



SUICIDE PREVENTION AND SELF-HARM ACTION PLAN

2015/16

Suicide Prevention and Self-Harm Action Plan 2015/2016

KEY AREAS FOR ACTION	ACTION	ACTIONED BY WHOM	TIMESCALE	OUTCOMES	RAG STATUS
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Suicide is not inevitable. It is often the end point of a complex history of risk factors and distressing events; the prevention of suicide has to address this complexity.

In 2012 the Government produced “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

The strategy outlined six areas for action:

1. Reduce the risk of suicide in key high risk groups
2. Tailor approaches to improve mental health in specific groups
3. Reduce access to means of suicide
4. Provide better information and support to those bereaved or affected by suicide
5. Support the media in delivering sensitive approaches to suicide and suicidal behaviour
6. Support research, data collection and monitoring.

This action plan outlines the actions agencies across Rotherham are taking to prevent suicides.

Rotherham takes suicide prevention seriously and the Director of Public Health Chairs the Suicide Prevention Group who are tasked to implement this plan. The Health and Wellbeing Board will receive a minimum of annual updates against the plan.

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1. Increase local level of understanding of suicide and establish reporting mechanisms to strategic partners: <ul style="list-style-type: none"> - Health & Well-Being Board - Elected members - Clinical Commissioning Group - Safe Guarding Adults Board - Safeguarding Children Board - Rotherham Health Protection Committee 	<p>Rotherham Suicide Prevention and Self Harm Group chaired by Director of PH to meet bi monthly</p> <p>Local Suicide Prevention and Self Harm Group reports to the Rotherham Health Protection Committee and the Rotherham Health and Wellbeing Board.</p> <p>Annually review membership of the Rotherham Suicide Prevention and Self Harm Group, ensuring voluntary sector membership.</p>	Public Health Specialist (Mental Health)	<p>Terms of Reference reviewed annually</p> <p>Update reports produced</p> <p>Membership reviewed annually</p>	<p>Terms of reference agreed including reporting mechanisms agreed and reviewed annually. Rotherham Suicide Prevention and Self Harm Group's membership reflects the partnership approach to suicide prevention.</p>	GREEN
	<p>Annual update on the epidemiology of suicides and actions taken against suicide prevention is provided to the Health and Well Being Board.</p>	Rotherham Suicide Audit Group	April 2015	<p>Partner activity of suicide prevention reflects local need</p>	GREEN

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2. Reduce risk in high risk groups- Children and young people	<p>Rotherham Suicide and Self-harm Community Response Plan(2015) for children and young people to be revised to include the following :</p> <ul style="list-style-type: none"> • Circles of vulnerability • Out of hours support and information • Management of severe self-harm behaviour • Letter and public information leaflet for use in schools and collages • Emerging national guidance 	<p>Consultant in Public Health</p> <p>Public Health Specialist (Mental Health)</p>	<p>Plan adapted by June 2015</p> <p>Partner organisations signed up to the Rotherham Suicide and Self-harm Community Response Plan by September 2015</p>	<p>Rotherham Suicide and Self-harm Community Response Plan (2015) adapted and approved by Partner organisations</p>	AMBER
	<p>Rotherham Suicide and Self-harm Community Response Plan(2015) to be actioned within 24-48 hours of any event</p>	<p>Led by LSCB Supported by all agencies involved in Rapid Appraisal Process</p>	<p>In the event of a suspected death by suicide of a young person</p>	<p>Rapid Response process will ensure this happens.</p> <p>Rotherham is participating in the PHE Real Time suicide Surveillance Pilot. Rotherham Suicide Audit Group reviews all suicides.</p>	GREEN

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	Ensure every school and college has been equipped with support materials in the event of self-harm or suicide. To include the following: • Template letter for schools to use to inform parent and carers • Policy for dealing with suicide or sudden death • Multi agency care pathway for emotional/ mental health issues.	Public Health Specialist (Mental Health)	June 2015	Schools and colleges using the recommended best practice	AMBER
	To launch the Child and Adolescent Mental Health (CAMHS) pathways for universal workers (incl self-harm, emotional health and wellbeing , ASD, ADHS, post abuse)	CAMHS Commissioners RMBC and RCCG to lead	Pathways to be launched in spring 2015	Universal workers across Rotherham working to the same pathways. Young people, parents and carers receiving consistent approach	AMBER
	Update the GP Top Tips and Directory of Services annually	RCCG CAMHS Commissioner	Ongoing	GPs make appropriate referrals	GREEN
	Support schools and colleges in identifying mental health problems in pupils through collaborative working between education and health professionals:	Public Health Specialist (Mental Health) working with CAMHS commissioners from Rotherham CCG, RMBC and CAMHS providers.	All schools and colleges received CAMHS Top Tips and Directory of Services in March 2015	Schools and colleges using CAMHS Top Tips and Directory of Services.	GREEN

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	<ul style="list-style-type: none"> - Promotion of the CAMHS Top Tips – Guidance on the referral of children and young people with emotional wellbeing issues into universal, targeted and RDaSH CAMHS services - Directory of Services – Information on services that provide emotional wellbeing support. 				
	Development and launch of the Rotherham Self-Harm Practice Guidance 2015	Public Health Specialist (Mental Health) working with Rotherham Youth Cabinet and Rotherham Suicide Prevention and Self Harm Group	<p>Guidance approved at H&WBB March 2015</p> <p>Launch and promotion of guidance April 2015</p>	Safe, timely and effective response to children and young people who harm themselves or are at risk of harming themselves.	GREEN
Reduce risk in high risk groups: Children and young people & middle aged men	<p>Development of a local awareness campaign to target high risk groups.</p> <p>Two campaigns planned for 2015/16 based on local data:</p> <ul style="list-style-type: none"> - Young people (15-21) - Males <p>Campaigns will include social media marketing</p>	Editorial Group to include PH Specialist (Mental Health), RMBC Communications & Media Manager, Rotherham Youth Cabinet, Rotherham Suicide Prevention and Self Harm Group.	Work Commencing April 2015		AMBER

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	<p>techniques. Sources will include Public Health Channel, Qmatic Screens, social networking, PH website and non-health sites to promote messages.</p> <p>Campaigns to look at non health organisations and sites which could promote these messages</p>				
Reduce risk in high risk groups : People experiencing domestic abuse	<p>Promote awareness of this group amongst GPs – Development of GP Guidance / Referral pathway for people experiencing domestic abuse.</p> <p>Ongoing promotion of tis resource and annual review</p>	PH Specialist, RMBC, Head of Contracts and Service improvement, CCG & RDaSH	Ongoing promotion of the flowchart and annual review July 2015	GPs better equipped to identify and support patients experiencing domestic abuse.	GREEN
Reduce risk in high risk groups: Rotherham residents affected by the changes to welfare reform	Training for frontline customer services using the CARE about suicide resource	PH Specialist (Mental Health), HR (RMBC), RDaSH Crisis Service working with Team Managers within RMBC to deliver training sessions for frontline customer service staff within RMBC	Training commenced February 2015. Training sessions ongoing until May 2015. .	Staff feeling better equipped to support people who may be in distress and/or expressing thoughts of suicide	GREEN

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Reduce risk in high risk groups: witnesses of suicide	Develop supportive and signposting information for people who witness a suicide.	RDaSH and PH Specialist (Mental Health) with input from the Rotherham Suicide Prevention and Self Harm Group.	April 2015 leaflet send out for consultation May 2015 leaflet launched and used by frontline services for example SYP	People who witness suicides receiving timely and supportive information.	AMBER
3. Tailor approaches to improve mental health in specific groups	Development of the Emotional Health and Mental Health website for young people, parents/carers and professionals which will provide information on: - signposting - different mental/emotional health topics - self help - help in a crisis - looking after yourself	RMBC Commissioning & Public Health, working with Rotherham Youth Cabinet, Rotherham parents and carers and CAMHS Partnership Group.	Website developed with input from Rotherham Youth Cabinet, parents/carers and professionals March/April 2015 Launched May 2015	Comprehensive and reliable information on a variety of mental/emotional health topics including self-help guidance.	GREEN
	The new Rotherham Health and Well Being Strategy to incorporate targets and actions to improve the emotional health and well-being of children and young people(By Sept 2015).	Rotherham Health and Well Being Board	From April 2015 onwards	Partners all working to improve the mental health and well-being of children and young people.	AMBER

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	The development and implementation of the Emotional Wellbeing and Mental Health Strategy for Children and Young People 2014-2019.	RMBC and RCCG Commissioners & RMBC PH, working with Rotherham CAMHS Partnership.	Strategy has been approved by the H&WBB. Implementation is ongoing and monitored quarterly.	Improved services and support for children and young people in Rotherham regarding their emotional health and well-being.	AMBER
4. Reduce access to means	Suicide audit group bimonthly meetings to identify any hotspots using reports from the police and mental health services. Minutes and actions are recorded. Actions are initiated.	Attendees include: PH, RCCG, SYP & RDaSH. Meetings chaired by PH PH Specialist to work with other agencies as and when required (Local Coroner's Office, Highways Agency, Samaritans, colleagues within RMBC, local media)	Hotspot work initiated as and when areas are identified. Actions recorded and reported to the wider Suicide Prevention and Self-Harm Group.	Action taken at hotspots which could include: -installation of physical barriers and or moving ligature points -encouraging help seeking behaviours -increasing the likelihood of a third party intervention through surveillance and staff training -responsible media reporting	GREEN
	Local partners to share actions and learning to reduce suicide particularly after a serious incident (SI)	Provider Services for example: RDaSH, SYP TRFT	SIs discussed at each Suicide Audit meeting	Suicide prevention practice is shared across organisations	AMBER

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	with Suicide Audit Group and the Rotherham Suicide Prevention and Self-Harm Group.				
5. Better information and support to those bereaved by suicide	Development of the Rotherham Adult Bereavement pathway Promotion of pathway across the district which will be monitored by the Rotherham Suicide Prevention and Self Harm Group.	Public Health Specialist (Mental Health) working with the Rotherham Suicide Prevention and Self Harm Group	Development of pathway March 2015 Launch of pathway April 2015	Adult Bereavement pathway in place Improved post bereavement support for adults	AMBER
	To continue to promote and review the LSCB Bereavement pathway for children and young people bereaved as a result of suicide or sudden death.	Public Health Specialist working with Rotherham LSCB and the Rotherham Suicide Prevention and Self Harm Group	Launched in January 2015 Review due January 2016	Children and young people received timely and appropriate support when bereaved by suicide or sudden death.	GREEN
	Explore having a single point of contact for the bereaved.	South Yorkshire Police and Coroner's Office	June 2015	Bereaved families have a single point of contact.	AMBER

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6. Support media in delivering sensitive approaches to suicide and suicidal behaviour	Develop a clear communications strategy between RMBC and its strategic partners which proactively promotes suicide prevention approaches.	RMBC Communications & Media Manager working with Communication leads from RDaSH, TRFT, SYP and RCCG.	Work commenced February 2015 and is ongoing	Agreed communications strategy across all statutory partners.	AMBER
	Commission a local awareness campaign to target young people (aged 15-21 years) as a high risk group	Public Health Specialist (Mental Health) and Marketing and Creative Services Manager (RMBC) working with the Rotherham Suicide Prevention and Self Harm Group.	Commencing March 2015	Media campaign launched and reviewed.	RED
	Hold a media summit/workshop for local media on suicide prevention.	RMBC Communications & Media Manager working with Communication leads from RDaSH, TRFT, SYP and RCCG. Support given from Public Health Specialist (Mental Health) and Rotherham Suicide Prevention and Self Harm Group.	Planning to commence April 2015	Summit/workshop held.	RED
	Promotion of the Rotherham CARE about suicide resource. CARE about suicide resource to be on every statutory partners'	RMBC Communications & Media Manager working with Communication leads from RDaSH, TRFT, SYP and RCCG. Support given from Public	Launched April 2014 To be on all statutory partners' websites by April 2015	Increase in confidence of universal workers and the general public to ask about suicide and take appropriate action	GREEN

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	website	Health Specialist (Mental Health)			
7. Data collection and monitoring	<p>Participation of Rotherham in the Real Time Suicide Surveillance Pilot (South Yorkshire).</p> <p>Data is reviewed at the Rotherham Suicide Audit meetings</p>	Rotherham Leads PH Specialist (Mental Health) and Mental Health Coordinator South Yorkshire Police (SYP).	Commenced September 2014. Review April 2015	<p>General themes and trends reported back to Suicide Prevention and Self Harm group and actions to reduce risk reflected in action plan.</p> <p>Real time public health interventions for suicide prevention.</p> <p>Identifying at risk groups will inform commissioning cycle.</p>	AMBER
	<p>Suicide audit group bimonthly meetings to identify any hotspots using reports from the police and mental health services. Minutes and actions are recorded. Actions are initiated.</p> <p>RDaSH to share SIs with the Suicide Audit</p>	<p>Attendees include: PH, RCCG, SYP & RDaSH. Meetings chaired by PH</p> <p>PH Specialist to work with other agencies as and when required (Local Coroner's Office, Highways Agency, Samaritans, colleagues within RMBC, local media)</p>	Suicide audit group to meet every bimonthly and review each death by suicide and agree follow-up actions.	<p>General themes and trends reported back to Suicide Prevention group and actions to reduce risk reflected in action plan.</p> <p>Real time public health interventions for suicide</p>	GREEN

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	<p>Group to enable public health prevention actions to be identified. (Serious Incident Reports).</p> <p>Suicide Audit group agrees actions.</p> <p>Actions are reviewed at next meeting.</p> <p>Generic actions are reported back to the wider Suicide Prevention and Self Harm Group.</p>			<p>prevention.</p> <p>Identifying at risk groups will inform commissioning cycle.</p>	
	Provision of epidemiological evidence to shape the development of services to support the emotional and mental health of children and young people (Needs Analysis)	RMBC Public Health and RCCG	Annually	Services reflective of local epidemiology	AMBER
8. Workforce Development	Provision of 6 Adult MHFA Training during 2015/16	RCCG, RMBC PH and RDaSH	Commencing April 2015- March 2016	Improved awareness of mental health, reduced stigma and awareness of local services	AMBER

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	Provision of 4 Youth MHFA Training during 2015/16	PH RMBC and L&D Leads	Commencing April 2015	Improved awareness of mental health, reduced stigma and awareness of local services	AMBER
	To roll out further ASIST courses and other suicide prevention and self-harm courses to frontline workers	PH RMBC and L&D Leads	ASIST courses commence May 2015 Discussion re further courses commencing April 2015	Improved response to people in emotional distress	GREEN
	Delivery of a GP Projected Learning Time Event on mental health crisis	RCCG	2015/16	Increase awareness of the Mental Health Crisis Care Pathway	RED

Glossary

ASIST	Applied Suicide Intervention Skills Training	RCCG	Rotherham Clinical Commissioning Group
DPH	Director of Public Health	RDASH	Rotherham, Doncaster and South Humber NHS Foundation Health Trust
MHFA	Mental Health First Aid training	TRFT	The Rotherham Foundation Hospital Trust
PH	Public Health		
PHE	Public Health England		
PHS	Public Health Specialist		