

Health Select Commission

29 September 2022

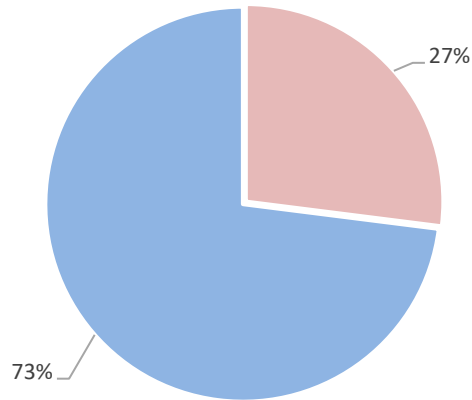
Ben Anderson, Director of Public Health
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Overview

- National context
- Local context
- Rotherham Suicide Prevention and Self Harm Action plan
- Workforce Development
- ICS wide activity
- Support Services

Overview of data (1)

Recent contact with mental health services
(NCISH 2009-2019)

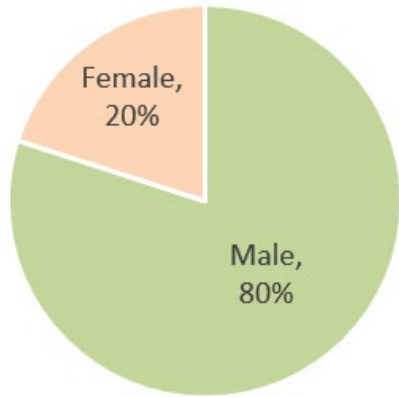


- Had recent contact with mental health services (previous 12 months)
- No recent contact with mental health services (previous 12 months)

“A whole system approach is required, with local government, primary care, health and criminal justice services, voluntary organisations and local people affected by suicide having a role to play. Suicide prevention can also be part of work addressing the wider determinants of health and wellbeing.”

Shiner M. et al. When things fall apart: Gender and suicide across the life course. *Social Science and Medicine*. 2009;69(5):738-746.

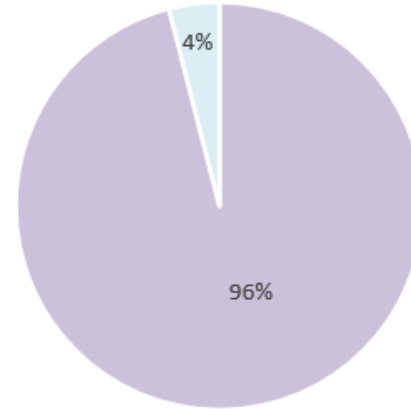
Overview of data (2)



80% of deaths by suicide were **male**



65% lived in the highest **2 quintiles** of derivation



■ White ethnicity ■ Other ethnic group

80% of deaths by suicide were **male**

48

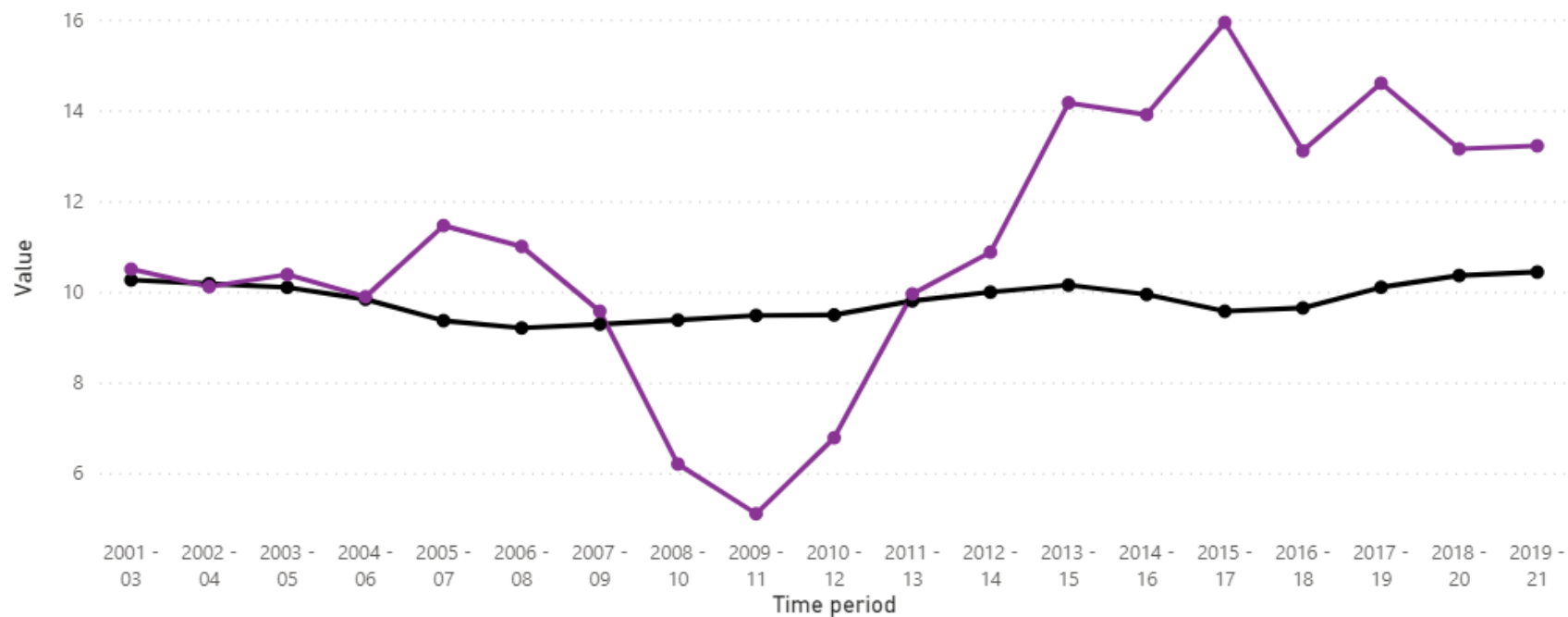
The average age for deaths by suicide was **48-years-old**

National Trends

- In Q1 and Q2 of 2022, there have been 2,515 suicides registered. In 2021, there were 5,219 suicides registered and 4,912 in 2020.
- In 2022, 15.0% of these deaths (377) had a date of death in 2022 - This is in line with expectations, given coroner involvement with the investigation of these deaths and the amount of time it takes to hold an inquest.
- The rate seen in Quarter 1 2022 is consistent with the rate seen in previous years; the rate seen in Quarter 2 2022 continues to be like the rate seen in earlier years, except for 2020, when we saw a decrease in suicide rates because of the impact of the coronavirus (COVID-19) pandemic.
- The decrease is likely to be driven by two factors; a decrease in male suicides at the start of the coronavirus (COVID 19) pandemic, and delays in death registrations because of the pandemic.
- Around three-quarters of registered suicide deaths in 2021 were for men (3,852 deaths; 73.8%), which follows a consistent trend back to the mid-1990s.
- Males and females aged 50 to 54 years had the highest number of deaths caused by suicide in 2021, England.
- The suicide rate for males, Rotherham, is not statistically different to England.
- The suicide rate for females and persons, Rotherham, are statistically higher than England.

Suicide rate, directly standardised rate per 100,000,, Rotherham and England, persons, 2001-03 to 2019-21

Area Name ● England ● Rotherham



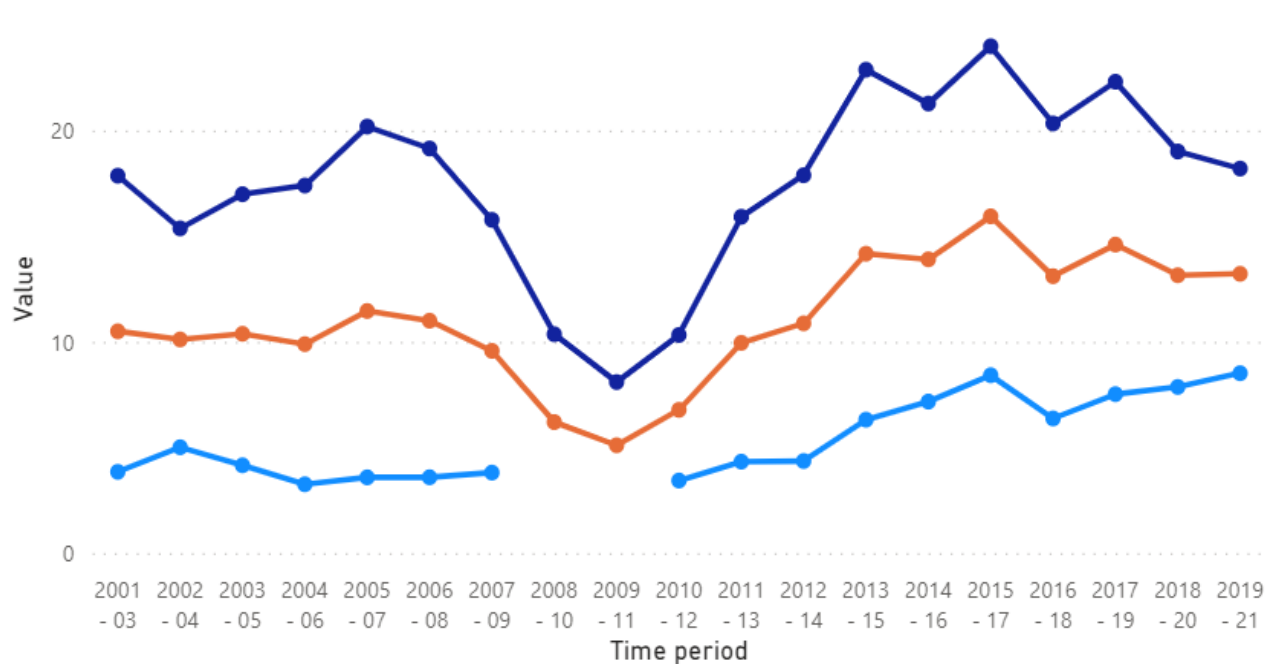
Area Name	2006 - 08	2007 - 09	2008 - 10	2009 - 11	2010 - 12	2011 - 13	2012 - 14	2013 - 15	2014 - 16	2015 - 17	2016 - 18	2017 - 19	2018 - 20	2019 - 21
England	9.20	9.28	9.38	9.48	9.49	9.80	9.99	10.15	9.94	9.57	9.64	10.10	10.36	10.43
Rotherham	11.00	9.57	6.20	5.11	6.78	9.95	10.88	14.17	13.91	15.94	13.11	14.60	13.15	13.22

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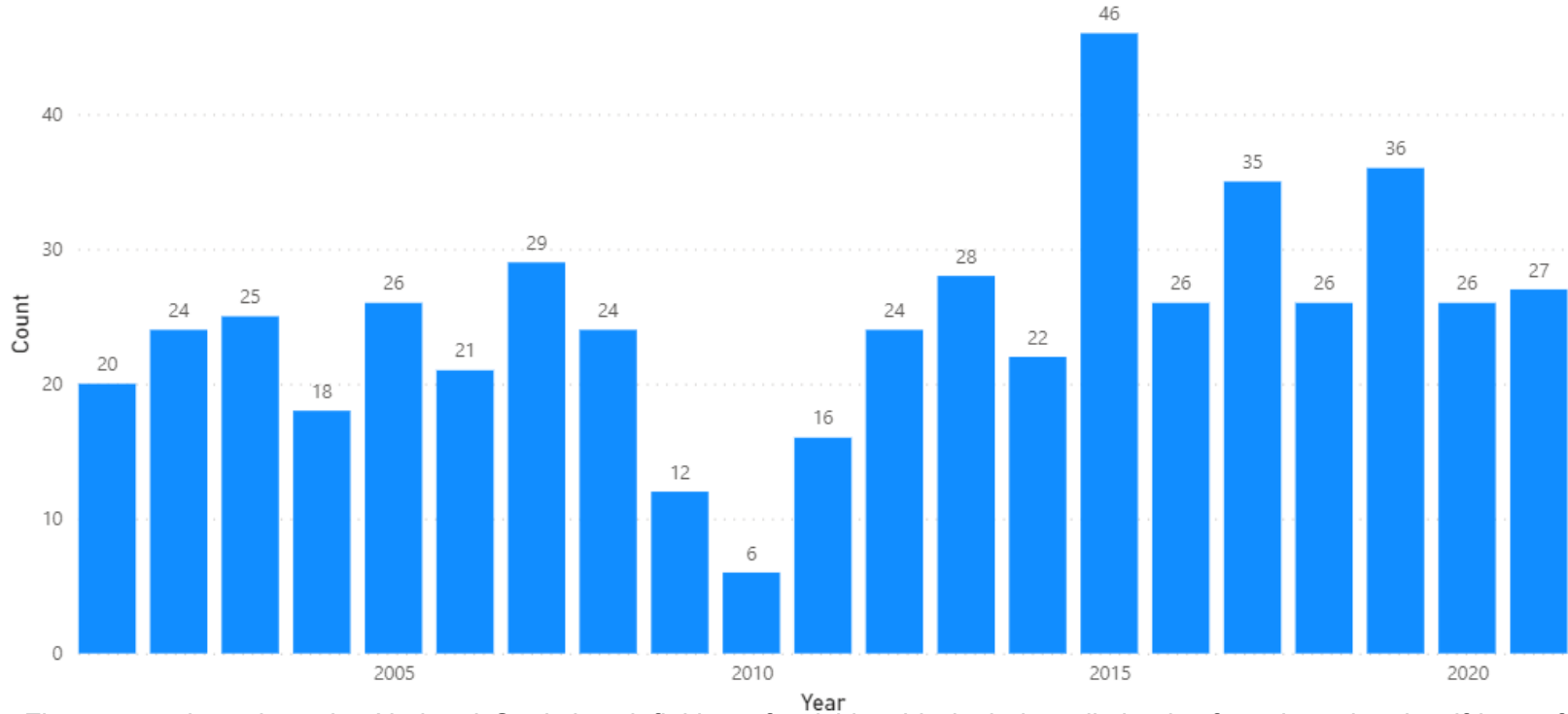
Suicide rate, directly standardised rate per 100,000., Rotherham, 2001-03 to 2019-21

Sex ● Female ● Male ● Persons



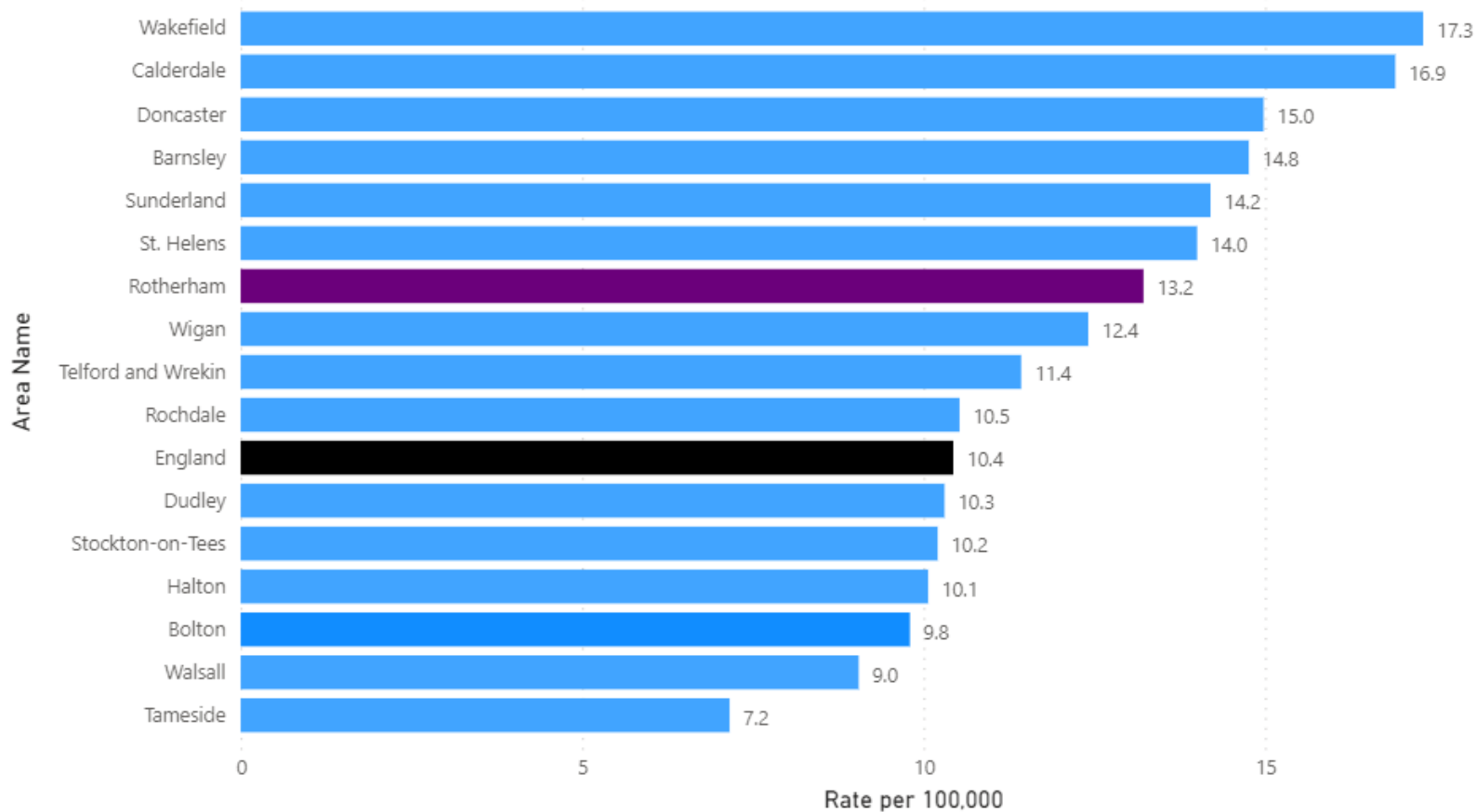
Time period	Female	Male	Persons
2001 - 03	3.85	17.86	10.50
2002 - 04	5.01	15.37	10.11
2003 - 05	4.16	16.99	10.38
2004 - 06	3.26	17.40	9.89
2005 - 07	3.59	20.19	11.46
2006 - 08	3.59	19.15	11.00
2007 - 09	3.81	15.77	9.57
2008 - 10		10.36	6.20
2009 - 11		8.10	5.11
2010 - 12	3.44	10.32	6.78
2011 - 13	4.33	15.92	9.95
2012 - 14	4.36	17.88	10.88
2013 - 15	6.32	22.88	14.17
2014 - 16	7.17	21.28	13.91
2015 - 17	8.42	23.99	15.94
2016 - 18	6.38	20.33	13.11
2017 - 19	7.52	22.31	14.60
2018 - 20	7.87	19.01	13.15
2019 - 21	8.52	18.20	13.22

Number of suicides in Rotherham, deaths registered 2001 to 2021



Figures are based on the National Statistics definition of suicide; this includes all deaths from intentional self-harm for persons aged 10 years and over and deaths caused by injury or poisoning where the intent was undetermined for those aged 15 years and over.

Suicide rate, directly standardised rate per 100,000,, Rotherham and CIPFA nearest neighbours, persons, 2019-21

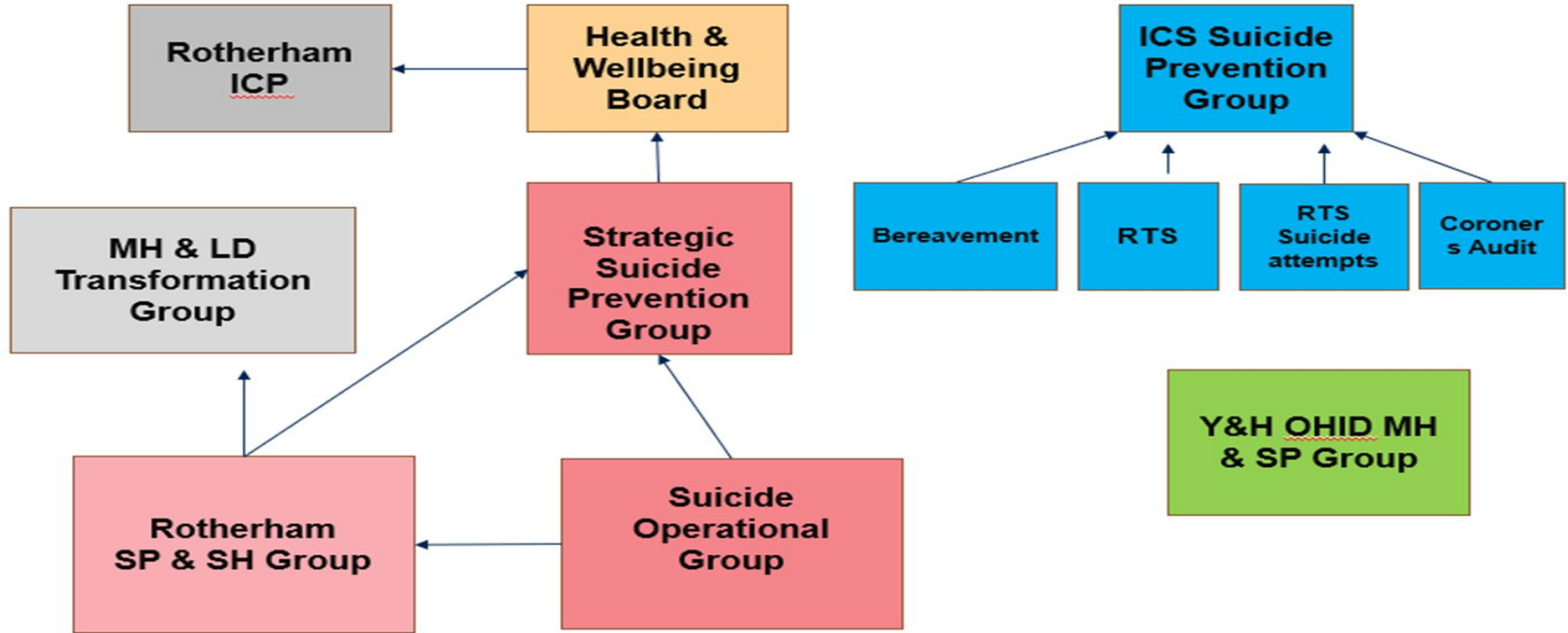


Partnership Working

In England, responsibility for suicide prevention action plans sits with local government but this cannot be achieved without working with partners. RMBC work with:

- South Yorkshire Police
- ICB South Yorkshire
- Rotherham NHS Foundation Trust
- RDASH
- Rotherham Samaritans & other Voluntary and Community Sector organisations
- Healthwatch Rotherham
- Rotherham United Community Sports Trust
- People with living experience

Governance Structure



Preventing Suicides

Preventing suicide in England: A cross-government outcomes strategy to save lives (2012)

- Reduce the risk of suicide in key high-risk groups
- Tailor approaches to improve mental health in specific groups
- Reduce access to the means of suicide
- Provide better information and support to those bereaved or affected by suicide
- Support the media in delivering sensitive approaches to suicide and suicidal behaviour
- Support research data collection and monitoring
- Reduce rates of self harm as a key indicator of suicide risk

Rotherham Suicide Prevention and Self Harm Action Plan 2022- 2023

- Aim 1: Reducing the number of suicides amongst people receiving mental health support from across all organisations.
- Aim 2: To improve support to those bereaved and affected by suicide.
- Aim 3: People who self harm.
- Aim 4: Reducing suicides amongst high risk groups by reaching people where they live and work.

*There are other plans which support suicide prevention by addressing the wider determinants: Rotherham Loneliness Action Plan, Rotherham Better Mental Health for All Action Plan, Rotherham Prevention and Health Inequalities Strategy and Action Plan and Rotherham Domestic Abuse Action Plan

Local provision

- Community Peer Support groups- Andy's man Club, MATT (Men Actually Talking) Women ASK- Acceptance Support and Kindness)
- Pilot of service to support those who have attempted suicide (Launch early 2023)
- Workplace Mental Health Film: <https://rotherhive.co.uk/workingwell/support-colleagues-and-staff-with-mental-health/>
- Safe Space Safe Space Touchstone Alternative to Crisis / peer support
- Kooth- for young people; <https://www.kooth.com/>
- Be the One: <https://www.be-the-one.co.uk/>
- Promotion of RotherHive: <https://rotherhive.co.uk/>
- Distribution of mental health and self help guides to VCS and RMBC services
- Podcast for over 55s commissioned by library service
- RDASH services



ICS wide support

- Amparo- support offered to all for those bereaved and exposed to suicide
- Survivors of Bereavement by Suicide (SOBS) groups in each LA area. Peer support for those who have been bereaved by suicide
- C&YP Bereavement Toolkit, coproduced by children and young people bereaved by suicide
- Help is at Hand resource.



Reviews of suspected suicides

- SY & Bassetlaw Coroners report
- Suicide Prevention Operational Group (Learning Panel)

- Serious Incidents Committee
- Child Death Overview Panel
- Domestic Homicide Reviews

Suicide Prevention Operational Group

- To establish the facts and determine risks and contagion.
- To identify vulnerable and at risk groups.
- To ensure support is in place for those bereaved and affected by suicides.
- Develop, implement and monitor an agreed community action plan if required
- To work with Communication colleagues to deliver messages to general public, local organisations and workers as and when required.

Alcohol and Drugs

- December 2021: From harm to hope: A 10-year drugs plan to cut crime and save lives, requiring local areas to have strong partnerships, bringing together relevant organisations and key individuals to help deliver on the Strategy's three strategic priorities:
 - Break drug supply chains
 - Deliver a world class treatment and recovery system
 - Achieve a shift in the demand for drugs
- Since the publication of the strategy, additional funds were announced in the form of a 3 year grant (2022-2025), with Rotherham being identified as one of 50 areas to receive additional accelerated funding. In response RMBC formed the Drugs and Alcohol Grant 2022-25 Project Board to develop and oversee the grant plans
 - Increased treatment and harm reduction capacity, including inpatient detoxification and residential rehabilitation
 - Enhanced treatment quality
 - Reducing drug related deaths and improving access to mental and physical health care
 - Recovery orientated system of care, including peer-based recovery support services
 - Expanding and developing the workforce
 - Improved pathways for criminal justice

Bereavement

Support specifically for those bereaved by suicide:

- Amparo
- SOBS
- Children and Young People's resource
- Sudden and Traumatic Bereavement Pathway for Children and Young people
- RMBC postvention guidance for Managers launched July 2022.

General bereavement:

- Listening Ear
- Rotherham Hospice offer
- RotherHive information
- Position paper on general bereavement support



Debt

- Information on RotherHive
- Promotion of schemes/services providing debt, home energy, employment and training advice
- Future ICS area of activity.

Domestic Abuse

- Joint suicide prevention and domestic abuse training
- Learning events for practitioners
- Raising awareness of suicide ideation with victim and perpetrator
- From 1st October new DA pathway which includes additional complexities including suicidal ideation

Loneliness and Isolation



- Refresh of the Health and Wellbeing Board Loneliness Action Plan
- Five Ways to Wellbeing
- Great Big Rotherham To Do List
- Making Every Contact Count Training for frontline staff
- OHID Better Mental Health – Befriending project
- Voluntary and Community Sector Befriending Network.

Long Term conditions

- Forthcoming information on RotherHive relating to pain management
- Links to physical activity and peer support
- Information on patient letters
- Raising awareness with health colleagues
- Future work across the ICS on pain management and pathways.

Reducing access to means

- Joint work with RMBC Highways colleagues, SYP Designing Out Crime Officers and National Highways
- Designing out suicide
- Work with Elected Members in areas of concern
- Alerts and support from British Transport Police
- Work with Medicines Management colleagues
- Top Tips for suicide prevention- guidance for primary care
- Samaritans signage
- Memorials- RMBC Guidance
- Public vigilance- equipping people to know how to respond and what to do.

Workforce Development

- Place Suicide Prevention Guidance- launched 11th July 2022 for staff across all Partner organisations

From September 2022 to March 2023 in person training:

- Mental Health Awareness Training
- Suicide Prevention Awareness Training
- Mental Health First Aid (Youth and Adult)

Promotion across the Partnership with a particular focus on VCS, primary care and Police.

- Self Harm Awareness sessions for parents/carers and frontline staff
- Safeguarding Awareness Week in November 2022, 2 workshops on suicide prevention and postvention support.



Training providers

Harmless

Harmless is National organisation working to address and overcome issues related to self-harm and suicide. People with lived experience are at the centre of their work. They deliver support, information, training and consultation to cover all aspects of need under this broad suicide prevention agenda. Harmless are members of The National Suicide Prevention Strategy Advisory Group

Northern Training- Community Links

Mental Health charity which provides training and services across Y&H. Community Links services are commissioned by the NHS and local authorities in the region.



Suicide prevention training- general public

- Working with Library Services
- Promoting open access to do online training
- 5/6 sessions across Rotherham libraries during 2022/23.



Be the One

- Rotherham's suicide prevention campaign-supported by all Health and Wellbeing Board Partners
- Relaunch October 2022

<https://www.be-the-one.co.uk/>

Suicide Prevention & the Integrated Care System

- Themed Task and Finish Groups (Protected Characteristics, Prisons, Primary Care, Cost of Living, Debt and Gambling)
- Real time data for suspected suicides and working in partnership with SYP
- Real time data looking at suicide attempts working with YAS, Acute Trusts, SYP & PH Intelligence Colleagues in Rotherham and Sheffield
- Support for those bereaved and affected by suicides- Memorial Event, first one hosted in Rotherham in December 2021
- Coroners Audit
- Working with the media
- Working with prisons

Support Services



This service is commissioned across South Yorkshire and is for anyone recently or historically affected by suicide. They offer practical and emotional support. Ring 0330 088 9255. Leave a message and a member of the team will call you.

<https://amparo.org.uk/refer/> to refer directly and securely.

Amparo will also support staff teams who may be affected by suicide.

Samaritans Ring freephone 116 123 or e-mail jo@samaritans.org

Or for further information visit:

Be the One <https://www.be-the-one.co.uk/>

Rotherhive <https://rotherhive.co.uk/>

Any Questions?

