

DERBYSHIRE HEALTH AND WELLBEING BOARD**11 July 2019****Report of the Director of Public Health****Update on Suicide Prevention****1. Purpose of the Report**

To provide an update to the Health and Wellbeing Board on progress made to prevent deaths from suicide in Derbyshire.

2. Supporting Information

In England, one person dies every two hours as a result of suicide, and the impact on family, friends and local communities can be devastating. The factors that cause an individual to contemplate suicide are complex, but suicides are not inevitable. No single organisation can address all the factors that may contribute towards a suicide, and for this reason, professionals, service-receivers, community groups, volunteers and individuals need to work together to reduce the risks of suicide.

Deaths from suicide in Derbyshire

In 2017 there were 49 deaths from suicide and injury of undetermined injury in Derbyshire. This is a reduction from 86 observed in 2014. However, provisional data for 2018 suggest an increase in the number of deaths observed.

Deaths from suicide are more common in males, accounting for 4 out of every 5 deaths in Derbyshire. The highest rates are amongst those aged 30 to 39 years. Two-thirds of deaths from suicide occur in the home, with other key locations being outdoors (in parks, woodlands, car parks and commercial buildings), and on roads, waterways and railways. Of those deaths that occur outside of the home, the majority occur within 5 miles of the home address. Amongst men, the most common method of suicide is hanging, and amongst women the most common methods are overdose and hanging.

Derby and Derbyshire Self-harm and Suicide Prevention Partnership Forum

The Derby and Derbyshire Self-harm and Suicide Prevention Partnership Forum (DSSPPF) co-ordinates work across Derby City and Derbyshire County to reduce the number of deaths from suicides in Derbyshire, and the impact on families, friends and communities. The DSSPPF has a broad and inclusive membership which includes representatives from Derbyshire County Council, Derby City Council, British Transport Police, Network Rail, the Samaritans, Derbyshire Police, Derby University, local NHS providers and commissioners, and voluntary sector organisations. An annual stakeholder event is held every year to allow a wider range of people with an interest in suicide prevention to influence the work of the Forum.

The DSSPPF oversees implementation of the Suicide Prevention Strategic Framework, which outlines the priorities for reducing deaths from suicide in Derbyshire:

- Reduce the risk of suicide in key high-risk groups
- Tailor approaches to improve mental health and emotional wellbeing 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
- Build the resilience of local communities to prevent and respond to suicides
- Develop approaches to prevent and reduce self-harm

Every year, the Forum identifies a small number of key areas of work to progress. For 2019/20, the following have been identified as priority areas for action:

- Further developing support for those bereaved or affected by suicide. Those bereaved by suicide have an increased risk of suicide themselves, and a pathway will be developed that will allow immediate and longer-term support to those bereaved by suicide
- Establishing a real-time surveillance mechanism. Currently, monitoring of suicide deaths by DSSPPF relies on data that is not available in a timely manner, and only reports deaths from suicide. The Forum would like to establish a real-time surveillance process that will allow the Forum to review information from a range of organisations, to identify incidents of concern (such as a cluster with links within a community, a frequently used location, or a high-profile case) in a timely manner, and to be able to co-ordinate responses across organisations
- Developing a consistent approach to safety planning. Different organisations currently use a variety of safety planning processes to support people identified as being at risk from suicide. Consistency in use across organisations, placing the individual at the heart of safety planning, and promoting online safety plans for those not known to services will increase the effectiveness of their use
- Develop a programme of suicide prevention work for those known to criminal justice. Individuals known to criminal justice settings, both in the community and in prison, are at higher risk of suicide. Work under this action will include exploring options for staff training, promotion of suicide safe messages, reduction in access to means, and supporting implementing learning from reviews of incidents

Key areas of achievement

The following is a summary of key results achieved by the Forum over the last 12 months:

- A refresh of the Suicide Prevention Strategic Framework for Derby and Derbyshire, which now includes a focus on prevention of self-harm to reflect the links between self-harm and suicide
- Developing and distributing resources that promote suicide safe messages to members of the public and professionals. One resource was co-produced by Forum members and a local resident bereaved by suicide
- Delivery of suicide awareness, managing suicidal conversations, and suicide awareness in primary care training courses. The latter was shortlisted for an HSJ Award in Primary Care innovation. There are also an increasing number of organisations investing in mental health and/or suicide prevention training for their staff
- Collaboration with Derby County, Chesterfield, Sheffield FC, Belper Town, and Alfreton Town to promote suicide safe messages on match days for World Suicide Prevention Day. Support material was handed out to approximately 11,000 fans across 5 matches
- Partnership working with Network Rail and British Transport Police to reduce the risk of suicides on the railways within Derbyshire, including national recognition for the response to a number of incidents on the railway in an area of North Derbyshire
- Developing closer working relationships between DSSPPF and the Child Death Overview Panel and Derbyshire Safeguarding Childrens Board, including joint-working in the review of suicides among young people, and sharing the learning from the review
- Increasing the numbers of local staff and volunteers who are part of the Derbyshire Mental Health Network which allows suicide prevention messages, details of training opportunities, resources, and events to be promoted in local networks and communities
- On behalf of Joined Up Care Derbyshire, secured £201,000 funding from NHS England to establish a pathway of support for those bereaved by suicide, to reduce the number of men who die from suicide, and to expand suicide prevention training. The funding will allow a bereavement liaison worker to provide immediate contact with those bereaved by suicide, together with expanding the longer-term support available through local peer-support groups and online support. Focussing on promotion of suicide safe message through sporting and leisure settings, and workplaces will target middle-aged men who may not be willing to access services for support. Finally, the funding will support further development of the suicide prevention training to general practices, and expansion of this training into other health settings.

Opportunities for members of Health and Wellbeing Board

I invite members of the Health and Wellbeing Board to consider the role their organisation can play in the suicide prevention agenda. The following are questions members may wish to consider:

- Does my organisation provide suicide awareness training for frontline staff who have contact with vulnerable individuals who may display emotional distress?
- Are there opportunities for my organisation to promote suicide safe messages on World Suicide Prevention Day (10th September each year)?
- Does my organisation link in to the Derby and Derbyshire Suicide Prevention Forum, and if not is there an opportunity to become involved in the work of the Forum?
- Does my organisation collect information relating to suicide incidents, and could this be shared as part of the development of a local real time surveillance system?
- Are staff members of the Derbyshire Mental Health Network to promote positive mental health and suicide prevention messages to colleagues and customers?

3. Recommendation

That Health and Wellbeing Board members:

- Note the work and achievements of the Derby and Derbyshire Self-harm and Suicide Prevention Partnership Forum
- Note the recognition of the work of the Forum at a national level, including success of the Forum in securing investment from NHS England, which will enable existing work to be expanded at pace and scale
- Recognise the role of the Forum in leading co-ordinated efforts to reduce the numbers of deaths from suicide within Derbyshire
- Consider the role that their organisation can have in suicide prevention

Dean Wallace
Director of Public Health
Derbyshire County Council