

BRIEFING	TO:	Rotherham Health and Wellbeing Board
	DATE:	Wednesday 22 nd September 2021
	LEAD OFFICER	Anne Marie Lubanski, Director of Adult Care, Housing and Public Health, RMBC Ruth Fletcher-Brown, Public Health Specialist, RMBC
	TITLE:	Suicide Prevention Update

Background

1.1	<p>Suicide Prevention</p> <p>National real time data which has been collected during the pandemic has not shown the increase in suicides that perhaps was expected in the UK during this time. However, as the pandemic moves through different phases communities and groups continue to be affected differently and the pandemic has exposed the inequalities that exist. Some of the things which may have supported vulnerable people during the initial stages of the pandemic, for example increased contact from people, may start to erode as people move back to a more normal way of life. For others their lives will now look very different with new financial hardships, loss of loved ones and an increased sense of loneliness.</p>
1.2	<p>Rotherham Data</p> <p>The Fingertips Profiles Updates (PHOF and Suicide Prevention Profiles) for Rotherham in November 2020 (Age-standardised mortality rate from suicide and injury of undetermined intent per 100,000 population), shows:</p>
1.3	<ul style="list-style-type: none"> ➤ Suicide Rate Persons <p>The latest suicide data shows that Rotherham has seen a small decrease in suicides for the period 2018-2020 to 13.3 per 100 000 which is a decrease by 1.4 from 2017- 2019. Rotherham now ranks 6th compared to CIPFA Nearest Neighbour local authorities. Rotherham’s rate is still significantly higher than the rate for England at 10.4 per 100,000.</p>
1.4	<ul style="list-style-type: none"> ➤ Gender <p>Males still account for most deaths in Rotherham. The rate for Rotherham in 2017-2019 period was 22.3, and this has now dropped by 3.3 to 19 per 100,000 for 2018-2020.</p> <ul style="list-style-type: none"> ➤ Female deaths for Rotherham for this period have risen by 0.4 to 7.9 per 100,000. ➤ Yorkshire and Humber and England have seen increases in all person, male and female deaths during this period.
1.5	<p>Since 2016 with assistance from the Safer Neighbourhood Team, Rotherham has looked at suspected suicides in real time to ensure that support can be put in place for those bereaved and affected and to mitigate against further suicides. This is now collated through the ICS Real Time Surveillance (RTS) Project.</p>

Key Issues

- 2.1 Place**
Real time data has been used during the pandemic to direct the actions within local plans, to offer support to those bereaved, affected and exposed to suicide and to mitigate against further suicides.
- 2.2** The real time data for Rotherham showed fewer suspected suicides recorded in 2020 compared to 2019. However, suicide data should be considered over three-year periods because there can be variations year on year.
- 2.3** The Suicide Operational Group, which reviews deaths has continued to meet during the pandemic to look at all suspected suicides. This group updated their action plan in line with emerging risk factors during the pandemic. Specific work has included promoting information on debt management and bereavement support including key messages for frontline staff.
- 2.4** The Chief Coroner for Doncaster and Rotherham is very supportive of the suicide prevention work. Both Public Health Leads for suicide prevention in Rotherham and Doncaster are auditing inquest records to see what impact the pandemic may have had on people and what actions need to be taken.
- 2.5** The Be the One campaign has been promoted throughout the pandemic. The campaign was also promoted across the partnership as part of Safeguarding Awareness week in November 2020 and will be promoted during this week in 2021. Be the One launched a new film targeting women on the 10th September 2021. This campaign is targeted at all women, those who have been touched by suicide, those who have contemplated suicide and anyone who wants to be better prepared to help someone else in a crisis. The campaign encourages hairdressers and nail bars to use their social media reach to promote the campaign.
- 2.6** Zero Tolerance Suicide prevention training has been promoted across the council and with other partners.
- 2.7** The NHSE suicide prevention funding has now finished but in Year 3 it enabled Rotherham to promote the third round of the small grants scheme to community groups who are addressing the underlying causes which can lead to suicide. This was led by Rotherham CCG with input from Public Health RMBC. The Chair of the Health and Wellbeing Board and Cabinet Member, Councillor Roche was a member of the grants panel.
- 2.8** The SY Listening Service for people bereaved and affected by suicide (Amparo) was promoted throughout the pandemic. The existing provider will run this service across South Yorkshire until January 2022. Rotherham CCG is leading on procurement of this service on behalf of all SY LAs for 2022/2023.
- 2.9** The Care Pathway for Children & Young People Bereaved by Sudden Traumatic Death has been updated with input from practitioners and is now on the Tri-x system for partners to adopt.
- 2.10** The pandemic has disrupted the face-to-face programme of suicide prevention and self-harm training which was planned. The challenge has been two-fold to deliver these courses in a way which achieves the same learning outcomes whilst keeping participants safe. Virtual courses for suicide prevention and mental health first aid are currently being offered to all partner organisations with an emphasis on the voluntary

<p>2.11</p> <p>2.12</p> <p>2.13</p> <p>2.14</p> <p>2.15</p> <p>2.16</p> <p>2.17</p>	<p>sector, police and primary care.</p> <p>A second group of staff were trained as part of the Self Harm Train the Trainer project. After being signed off they will deliver this awareness training to either staff or parents/carers.</p> <p>The Suicide Prevention Top Tips for Primary Care has been amended to include risk factors and groups emerging because of the pandemic.</p> <p>The Public Health Specialist lead for suicide prevention has been working with Survivors of Bereavement by Suicide (SOBS) to advertise for volunteers to be trained to run a Rotherham peer support group. Rotherham may have a peer support group running by the end of 2021.</p> <p>Following a successful symposium in June 2019 with partners of the Health and Wellbeing Board, a further event is planned as a self-assessment of the Rotherham Suicide Prevention and Self Harm Action Plan on 12th October. Following the symposium, the action plan will be amended and will go to the Health and Wellbeing Board for their approval. Professor Nav Kapur and national lead for suicide prevention and self-harm is attending this event.</p> <p>ICS Suicide prevention is an ICS priority and the PH Lead for suicide prevention contributes to this work which includes: RTS, bereavement support, suicide audit, work in prisons, working with the media and maternal suicide prevention.</p> <p>The ICS held a roadshow in June to showcase the work over the last three years. This was promoted to all partner organisations in Rotherham. The PH suicide prevention Lead was involved in the planning and chaired several of the workshops during the week.</p> <p>Public Health leads in SYB ICS have been working with a local University to review and audit deaths by suicide in the region. Suicide audit refers to the systematic collection of local data about suicides to learn lessons and inform suicide prevention plans. The collection of such data is now considered a mandatory requirement of local authorities. This report has been finished and a workshop booked to share the findings. This information will inform Rotherham's suicide prevention action plans.</p>
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Key Actions and Relevant Timelines

<p>3.1</p> <p>3.2</p> <p>3.3</p> <p>3.4</p>	<p>Rotherham's second suicide prevention symposium with partners of the Health and Wellbeing Board taking place on the 12th October. Following the symposium, the action plan will be amended and will go to the Health and Wellbeing Board for their approval (April 2022).</p> <p>Delivery of suicide prevention training across the partnership, targeting different levels of training (March 2022).</p> <p>Deliver self-harm awareness sessions for staff and parents/carers through the Self Harm Train the Trainer project (March 2022).</p> <p>Procurement process for listening service for those bereaved, affected and exposed to suicide (work commenced July 2021 led by Rotherham CCG).</p>
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3.5	Launch of Rotherham SOBS peer support group (December 2021).
3.6	Development and launch of Rotherham's Community Response Plan (December 2021).
3.7	Delivery of the Public Mental Health and Wellbeing Action plan which also includes actions to address loneliness and bereavement in addition to other risk factors associated with suicide.
3.8	Delivery of the Public Health England's Better Mental Health funded projects; Team around the School, Workplace Mental Health project for small and medium employers and Befriending project led by the VCS (May 2022).
3.9	To reflect on the findings of the ICS suicide audit and use this information to inform Rotherham's suicide prevention plans (September/October 2021).
3.10	ICS To continue to work with ICS colleagues and partners on suicide prevention activity across the region in particular Real Time Surveillance, extending this to suicide attempts and improving support to children, young people and adults bereaved by suicide (Ongoing).
Implications for Health Inequalities	
4.1	To use real time data to understand which communities and groups are most at risk and look to introduce preventative actions.
4.2	To use the suicide audit report to inform the local action plan.
4.3	To continue to audit Coroner's records to understand what impact the pandemic may have had on communities.
4.4	To work with BAME groups to ensure that the training on offer is appropriate to their needs.
4.5	To work with people with lived experience and BAME communities in the procurement of the new listening service for those bereaved, affected and exposed to suicide.
Recommendations	
5.1	To note the updates on suicide prevention.
5.2	To receive future updates on suicide prevention and public mental health activity.
5.3	Partners to commit to promote; training related to this topic, support services, particularly the service that is for people bereaved, affected or exposed to suicide and the Be the One campaign.