



Coventry and Warwickshire
Health and Care Partnership

The following slides illustrate the innovative ideas that generated projects by colleagues of the

Suicide Prevention Programme 2018-2021

Real Time Surveillance

Commissioning Lead: Juliet Grainger CCC



Real time response, support and action to prevent suicide

Aim

To establish a real time data surveillance system to inform a local response, protect communities, prevent avoidable deaths and enable postvention support to be provided to those affected by suicide.

Who did you involve in this work?

NHSE, LGA SASP, other LAs, Statutory and VCSE stakeholders as experts, partners or deliverers of service.

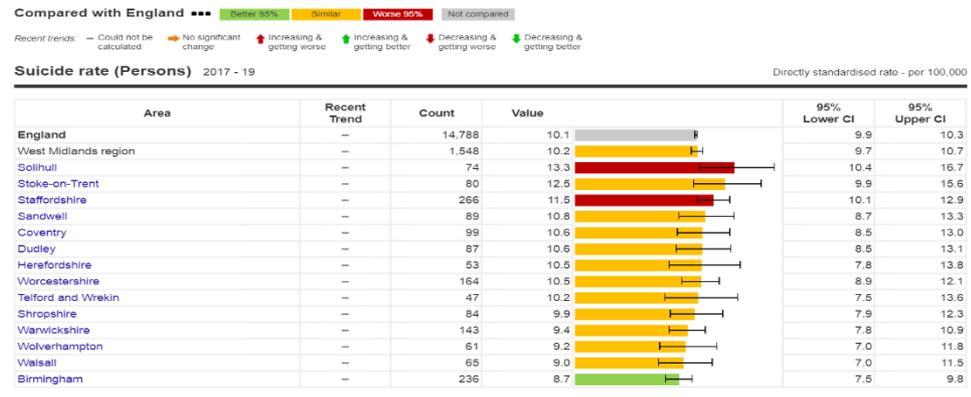
What has changed?

We now have a real time surveillance process set up and are working towards a systematic approach to reviewing and learning from suicide cases, as well as supporting those affected across C&W.

Image



Data and stories



Learning and what next?

RTS response and learning process scoped and being mobilised.

Postvention bereavement support service procurement underway – Coventry and Warwickshire service in place by September 2021.

Co-Production

Commissioning Leads: Juliet Grainger CCC/Lexi Ireland CCG

Delivery Organisation: Coventry Men's Sheds

Crafty Blokes and the Art of Wellbeing

Aim

This is a Peer to Peer mental health support project, aiming to combat social isolation and to discuss experiences of suicidal ideation. Raising suicide awareness with men of working age through art.

Who did you involve in this work?

Service users were involved in this work, as well as those with lived experience but not in touch with services. Various VCSE organisations have also been involved in terms of script writing, costume making, set designing etc.

What has changed?

The clients will now openly engage and discuss their experiences and have seen positive behaviour changes. Peer to peer support demonstrated huge benefits for clients, as well as giving them more skills and enabled confidence building through artwork.

Image



Data and stories

"Having a safe place to come and explore creative pursuits has had a positive effect and inspired me to try my hand at more art projects of my own. Knowing that the guys here have similar conditions to myself makes me feel less isolated and gives me something to look forward to."

The groups demonstrated benefits in terms of friendships gained, men feel able to communicate better, less anxious, activities have given the men purpose, they feel able to help others, improved levels of confidence, the Men's Shed is a safe space, men feel inspired and less isolated, some have had their alcohol recovery supported, some have seen a reduction in depression.

Learning and what next?

We have learnt the value of co-production and supporting men via arts-based projects. Next steps are to: build the stage and play to be held, funding to be sought for continuation of Crafty Blokes.

Mindstance

Commissioning Lead: Juliet Grainger, CCC

Delivery Organisations: Rachael Kelly, Mind & Simon Morgan, CGL



Coventry and Warwickshire
Health and Care Partnership

MindStance



Why did we take action?



Substance misuse is a risk factor for suicide



To join up working between services

Increase understanding of addiction & impact on mental health



Increase coping skills to improve well-being

What did we do?



6 week course



Multi-disciplinary team trained



Education



Peer support



Therapeutic conversation

2018/
2019

What has the impact been?



Increase in well-being scores



Improved insight



Improved access to support & information



Embed course in existing partnership

Coventry & Warwickshire STP

Co-Production of Survivor Stories
Commissioning Leads: Juliet Grainger CCC/Lexi Ireland CCG
Delivery Organisation: Coventry University



Stories of Hope, our male survivors

Aim

To hear from male suicide survivors. Men are less likely to access support on their own. The stories were intended to relate to men's experiences and provide peer generated messages of hope and support.

Who did you involve in this work?

Statutory and VCSE stakeholders in touch with men's groups or engaging with them through services.

What has changed?

We now have resources that were provided by those with lived experiences as messages for men, one of our high risk groups for suicide.

Image



Data and stories

"I just think it is how it is with guys, when they talk to their friends they talk about things like work and football and what's on the telly, things like that and not really about anything emotional, or how they are feeling."

"To be able to physically open up to someone in that space takes a lot, and when you do that, for me, it's like a huge step and that can be just a huge weight off and it might only be half an hour, but it's that kind of, 'Okay, it's not just me now, someone else knows that's happening for me. I'm not here on my own.'"

Learning and what next?

Men with lived experience are better able to recommend what support can help. Insight gained into why it's difficult for men in general to access services and speak out about their mental health challenges, reflection on services and the support given.

The resources will be integrated into MH campaigns and on our Dear Life website.

Warwickshire Safe Haven
Project Leads: Warwickshire County Council and
Coventry & Warwickshire Mind



Out-of-hours Safe Haven service piloted in Warwickshire!

Aim

Pilot the provision of a Safe Haven service offering a non-clinical alternative to accessing mental health support at a time of day when other general support services are closed.

Who did you involve in this work?

Voluntary and community sector providers, individuals with lived experience, and CWPT acute and crisis services.

What has changed?

Community-based crisis alternative has been tested in Coventry and Warwickshire and links between statutory and non-statutory services have been developed. Service users expressed that they are glad they contacted the service, feel a lot better after speaking to them, and would be more confident when speaking to whoever they were signposted to.

Image



Data and stories

Feedback from service users includes:

- *"I feel better and less lonely now."*
- *"I'm pleased you rang me back and thought about me today."*
- *"Thank you for your time, I feel happier now."*
- *"Talking to you is helpful, I feel like I would like to talk to you again."*
- *"I am really glad I rang you. I would ring you again. Services like this will help me stay well."*
- *"I feel much more positive, less anxious, and I feel that I have been listened to."*
- *"I managed to phone another service to get help. I don't think I would have done that if I hadn't phoned you first. So, thank you."*

Learning and what next?

A full evaluation of both the Coventry and Warwickshire Safe Haven provision has been undertaken, and a series of recommendations have been identified. The recommendations have been sorted by short, medium, and long-term and will be actioned by Commissioners and Providers. Both contracts have been extended and commissioners and provider(s) are to continue to promote collaborative working across health and care system partners including shared learning between the Coventry and Warwickshire Safe Havens.

 mind. Coventry and Warwickshire

Warwickshire Safe Haven

Out of hours support

Open from 6pm to 11pm every evening.
Available to anyone in Warwickshire aged 16+.

Are you feeling distressed or in crisis? Are you struggling with your mental health in the evenings, when other services are closed?

Our dedicated, experienced team of Wellbeing Practitioners offer immediate mental health support either by phone, text message, email or video link. Bookable face-to-face appointments are also available.

To speak to a member of the Warwickshire Safe Haven team, please contact
(024) 7771 4554 **(07970) 042270**
safehaven@ewmind.org.uk
www.ewmind.org.uk



Holding You in Mind
 Project Lead: Anne Prendergast and
 Coventry & Warwickshire MIND



Reduction in visits to the ED department by individuals who are in crisis

Aim

The aim of the project was to identify those individuals who were frequent attendees at the ED, presenting with social stressors as their primary need

Who did you involve in this work?

- Members of the AMHAT team
- MIND workers
- CCG
- The founder of the original service

What has changed?

Reduction in visits to the ED
 Reduction in crisis calls

Image



Data and stories

“The reason I want to raise funds for Mind is because the last month or so regarding my fragile mental health, I’ve had awesome suicidal support from a lady called Suki. Without her phone calls helping to ground me with new coping mechanisms that she helped me to build; Without Suki, I have no doubt that I wouldn’t be here today.”

Learning and what next?

The HYIM project has been successful in signposting individuals to the right service and reducing the risk. Going forward the HYIM project will be included in the Crisis Plus service model.

*Training the Wider Community in Suicide Prevention
Project Leads: Anne Prendergast (CWPT),
Sue Merriman (CWPT),
Forward For Life*



260 new trainees of Wise Steps!!!

Aim

The aim of offering Suicide Prevention training is to equip members of the public with the knowledge to spot the signs of someone who is at risk of suicide and feel confident to be able to do something about it.

Who did you involve in this work?

The training company Forward For Life, organisations and front Line workers who work with members of the public who may be at risk of suicide.

What has changed?

Emergency services and other organisations have now got the skills and confidence to support someone who is at risk of suicide.

Image



Data and stories

'I now feel more confident to support someone at risk of suicide.' - 95% strongly agree

'I now feel more confident to ask the question about suicide.' - 94% strongly agree

'I feel better prepared to talk to someone who is at risk of suicide.' - 96 % agree

Learning and what next?

The need and demand for the Suicide Prevention training in the wider community has been identified. The next step is looking at how to sustain the knowledge gained from the training by offering the Wise Steps Plus Model. This training will be undertaken by those who have done the Wise Steps Foundation course. They will be supported to train Wise Steps in their organisations.

Making Our Wards a Safer Place
Project Lead: Anne Prendergast

Calm Down Boxes: The Alternative and Accessible way of keeping safe and calm

Aim

To implement Calm Down Methods boxes as an alternative to PRN (prescription when needed) medication.

Who did you involve in this work?

The ward managers and safe ward champions.

What has changed?

Wards have reported that some of the patients have actively started using items from the calm down boxes rather than using PRN

Image



Data and stories

"Having the calm down box on the ward has helped me in a better way than medication."

"I want to make my own calm down box, so I can have it in the community."

"Stress balls help calm me down."

Learning and what next?

The next steps of the project is to risk assess patients to allow them to have their own individual calm down boxes.

‘From suicidal thoughts to securing a job, starting a new course, feeling strong and happy’

Aim	Who did you involve in this work?	Image
Providing one to one counselling for people feeling suicidal and in crisis.	We are a charity which evaluates all of our interventions with our clients and uses that to shape our future projects and developments.	 <p>WARWICKSHIRE COUNSELLING CENTRE</p> <p>trading as Sycamore Counselling Service</p>

What has changed?	Data and stories
<p>14 Clients engaged. Outcomes for 3 who completed:</p> <p>Client 1: Secured a job, started a college course, booked a holiday. Feeling strong. CORE 53-10</p> <p>Client 2: Making plans for the future, able to solve issues, feels better about self, more confident. Feels happy. CORE 43-23</p> <p>Client 3: Feels happier, calmer, can concentrate more. CORE 29-6</p>	<p>Two questions from the C-SSRS (Columbia- Suicide severity rating scale)</p> <p>1. <i>In the last month have you had suicidal thoughts?</i> All three said yes initially and two said no at the conclusion. The other indicated the thoughts were fleeting now. When followed up, this client reports suicidal thoughts have stopped.</p> <p>2. <i>In the last month have you intended to end your life?</i> None intended to end their life at the beginning or end of the intervention. They all had suicidal thoughts at the start.</p> <p>Three questions from the WEMWBS mental wellbeing scale</p> <p>1. <i>I've been feeling optimistic about the future</i> - All three clients scores improved 2. <i>I've been dealing with problems well</i> – All three clients scores improved 3. <i>I've been thinking clearly</i> - All three clients scores improved</p> <p>Two questions from the ‘campaign to end loneliness’ measure</p> <p>1. <i>I have enough people I feel comfortable asking for help at any time</i> - All strongly agree on conclusion 2. <i>I would feel comfortable asking for help from professionals in the future</i> - All strongly agree on conclusion which fulfils our aim to encourage access to support before feeling suicidal in the future.</p>

Learning and what next?

A wellbeing plan is essential for each client, as is a thorough assessment including: emergency contacts, keeping themselves safe, recognising things that help them to stay in a safe place, who to contact in a crisis, removing items available to aid suicide, exploring calming interventions and things that help. Our practitioner engaged in specialist suicide assessment training: Collaborative Assessment and Management of Suicide (CAMS) which is currently ongoing. This project will continue for a further 6 months.

*South Warwickshire Health and Wellbeing Grants
Project Lead: Hayley Sparks, WCC*



Alcester Town Council working with Lifespace nominated for mental health star award by the combined authority, for work to improve the mental health of young people locally in South Warwickshire

Aim

Seed funding to help support a research and training approach to develop mental health resilience in young people in years 10 and 12, promoting early intervention and prevention in 3 local secondary schools in South Warwickshire.

Who did you involve in this work?

Alcester Town Council, Lifespace, CAVA, colleagues from SWCCG, WCC, YOWB and Comms team to promote both take up of funding and also promotion of the work and groups.

What has changed?

- 96 school aged children trained in mental health first aid/ambassador courses
- 50 students participated in research to identify mental health needs in their peer group
- Resources produced to support students
- Mental health workshops for parents

Data and stories

Research identified needs around: mental health issues pertaining to exam pressure, bullying, social media influence, friendship and relationship issues, cyber safety and stereotyping issues.

Evaluation showed increased knowledge and confidence by students around mental health issues and how to support their peers.

Improved attitudes towards mental health

Reduced stigma around mental health issues.

Confidence and skill by students if they encounter a peer with mental health issues.

“I understand it more and how mental ill-health can affect everyone.”
“I feel more confident regarding how to deal with mental health issues.”

Learning and what next?

Further funding secured to develop this programme in additional schools in South Warwickshire.

South Warwickshire Health and Wellbeing Grants
Project Lead: Hayley Sparks, WCC



Parenting Project delivers interventions to over 127 families in South Warwickshire to improve wellbeing

Aim

Funding to expand the Parenting in Mind programme delivered by the Parenting Project – a mental health support network for parents and children across South Warwickshire.

Who did you involve in this work?

Parenting Project, CAVA, colleagues from SWCCG, WCC, YOWB and Comms team to promote both take up of funding and also promotion of the work and groups.

What has changed?

Counselling interventions for up to 18 weeks provided for 84 families/parents.

43 places on workshops supporting parents understanding and confidence regarding their infants' mental health.

Data and stories

Counselling sessions showed improvements in Core 34 outcomes for all referrals looking at client's functioning, problems, wellbeing and risk assessment. With the overall improvement rate of 88% for all the counselling work.

Workshops showed increases in confidence and knowledge re parents' ability to support baby brain development, support recognition of baby states and promote baby mental health.

"I was so glad I was able to have counselling with this service, it has changed every aspect of my life for the better and I would recommend it to anyone."

Learning and what next?

Further funding secured to develop this offer in Rugby and North Warwickshire.

Inside Stories 2
Project Lead: Jenny Davis, Arts Uplift CIC

Creativity Cures!

Aim

Our aim was to improve the lives of adults who were suffering from poor mental health and alcohol or substance abuse through creativity.

Who did you involve in this work?

We involved adults with mental health issues and who were in recovery from alcohol or drug addiction. Partners were CGL and the Recovery and Wellbeing Academy.

What has changed?

Eleven people produced 5 songs/music and 8 pieces of creative writing which expressed their feelings and helped them to feel better and more confident in themselves.

Image



Data and stories

"I have never been able to make it past the first couple of sessions in similar things before, but I found Gav extremely motivating and it meant the course was the highlight of my week. I have not felt like I was really a part of a group like that before."

"I got so much from last night's course. I identified with so much that was said and it gave me hope"

Wemwbs results: 9 out of 11 people improved their score after the course.

Learning and what next?

We have learnt that it is possible to deliver creative courses online and improve well-being, and for some it really benefits them being online. We will continue with other creative workshops that we have got funding for, and the current participants will be invited to join these sessions and continue with their creative journey both face to face and online.

Arty-Folks message 'Your Life Matters' is connecting people at risk

Aim

To support individuals particularly during early evening hours when feelings of loneliness and social isolation are felt more deeply.

Who did you involve in this work?

- Wise Steps Suicide Prevention training
- Participants with low WEMWBS scoring
 - Warwickshire County Council

What has changed?

- Helpline 074 436 436 34 9am-9pm
- WEMWBS data collection
- Staff completed suicide training
- Peer support groups established
- 1:1 mentoring/coaching support

Image



Data and stories

- Project Launch 10.10.20 World Mental Health Day, Come Connect SuperZoom with 12 community groups, attended by 57 visitors in 1 hour.
- 60% of Creative Arts on Referral participants demonstrate low WEMWBS wellbeing scoring, and of those 35% expressed suicidal thoughts in 1:1 conversations.
- Reduced risk of suicide of 24 individuals.
- 35 individuals signposted to other services.

Learning and what next?

We have taken a proactive approach to preventing the risk of suicide of participants accessing Creative Arts on Referral courses and workshops funded by Warwickshire County Council. Participants registering low WEMWBS wellbeing scores are followed up by our trained staff for 1:1 open conversations and ensure they connect to services and peer support groups.

Practise Hope
Ewa Niepsuj, Commissioner,
Kate Sahota, Lead Commissioner, Warwickshire County Council

Practise Hope

Aim

Improving availability and access to primary care support for children, young people and families affected by self-harm and suicide.

Who did you involve in this work?

This work involved liaison with two participating Warwickshire GP practices, service provider 'Olly's Future' and young people who helped to co-produce project resources.

What has changed?

The project is still ongoing and impact is yet to be measured.

Image



Data and stories

The project is still ongoing and data and case studies will be provided once available.

Learning and what next?

The project is still ongoing and next steps will be identified following evaluation of the project impact and how well it met intended aims and objectives.

Suicide Prevention Programme
Project Lead: Tash Dhansay, Sahara (Coventry) Ltd

Suicide Prevention Programme

Aim

Sahara (Coventry) Ltd provided support during Covid crisis - offering help with ensuring clients received vaccinations.

Who did you involve in this work?

Worked with volunteers, new and current.

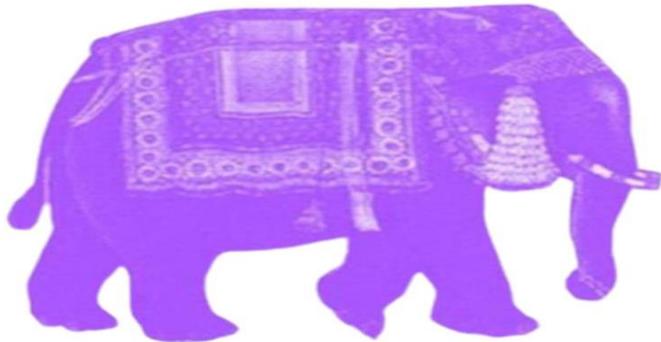
Contacted clients.
Made sure all were vaccinated.

What has changed?

Changed way of contact from face-to-face to telephone.

Now pleased to announce moving back to meeting in person.
New Clients.

Image



Data and stories

30+ clients contacted every week (existing and news).

400+ clients on database – large number contacted / informed of vaccine.

No clients died as a result of Covid!

Learning and what next?

Pandemic brought out skills not used before. Continue to educate clients and families.

Index of projects and contacts:

- Réal Time Surveillance
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- Men's Sheds
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