

Coventry and Warwickshire Suicide Prevention Strategy

Scrutiny Board 5

Content warning

Please be aware that this presentation contains discussion related to suicide.

Please look after yourself and seek help if you need support.

No one should ever feel as though suicide is their only option.

Free support is available 24/7

Immediate risk to life:
call 999 or go straight to A&E

Urgent crisis advice:
call 111 or the NHS Mental Health Access Hubs on 08081 966 798

Confidential emotional and local support:
call 0800 616171



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2. Suicide Prevention Strategy development
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Things to know

Suicide is when an individual intentionally ends their own life

When a sudden death occurs and there is reason to believe the individual died by suicide, it is referred to as a **suspected suicide** until an inquest is carried out and the coroner makes a ruling

Suicide is often preventable

Suicide Prevention is a collection of efforts to reduce the risk of suicide at individual, community and societal levels

Language is important and subtly reflects our own attitudes and influences i.e. avoid “**commit suicide**” and instead say “**died by suicide**”

MYTH	FACT
If someone has a 'good' life, they can't feel suicidal	Anyone at any time in their life can experience thoughts of suicide, regardless of their situation
If you are having thoughts of suicide, you must be 'mentally ill'	Many people who experience thoughts of suicide do not have a diagnosed mental health condition
If I talk about suicide, it might put the idea in someone's head	Having safe conversations around suicide will not make someone suicidal, instead it lets them know you are a person they can reach out to for support
Men don't reach out for support with thoughts of suicide	Lots of men do reach out for support
People bereaved by suicide don't want to talk about their loved one	Most bereaved people still want to share their memories of the loved one they have lost, and celebrate their lives
It's obvious when someone is experiencing thoughts of suicide	There are lots of different signs that someone may be suicidal, some are less easy to spot so it is always best to ask directly
People who say they are suicidal are only 'attention seeking'	Telling someone you are experiencing suicidal thoughts takes a huge amount of courage and should always be taken seriously
There's a set time on grieving a loved one lost to suicide	Bereavement is very personal to the individual and their journey is unique to them. This journey should be respected
Suicide won't affect me	Suicide doesn't discriminate – it can affect anyone at any time
Only the family or friends of someone who's died by suicide can be impacted by their death	No matter how close you were to the person who died – if you need support with your feelings, they are valid and you are deserving of that care

Suicide Prevention across Coventry and Warwickshire

Warwickshire Suicide Prevention Strategy
2016-2020



National NHSE funded Suicide Prevention Programme across Coventry and Warwickshire
2018-2021



Amalgamation of the Coventry and Warwickshire Suicide Prevention Partnerships
2021/22



Delivery planning and partner mobilisation
2023-2024
(first draft Delivery Plan summer 2024)



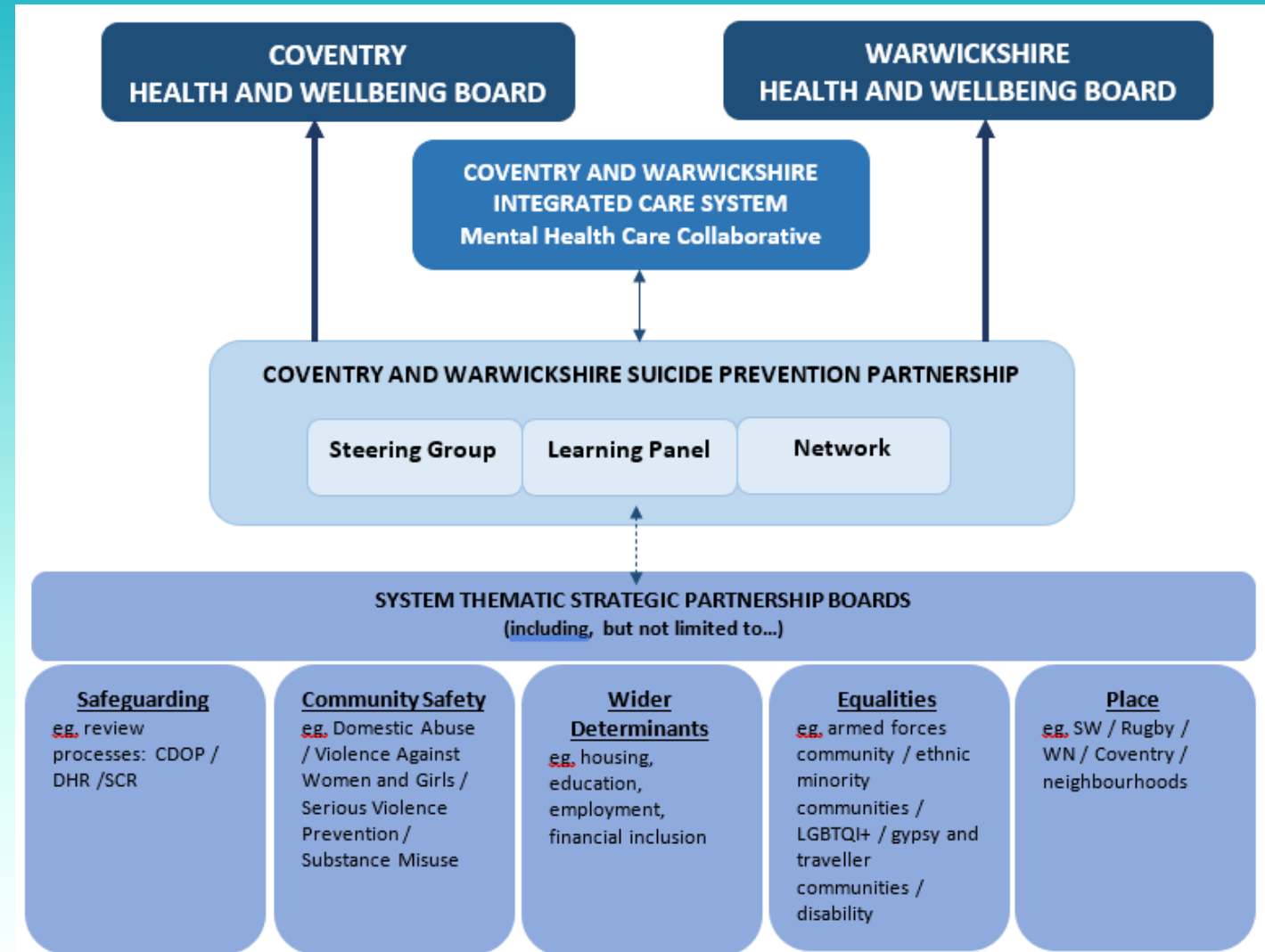
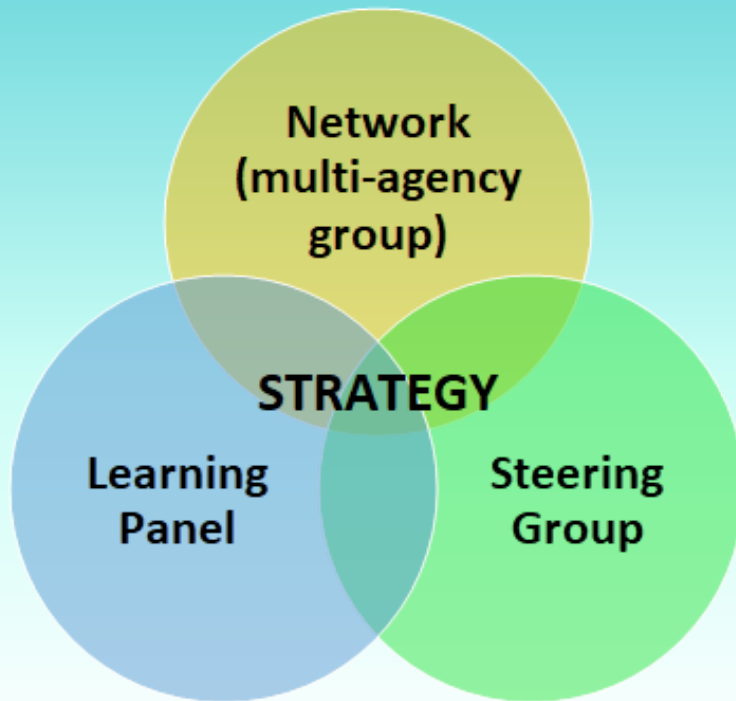
New C&W Suicide Prevention Strategy 2023-2030 endorsed by Coventry and Warwickshire's Health and Wellbeing Boards
January 2023



Stakeholder and public engagement on a new Coventry and Warwickshire Suicide Prevention Strategy throughout
2022

Governance

Coventry and Warwickshire Suicide Prevention Partnership



Coventry and Warwickshire Suicide Prevention Work Programme and delivery priorities

Vision: *what do we want to achieve?*

“To ensure that no one in Coventry and Warwickshire ever feels that suicide is their only option”

Ambitions: *what will this mean?*

- 1. People have access to the information, support and services they need***
- 2. People are confident to talk about suicide***

Priorities: *how will we do this?*

<i>Reducing inequality and addressing gaps</i>	<i>Working towards suicide safer communities</i>	<i>Influencing workplace practices</i>	<i>Sharing data and learning</i>	<i>Maintaining effective partnerships</i>
Target our approach for those groups and communities at a higher risk of suicide	Increase awareness to help change public attitudes about suicide	Promote suicide prevention as a priority within the wider health and wellbeing activity of system partners (public, private, VCSE sectors)	Provide real time data to ensure that prevention activity is targeted in response to locally identified priorities	Facilitate coproduction, collaboration and coordination to maximise the impact of suicide prevention activity across Coventry and Warwickshire

Developing the Delivery Plan...

Coventry and Warwickshire

Suicide Prevention Strategy 2022 – 2030

...the world
is better with
you in it.



No-one in Coventry and Warwickshire should ever feel like suicide is their only option.



HOW: collaboration with...

- People with lived experience
- Partners within the C&W Suicide Prevention Partnership
- Members of the Health and Wellbeing Boards and Place Partnerships
- Members of the Mental Health Care Collaborative, HCP Delivery Board (and evolving ICS structure)
- VCSE MH Alliance
- Thematic local strategic partnerships within C&W

WHAT: identifying gaps and opportunities...

- operationally (where services or activities can address a gap)
- organisationally (where different organisations can embed suicide prevention activity with their business as usual)
- societally (where we can support and build community resilience around mental wellbeing more generally)

WHY: embedding suicide prevention as a system priority...

- Ensuring sustainability
- Raising awareness and challenging stigma
- Improving workforce and community wellbeing
- ...ultimately to reduce the number of people who die by suicide in Coventry and Warwickshire

www.dearlife.org.uk

Delivery Plan

PRIORITIES	SYSTEM COMMITMENTS	KEY DELIVERABLES
<p>Target our approach for those groups and communities at a higher risk of suicide</p>	<ul style="list-style-type: none"> • Interventions for people in MH crisis • Links to Domestic Abuse • Self-harm (CYP) • Bereavement by suicide 	<ul style="list-style-type: none"> • C&W Self Harm Working Group - work programme • DA/Health T&F Group • Re-procurement of Suicide Bereavement Support Service • Crisis alternatives/Safe Havens • Improving the Ambulance response to mental health • NHS 111 mental health crisis option • Increasing awareness of and access to services
<p>Increase awareness to help change public attitudes about suicide</p>	<ul style="list-style-type: none"> • Community awareness raising • Training • Communications • Wellbeing 4 Life (5 Ways to Wellbeing) 	<ul style="list-style-type: none"> • Online catalogue of SP training • Promotion of MHWB support and services • Inclusion of SP messaging in MECC
<p>Promote suicide prevention as a priority within the wider health and wellbeing activity of system partners (public, private, VCSE sectors)</p>	<ul style="list-style-type: none"> • Organisational commitment to SP • Workforce training • Workplace wellbeing 	<ul style="list-style-type: none"> • Deliver a training package for frontline staff • Development of settings based suicide prevention plans • Wellbeing 4 Life Workplace Wellbeing events (x4) • SP Community of Practice
<p>Sharing learning and data to ensure that prevention activity is targeted in response to locally identified priorities</p>	<ul style="list-style-type: none"> • Real Time Surveillance • Cluster response 	<ul style="list-style-type: none"> • Local Cluster Response plan • Annual report
<p>Facilitate coproduction, collaboration and coordination to maximise the impact of suicide prevention activity across Coventry and Warwickshire</p>	<ul style="list-style-type: none"> • Voice of lived experience • Collaborative funding bids 	<ul style="list-style-type: none"> • Provide mechanism for multi-agency networking • Co-design a local SP comms campaign with people with lived experience • Engagement of Warwickshire Place Partnerships in delivery of SP Strategy • Annual Suicide Prevention event aligned to World Suicide Prevention Day

Funding

Activity / project	Amount secured	Status	Provider
Real Time Surveillance System	£120,000k (pa)	RTS Coordinator post permanent (from April 2024) Bereavement Service recommissioned October 2024	Currently CCC and Amparo
Suicide Prevention Community of Practice	£11,000 (one off)	CoP meeting on a monthly basis. Good feedback and expanding membership.	CW Mind
C&W SP codesigned comms campaign	£30,000 (one off)	Initial meeting with providers to establish timeline for delivery. Starting with insight gathering	Rethink
Warwickshire place- based SP delivery	£30,000 (one off)	Project proposals approved for NW / N&B / Warwick. Proposals currently being developed for Stratford and Rugby	SDC / WDC / RBC / NBBC / NWBC
Wellbeing 4 Life: events and promotional materials	£7,000 (one off)	Allocation approved and proposals being developed.	CCC/WCC
Targeted financial advice (high risk groups)	£10,000 (one off) Contribution to a wider project	Proposal submitted and project delivery underway	CAB
Suicide Prevention Training	£30,000 (one off)	Currently being commissioned	TBC

Real Time Surveillance System

A system which facilitates the collection, analysis, and response to deaths by suicide in real-time.

1

Gathering data around suspected suicides in advance of the inquest and act to counter emerging trends

2

Analysing relevant information and disseminating to partners to improve delivery of service

3

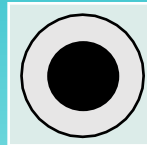
Timely bereavement referrals for next of kin

Suicide Prevention response planning



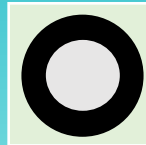
Identification

- Cluster identified through RTS (location, demographics, method, etc.)
- Notifications go out to Public Health Consultants and Suicide Prevention Leads for Coventry & Warwickshire



Core response

- Membership:
 - Local authority representatives, ICB, CWPT, local police force, community team representative
- Detailed information is shared about the cases and any possible links identified
- Preliminary actions are identified and wider membership agreed



Extended response

- Membership:
 - Core group, community resilience, district & borough councils, education, universities, primary care and other related organisations as appropriate
- Information about the cases is shared in less detail with a focus on potential areas of action
- Response plan developed and put into action



Monitoring

- RTS monitoring of the situation and notifications sent out as soon as new cases arise with the same characteristics
- Meetings reconvened to check in on the actions with gradually decreasing frequency for the duration of the cluster

Things we are proud of...

Development of a system wide strategy for Suicide Prevention

Real Time Surveillance of Suspected Suicides Programme

Securing funding for a Suicide Bereavement Service

System wide network with quarterly events/meetings

Supporting CCC employees through Suicide Prevention Training

Hosting a Coventry and Warwickshire Suicide Prevention Conference in September 2023 with over 150 delegates and national speakers

Delivering a Suicide Prevention themed workplace wellbeing event

Learning panel insight including discussion between link between suicide and domestic abuse

Link with Higher Education to look at a consistent offer for that demographic

Self Harm Event held in September 2024

Regional profile

Local approach to potential clusters signed off and has been used effectively

Suicide prevention training opportunities

- Coventry City Council: <https://intranet.coventry.gov.uk/occupational-health-counselling/suicide-prevention-training>
- Papyrus: running 2 free ASIST courses in November:
 - 6th-7th November: <https://www.papyrus-uk.org/training/ec-asist-inclusive-communities-3-cov-warks-1/>
 - 20th-21st November: <https://www.papyrus-uk.org/training/ec-asist-inclusive-communities-4-cov-warks-2/>
- Violet Project: <https://violetproject.co.uk/training-offers>
- CW Mind: <https://cwmind.org.uk/training-2024/sfa/>
- Zero Suicide Alliance Training: <https://www.zerosuicidealliance.com/training>

C&W are commissioning a system wide training offer which should be available January 2025 onwards.

Thank you – any questions?