

North Somerset Suicide Prevention Action Plan 2018

*A local action plan which supports the National
suicide prevention strategy*

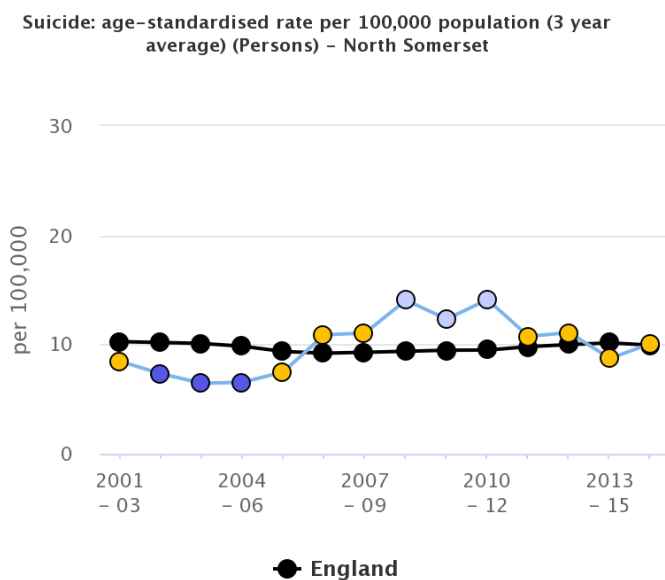
Introduction

The North Somerset Suicide Prevention Steering Group was set up in June 2015. It is jointly chaired by Public Health and the Clinical Commissioning Group and has representation from Avon and Wiltshire Mental Health Partnership, the Police and mental health charities such as the Samaritans.

In North Somerset there has been a suicide prevention action plan in place since 2015. This latest action plan covers planned activity over the next two years and has been extensively refreshed in light of new guidance from Public Health England. The plan is a live document and progress monitored quarterly.

Nationally there is an ambition to reduce the suicide rate by 10% by 2020/21. This is to be achieved by a wide range of initiatives but one of the key arms of delivery is the development of local suicide prevention plans.

Overall the suicide rate in North Somerset has reduced from a high of 14 per 100,000 (74 deaths and statistically higher than England) in 2008-2010 to 10 per 100,000 (55 deaths, not different to England) in 2014-2016. See graph below tracking the changes in suicide rates overtime in North Somerset and England.



National data provides limited information on suicides so locally we undertake an audit using information from the Coroner Office. The latest data shows someone who has died from suicide is most likely male, single, living alone and have had contact with mental health services recently. If they are male they are more likely to be aged 45-59 years old and working. If they are female they are more likely to be younger (aged 30-44 years) and have had a history of self-harm.

The economic cost of each death by suicide in England for those of working age is estimated to be £1.67 million (2009 estimates). This covers the direct costs of care, indirect costs relating to loss of productivity and earnings, and the intangible costs associated with pain, grief and suffering. What is more difficult to quantify is how long the effect of the suicide is felt by families, friends, colleagues and the wider community. We all need to dismantle the stigma attached to suicide and the all too often felt sense of isolation by those feeling vulnerable.

North Somerset Suicide Prevention Action Plan

Objective	Projects	Milestones	Timescales (complete by)	Lead
Supporting workforce	Develop mental health training package for people working and volunteering in North Somerset	Pilot Connect 5 training and plan training courses for next twelve months	January 2018	Public Health
		Develop further work with GPs and practice staff around suicide prevention training	February 2018	CCG
		Confirm public mental health training programme for 2019/20	February 2019	
	Control room and street triage projects	Present business case for proposed control room triage and street triage merger Evaluate service delivery to date Agree funding for services going forward	Ongoing	CCG & AWP
	Deliver Mental Health Services and School Links Programme (Cascade) workshops alongside the Anna Freud Centre.	Planning complete Deliver workshops	October 2018 November 2018	Public Health
	Look at developing physical form of a directory of services	Scope existing directories, write project plan and seek approval Consult with service users and stakeholders who Develop and pilot directory Finalise and launch directory Refresh annually	Aug 18 Nov 18 Feb 19 April 19	AWP
	Review adherence to NICE guidance around self-harm	Benchmark current service provision against NICE guidance Understand where gaps exist in service provision	February 2018 March 2018	CCG
Reduce the risk of suicide in high risk groups	Look at pulling together all the case reviews that have a suicidal element to them and bring the findings to the suicide prevention group to ensure all lessons can be learnt and any common themes picked up	Scope out existing reviews and reporting Support delivery of multi agency workshop around lessons learnt Agree future process and timetable going forward	Sept-2018 July 2018 Dec-2018	LA/CCG

Objective	Projects	Milestones	Timescales (complete by)	Lead
	Development of a Crisis Card to be used by people in the care of mental health services who transition to the community	Write project plan Approval for project Consult with service users and stakeholders who would use the card Develop card Launch tool	September 2018 December 2018 March 2019 May 2019 June 2019	AWP
	Self-harm amongst young people	Review healthy minds programme checklists to identify work around self-harm in schools Attend Healthy Minds moderation visits to assess impact Look at developing and supporting interventions in schools which aim to reduce rates of self-harm	January 2019 July 2019 September 2019	Public Health
Reduce the stigma around mental health and promote wellbeing	Develop mental health awareness raising campaign under the umbrella of Warriors of Wellbeing	Deliver and organise 3 events a year o for Mental Health Awareness week, Time to talk and World Mental Health Day.	Ongoing	Public Health, AWP and 1in4
	Launch Healthy Schools Healthy Minds project in Secondary schools. Project aims to showcase good practice, raise the profile of mental wellbeing and identify areas that would benefit from further development	Develop a mental health checklist for schools Launch programme with schools Deadline for schools to submit expressions of interest School visits and network meetings set up Schools submit checklists Moderation visits to assess impact Evaluate programme	On hold until deliver of CASCADE	Public Health
	Work with local partners in North Somerset and Bristol and South Gloucestershire to arrange a series of events for Movember and raise awareness around men's mental health	Canvas local views and ideas making connections with local sports groups	November 2018	Public Health

Objective	Projects	Milestones	Timescales (complete by)	Lead
Tailor approaches to improve mental health in specific groups	Develop a suicide prevention grant for local voluntary sector organisations to help seed fund work focused on at risk groups	Pilot grant programme with LGBT forum during 2018 Monitor grant spend and outcomes Launch 2019 Suicide prevention grant and agree successful organisation	December 2018	LGBT and Public Health
	People with Autism Spectrum Disorders such as Autism and Asperger's syndrome can be prone to depression, which may lead to a risk of suicide in some cases	Working with Bridging the Gap and BASS Autism Services to better understand the work that is undertaken in North Somerset and where the gaps exist.	December 2018	CCG
	Financial problems are often a trigger for marital break down, family problems and loss of employment. Research has shown that suicide is considered by nearly half of all people struggling to make ends meet.	Work with Citizen Advice North Somerset and wider West of England Public Health colleagues to develop a programme of work to tackle the mental health issues associated with financial problems.	December 2018	Public Health
Reduce access to the means of suicide	Continue to monitor deaths associated with the railways	Present annual report to steering group about deaths on local railway networks	September 2018	BTP
	Suicide prevention work with staff and passengers at local priority railway stations	Raising awareness of Samaritans services with railway staff and passengers. Post incident support offered to railway station staff and passengers if there has been a traumatic rail suicide	Ongoing and when needed	Samaritans

Objective	Projects	Milestones	Timescales (complete by)	Lead
Provide better information and support to those bereaved or affected by suicide	Scope potential project to fund a coroner liaison service	Pull together a group of interested parties including CCG, Public Health, A&S Police Identify coroner liaison service in other area and organise visit Develop feasibility plan for North Somerset include outline of costs	On hold due to changes in Avon and Somerset Police and awaiting person to assist in taking this forward	Tbc
Supporting the media in delivering sensitive approaches to suicide and suicidal behaviour	Weston-super-Mare Samaritans Branch to continue monitoring the reporting of potential suicides in the media and working with media outlets when a problem arises	Deliver a presentation to the steering group explaining the Samaritans media guidelines identifying where breaches have occurred locally and what actions have been taken.	September 2018	Samaritans
Supporting research, data collection and monitoring	Avon coroner audit work. A West of England report looking at suicides across the 4 areas will be produced. Further data analysis including hotspot mapping planned.	Data collection Review annual data report Contribute to work around real time data notifications	Ongoing	Public Health
	Admissions to hospital due to self-harm are high. Undertake an analysis of data to understand issue better.	Develop and consult on analyst plan Produce first draft and receive comments Final report published	June 2019 November 2019 December 2019	Public Health
Ensure effective implementation of suicide prevention work	Establish a multi-agency suicide prevention group including public health, CCG, Primary Care Providers, voluntary sector organisations, secondary MH, emergency services, CJS.	Review current membership of steering group to ensure appropriate representation from various agencies Monitor attendance at meetings	October 2017 Ongoing	CCG and Public Health
	Work with NHS England to identify work that can be funded through the new suicide prevention fund,	Work with WAHT to launch HOPE pilot in A&E Work with Public Health colleagues to develop a programme of work around men's health promotion	May 2018 onwards June 2018 onwards	CCG LA

Objective	Projects	Milestones	Timescales (complete by)	Lead
	estimated to be around £33,000-£66,000 a year for North Somerset			

Documents of interest

- *Suicide Prevention: Developing a local Action plan. Public Health England 2016.*
<https://www.gov.uk/government/publications/suicide-prevention-developing-a-local-action-plan>
- *National Mental Health Prevention Concordat*
<https://www.gov.uk/government/collections/prevention-concordat-for-better-mental-health>
- *House of Commons Health Committee. 'Suicide Prevention'. Sixth Report of Session 2016/17.*
<https://www.publications.parliament.uk/pa/cm201617/cmselect/cmhealth/1087/1087.pdf>
- Preventing suicide in England: Third progress report of the cross-government outcomes strategy to save lives.
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/582117/Suicide_report_2016_A.pdf

Acknowledgements

Many organisations have contributed to the development of this plan and will be pivotal to the delivery of the plan, see list below:

- Addaction
- Avon and Somerset Police
- Avon and Wiltshire NHS Mental Health Partnership
- Bristol North Somerset and South Gloucestershire CCG
- British Transport Police
- Citizens Advice North Somerset
- LGBT+ Forum
- North Somerset Community Partnership
- North Somerset Community Safety Team
- North Somerset Public Health
- North Somerset Substance Advice Service
- Positive Step
- Samaritans
- 1in4 People