

## Summary Sheet

### Council Report

Health and Wellbeing Board – 1st June 2016

### Title

Suicide Prevention and Self-Harm Action Plan Update 2015/2016

### Is this a Key Decision and has it been included on the Forward Plan?

It is a priority within RMBC Corporate Plan 2016/2017

### Strategic Director Approving Submission of the Report

Teresa Roche, Director of Public Health (DPH)

### Report Author(s)

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### Ward(s) Affected

All

### Summary

This paper will provide a six month progress report on actions detailed in the Rotherham Suicide Prevention and Self Harm Action Plan for 2015/2016.

### Recommendations

That the Health and Wellbeing Board:

- 1.1 Accepts and endorses the report on actions taken by the Rotherham Suicide Prevention and Self Harm Group for 2015/2016.
- 1.2 Endorses the areas for future activity, including a commitment to continue Rotherham's Real Time Surveillance work and the social marketing campaign work.
- 1.3 Receives an update report on the work of the Rotherham Suicide Prevention and Self Harm Group once a year and exception reports as appropriate

### List of Appendices Included

Appendix 1- Rotherham Suicide Prevention and Self Harm Action Plan 2015/2016

## **Background Papers**

Department of Health, Statistical update on suicide February 2015 (2015),  
[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/405411/Statistical update on suicide acc.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/405411/Statistical_update_on_suicide_acc.pdf)

HM Government (2015) Crisis Care Concordat:  
<http://www.crisiscareconcordat.org.uk/>

HM Government (2015), Preventing suicide in England: Two years on Second annual report on the cross-government outcomes strategy to save lives,  
[www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/405407/Annual Report acc.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/405407/Annual_Report_acc.pdf)

Public Health England (PHE), (2014) Guidance for developing a local suicide prevention action plan: information for public health staff in local authorities,  
<https://www.gov.uk/government/publications/suicide-prevention-developing-a-local-action-plan>

The National Mental Health Intelligence Network (NMHIN) and Public Mental Health Team launched the Suicide Prevention Profile on the Fingertips website in March 2015. This provides the latest data on suicides for local areas.  
<http://fingertips.phe.org.uk/profile-group/mental-health/profile/suicide>.

**Consideration by any other Council Committee, Scrutiny or Advisory Panel**  
Public Health Directorate Leadership Team.

## **Council Approval Required**

No

## **Exempt from the Press and Public**

No

## **Title (Main Report)**

Suicide Prevention and Self-Harm Action Plan Update 2015/2016

### **1. Recommendations**

That the Health and Wellbeing Board:

- 1.1 Accepts and endorses the report on actions taken by the Rotherham Suicide Prevention and Self Harm Group for 2015/2016.
- 1.2 Endorses the areas for future activity, including a commitment to continue Rotherham's Real Time Surveillance work and social marketing campaign work.
- 1.3 Receives an update report on the work of the Rotherham Suicide Prevention and Self Harm Group once a year and exception reports as appropriate

### **2. Background**

- 2.1 The delivery of the Rotherham Suicide Prevention and Self Harm Action Plan is an action within the Rotherham Health and Well Being Strategy.
- 2.2 Suicides are not inevitable. They are often the end point of a complex history of risk factors and distressing events; the prevention of suicide has to address this complexity. This can only be done by working collaboratively across all sectors within Rotherham.
- 2.3 The All Party Parliamentary Group (APPG) on Suicide and Self-harm published an “Inquiry into Local Suicide Prevention Plans in England” January 2015. The APPG considered that there were three main elements that are essential to the successful local implementation of the national strategy. All Local Authorities must have in place:
- a) Suicide audit work in order to understand local suicide risk.
  - b) A suicide prevention plan in order to identify the initiatives required to address local suicide risk.
  - c) A multi-agency suicide prevention group to involve all relevant statutory agencies and voluntary organisations in implementing the local plan.
- 2.3 Suicide prevention is a Public Health Outcome Framework indicator (PHOF), the Director of Public Health established a Suicide Prevention Group in 2012. This group developed an action plan based on the six areas for action outlined in the Government guidance: “Preventing suicide in England: A cross-government outcomes strategy to save lives”:
- [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/216928/Preventing-Suicide-in-England-A-cross-government-outcomes-strategy-to-save-lives.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/216928/Preventing-Suicide-in-England-A-cross-government-outcomes-strategy-to-save-lives.pdf)

### **3. Key Issues**

The Rotherham Suicide Prevention and Self Harm Group are able to report the following actions based on the six national areas for action and an additional two which are Rotherham specific.

#### **3.1 Increase local level of understanding suicide and establish reporting mechanisms to strategic partners**

Actions include:

- The Rotherham Suicide Prevention and Self Harm Group continues to meet bimonthly to review progress on the action plan, receive suicide audit data and recommend any necessary response, for example, for high risk groups.
- Rotherham participated in the national real time suicide surveillance pilot from September 2014 to May 2015. However in Rotherham we have arrangements in place between South Yorkshire Police (SYP) Vulnerable Persons Unit, Rotherham Clinical Commissioning Group (RCCG) and Public Health to continue to respond to suspected suicides as soon as we receive notification. Suicide data received in real time enables an immediate response.
- A Suicide Audit Report looking at the epidemiology of suicides from the period 2009-2014 was prepared by RMBC, RCCG, SYP and Rotherham Doncaster and South Humber NHS Foundation Trust (RDaSH).

#### **3.2 Reduce risk in high risk groups- Children and young people**

Actions include:

- Partner organisations of the Rotherham Local Safeguarding Children's Board (LSCB) signed up to the Rotherham Suicide and Self-harm Community Response Plan in September 2015. This plan is currently being reviewed by a multi-agency Task and Finish Group in light of national guidance and lessons learnt from Rotherham. It is anticipated that this will be complete by end of June 2016.
- A workshop was delivered by Public Health and Educational Psychology (RMBC) to Heads of primary and secondary schools on 21<sup>st</sup> May 2016 outlining the purpose of the Rotherham Suicide and Self-harm Community Response Plan and their response to suspected suicides, serious self-harm and critical incidents. Local case studies were included in the training. Forty participants attended this workshop representing 31 schools.
- Rotherham Self-Harm Practice Guidance was launched at the end of November 2015 and hard copies have been sent to all schools, colleges, School Nursing, GPs, Voluntary sector organisations and Early Help Teams. The guidance is available on the My Mind Matters website; [www.mymindmatters.org.uk](http://www.mymindmatters.org.uk).
- Social marketing suicide prevention campaign for men is due to be launched June 2016. Social marketing campaign for young people still to be developed.
- Rotherham Public Health funded the reprint of the CARE about suicide resource for Universal workers and the general public. This has now been distributed to Partner organisations.

### **3.3 Tailor approaches to improve mental health in specific groups**

Actions include:

- My Mind Matters website, launched in July 2015, was promoted to all schools and colleges.
- CAMHS Transformation plan incorporates actions to look at vulnerable and at risk groups, for example Lesbian, Gay, Bisexual and Transgendered young people (LGBT).

### **3.4 Reduce access to means**

Actions include:

- Reminders to patients about safe storage of medication.
- CARE about suicide training for frontline staff advises workers to be vigilant regarding access to means.

### **3.5 Better information and support to those bereaved by suicide**

Actions include:

- The Children and Young People's Bereavement pathway has been received very positively by families. It was reviewed in April 2016 to reflect organisational changes. The pathway will be promoted again to frontline staff in Early Help, Multi Agency Safeguarding Hub (MASH) and Children and Adolescent Mental Health Services (CAMHS).
- SYP Vulnerable Persons Unit distributes the national suicide bereavement resource, 'Help is at hand' to all families bereaved by a suspected suicide. Schools and colleges have been made aware of this resource.
- Further discussions are taking place with Rotherham Samaritans about support to families bereaved as a result of suicide.

### **3.6 Support media in delivering sensitive approaches to suicide and suicidal behaviour**

Actions include:

- Use of Partner organisation's communications to promote messages to the general public; websites, Qmatic screens (RMBC), Rotherham Public Health Channel and twitter feeds from SYP and RMBC to highlight support to people affected by suicide.
- Local media has promoted the CARE about suicide resource and helpful organisations both local and national.
- Media summit to be held.

### **3.7 Data collection and monitoring**

Actions include:

- Rotherham participated in Public Health England's 'real time suicide surveillance' pilot from September 2014 to May 2015.
- Suicide Audit report produced December 2015 which looks at suicides from 2009 to 2014.

### **3.8 Workforce Development**

Actions include:

- CARE about suicide training run by Public Health Specialist and Human Resource Officer for over 200 workers in Revenues and Benefits, HR and Housing.
- Applied Suicide Intervention Skills Training (ASIST- 76 people attended this training 2015/2016
- Safe Talk- 41 people attended this training 2015/2016
- Youth Mental Health First Aid (MHFA) - 3 courses delivered, 35 people attended.
- Adult Mental Health First Aid- 4 courses delivered, 51 people attended.

ASIST and Safe Talk courses were funded by monies from the CAMHS Local Transformation Plan and Rotherham LSCB. The Adult MHFA courses were funded by RCCG with the training provided by Rotherham Public Health. Youth MHFA courses are funded by Rotherham Public Health. These figures do not include MHFA courses run by staff in RDaSH and The Rotherham NHS Foundation Trust (TRFT).

## **4. Options considered and recommended proposal**

N/A

## **5. Consultation**

5.1 The Rotherham Suicide Prevention Group will organise opportunities to listen to and learn from families bereaved by suicide. In particular we will be looking to include the families who participated in the Independent report 2015. We will use this opportunity to talk about local suicide prevention actions.

5.2 Young people, including members of the Youth Cabinet, will be involved in the suicide prevention social marketing campaign for young people.

- 5.2 Partners of the Rotherham Suicide Prevention and Self Harm Group will finalise the priorities for 2016/2017 at their meeting on the 19th May 2016. These will be informed by national best practice and local suicide audit data.
- 5.3 The actions will be cross referenced with the recommendations made in the 2015 report: An Independent Review of Actions Taken Following a Group of Suicide Events in Rotherham.

## **6. Timetable and Accountability**

- 6.1 The Rotherham Suicide Prevention and Self Harm Action Plan will be implemented from May 2016 through to March 2017.
- 6.2 Reviews of progress will take place at the bi monthly meetings of the Rotherham Suicide Prevention and Self Harm Group.
- 6.3 An annual update report will be given to the Health and Wellbeing Board (HWPB).

## **7. Financial and Procurement Implications**

The report will have financial implications:

### **7.1 Workforce Development**

RCCG and Rotherham Public Health are funding further adult MHFA courses in 2016/2107.

Youth MHFA- through the CAMHS Local Transformation Fund another Instructor will be trained to bring the capacity within RMBC to 3 workers. Funding will be required to run the courses; manuals, venue and refreshment costs.

Funding will be required to secure future courses in 2016/2017 for ASIST (£3900 per course plus venue hire) and Safe Talk (£600 per course plus venue hire).

### **7.2 Reduce risk in high risk groups**

The Rotherham social marketing campaigns for men and young people will require funding this financial year. Estimated costs for this are starting at £2000 for limited activity to £14000 for a more targeted social marketing campaign for high risk groups.

### **7.3 Reduce access to means and Data collection and monitoring**

To continue with the real time suicide surveillance work. Estimated costs include Officer time from SYP Vulnerable Persons Unit, RDaSH, RCCG and Rotherham Public Health.

## **8. Legal Implications**

- 8.1 N/A

## **9. Human Resources Implications**

- 9.1 Suicide prevention is a partnership approach requiring commitment from Officers from all Health and Well Being Board members. In particular Officer

time from Partner organisations to deliver MHFA Training and conduct the real time suicide surveillance work.

## **10. Implications for Children and Young People and Vulnerable Adults**

10.1 The needs of children, young people and vulnerable adults are addressed within the Rotherham Suicide Prevention and Self Harm Action Plan. The real time surveillance work monitors changes which are then reported to the Rotherham Suicide Prevention and Self Harm Group and appropriate action taken.

## **11 Equalities and Human Rights Implications**

11.1 These are addressed within the action plan and the real time suicide surveillance work monitors changes which are then reported to the Rotherham Suicide Prevention and Self Harm Group and appropriate action taken.

## **12. Implications for Partners and Other Directorates**

12.1 Suicide prevention is a partnership approach requiring commitment from Officers from all Health and Well Being Board members in particular the coordination of MHFA training.

## **13. Risks and Mitigation**

13.1 Research in Scotland (Scottish Public Health Observatory, 2015) indicates that there is a clear linear relationship between deprivation and the overall suicide rate. Whilst our data for Rotherham shows there is a moderate positive relationship between deprivation and suicide, the most deprived wards do have a higher concentration of suicide risk factors, for example, unemployment and mental health problems. Both the suicide audit results and the real time suicide surveillance data indicate that Rotherham suicide numbers continue to increase.

13.2 Families and communities bereaved by suicide are at higher risk of subsequent suicides than the general population. Postvention work in this area is an important in suicide prevention work.

## **14. Accountable Officer(s)**

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