  - Developing knowledge, understanding and skills for particular areas
  - Supporting agencies in developing their in house offer
  - Improving access to existing evidence based competency frameworks
  - Developing and delivering demand led webinars
- There is also development of a digital training hub

Questions/ discussion:

- Where can RNLI prevalence of suspected suicides be found, and is it data from the coroner?
  - It has been published in the RNLI Water safety in Wales report.
- This work is very much multi agency
- The help at hand book needs to be easier to disseminate, as usually the family get one copy.
- There is a wider question about how we support young people who know someone via social media that dies by suicide.

