

Suicide Prevention Programme – Wave 4 Workshop 4

12th May 2022 12:00-13:00

The notes below provide a brief overview of the discussion, together with the ideas or advice given by those on the call in response to questions brought to the workshop.

Details	Link
<p>Welcome and introduction Emily Cannon, Head of QI <i>National Collaborating Centre for Mental Health</i></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>Matthew Thompson- Safer Suicide Training: What is the best way to deliver this training and collect data on the communities who are taking part in these training courses?</p> <ul style="list-style-type: none"> • It can be a lot of work to get accreditation for suicide prevention training. In terms of collecting data, it is challenging to collect data on who has completed these training packages. <p>You can contact Zero Suicide Alliance (ZSA), and they can give you SCORM files. These files can then be hosted on a website, allowing you to keep track of those people who have taken the training. The Mental health at Work Commitment have a framework for what best practice in terms of suicide prevention training at work looks like. It is another good resource to help with planning and providing training. This resource is free to sign up, it also includes recommendations from the recent NICE guidelines which were published 20th March 2022.</p> <ul style="list-style-type: none"> • You need an E-Learning platform to support the ZSA SCORM files and monitor the different groups who are accessing the training modules. • In Lincolnshire they are exploring promoting ZSA training to taxi drivers, as part of wider safeguarding training hosted through an E-Learning platform. 	<ul style="list-style-type: none"> • The Mental Health at Work Commitment – Mental Health At Work • Free online training from Zero Suicide Alliance

- SCORM files can be implemented onto an E-Learning platform such as a local authority learning platforms. This allows demographic questions to be asked, such as what field of employment people are in. Using the local authority website helps with promotion of the training to the wider community. Another approach is also to map all suicide prevention training on the NHS E-learning platform. This can help signpost professions to appropriate training.
- When deploying suicide prevention training, we should focus on one profession at a time, this can make the training deployed more specific and impactful. As noted above it is important to map appropriate training available, so we can see what the current offering is on suicide prevention training courses.
- It is important to make training programmes easy to access and sign up to.
- It is important to have a framework to build your training offering around.
- If anyone has a suitable framework to build training round, please share with the Suicide Prevention inbox.
- The orange button scheme - it is for anyone who has had more than 3 hours of Suicide Prevention training. These individuals can wear the orange button and sign up to a series of pledges around suicide prevention. This badge could be given to professions once their training has been completed.
- The Lions Barber Collective is another good scheme targeting a specific profession. It is targeted at training barbers on suicide prevention. More information can be found on their website.
- Cumbria pioneered the orange button scheme. It has a comprehensive offer of support and training courses. When working with taxi drivers, there are a few points to consider, for example if taxi drivers are not in their cab, they are not earning. This can make organising formal training difficult. One suggestion is whether to build training sessions in to a social occasion.
- Helen Parry runs the orange button scheme, you can get in touch and she will provide resources. Contact email: Helen.Parry17@nhs.net. Information slides are also attached in the workshop resources on the NCCMH website

- [The Lions Barber Collective | Lions | Barbers | Suicide Prevention](#)
- [Suicide Prevention Programme resources | Royal College of Psychiatrists \(rcpsych.ac.uk\)](#)

Debbie Wint and Liv Sewell: We are working on getting family members involved in suicide prevention process. We are currently coproducing safety plans, as this is best practice, however we have faced some challenges. Is anyone else working on these and does anyone have any information on involving family and carers across the mental health pathway?

- Interesting to see how this links to self-harm interventions.
- A multi stranded approach is needed, setting up a family and carer's charter can be a very effective approach. People aren't always thinking how we can integrate families and carers. We need to learn from incident investigations and use this learning to integrate family members and carers into the pathway. We also need there to be integration of family and carers into safety planning work. Recovery colleges are a good intervention that can be set up. They help to integrate family's and carers effectively.
- Recovery colleges can be a very effective approach. Education events to develop skills, such as sharing emotions, are also very important.
- Public health teams are a useful way to roll out safety tool kits and reach out to schools where parents and children can receive education and get involved in discussions. Self-harm safe kits are another effective approach. Training sessions around these self-harm safe kits and safety planning can involve families into the suicide prevention pathway. These sessions also leave space for co-production.
- When thinking about this question, we also need to think about the needs of people with learning disabilities, particularly in having difficult conversations around suicide. People may also not recognise when someone with a learning disability is attempting suicide. Education and training is needed in this area. There are also no specific risk assessments for people with learning disabilities. There is also not much published research around people with learning difficulties and suicide - further research is needed.
- A key theme from research into suicide and the involvement of family and carers is the need for there to be strong relationships between clinicians and family members and carers. These relationships also need to be two-way so that difficult conversations can be had and family and carers feel comfortable asking the clinician questions. Further detail about this research can be in this open access paper:
- It is also worth reviewing the consensus statement from the Department for Health

- [Learning from clinicians' views of good quality practice in mental healthcare services in the context of suicide prevention: a qualitative study | BMC Psychiatry | Full Text \(biomedcentral.com\)](#)

<ul style="list-style-type: none"> • A family and carer charter can be an effective way of setting out principles on a ward/in the care pathway for family, carers and patients. This can help those around the patient feel involved in their care. 	<ul style="list-style-type: none"> • Information sharing and suicide prevention: consensus statement - GOV.UK (www.gov.uk)
<p>Shining a light on Suicide update: Adele Owen</p> <p>This section of the workshop covered the suicide prevention work that the Greater Manchester Health and Social Care Partnership have been doing in partnership with the Mayor of Greater Manchester and the League Managers Association.</p> <ul style="list-style-type: none"> • Slides from the presentation are attached in the Workshop resources. If you wish to learn more about this work you can book a slot on a webinar here 	<ul style="list-style-type: none"> • Division of Psychology and Mental Health Research Seminar Tickets, Wed 25 May 2022 at 11:00 Eventbrite • Suicide Prevention Programme resources Royal College of Psychiatrists (rcpsych.ac.uk)
<p style="text-align: center;">A.O.B</p> <p>Key upcoming Suicide Prevention Programme dates:</p> <ul style="list-style-type: none"> • 9th June Learning set • 22nd July Workshop • 14th September Workshop 	

- 13th October Learning set
- 8th November Workshop
- 7th December Learning Set

If you do not have any of these calendar invites please do get in touch via Suicide.Prevention@rcpsych.ac.uk