

Swindon Suicide and Self-Harm Prevention Action Plan 2019 – 2023 V7 (Draft)

Objective	Action	Owner	Date
1. Reduce the risk of Suicide in high risk groups	<p>1.1. Improving help seeking behaviour in men</p> <p>1.1.1.Campaign to encourage men to talk about their mental health</p> <p>1.1.2.Work with Substance Misuse providers to ensure optimal awareness of mental health and suicide risk of clients. Ensure that Dual Diagnosis clients (substance misuse and mental health are supported and have access to services)</p> <p>1.1.3.Recommissioning of community based mental wellbeing service will take place in January 2020- providers will have to include a focus on engaging men in their KPI's.</p> <p>1.1.4.Continue to provide Men's stress psycho-education course. The course is run once a quarter and teaches techniques to manage stress an also encourages men to open up about their emotions. Promote the course more widely.</p>	<p>Mental Health Co-ordinator SBC</p> <p>Substance Misuse Commissioner</p> <p>Senior Public Health Manager</p> <p>Head of service Lift Psychology</p>	<p>May 19 Complete</p> <p>May 2020</p> <p>January 2020</p> <p>On going</p>
	<p>1.2. Financial problems , debt, gambling and those in receipt of benefits</p> <p>1.2.1.Joint partnership work to devise best practice guide for banks in Swindon regarding managing early signs and</p>	<p>Mental Health Co-ordinator</p>	<p>April 2020</p>

	<p>debt and mental health issues. Raising awareness of local support services to banking staff.</p> <p>1.2.2.Campaign on Suicide Prevention Day 2019 to raise awareness around Debt and Mental Health to the local community.</p> <p>1.2.3. Explore the recommendations within the LGA/PHE guidance on tackling gambling related harm (2018)</p> <p>1.2.4.Ensure staff who support those who are most socioeconomically disadvantages are aware of the suicide risk and know how to respond.</p> <p>1.2.5.Rolling our Mental Health First Aid and other suicide prevention training such as ASSIT to DWP staff</p> <p>1.2.6.Continue links between DWP and support offered by the Samaritans</p> <p>1.2.7.Link with DWP around closure of Honda with regard to recognising suicide risk</p>	<p>SBC, AWP, Metro Bank, CAB, Credit union, SBC housing and Samaritans.</p> <p>Time to change/Mental health co-ordinator</p> <p>Senior Substance Misuse Commissioner</p> <p>Mental Health Co-ordinator</p> <p>DWP, Service Lead</p> <p>DWP Service Lead and Samaritans</p> <p>DWP, District Operations Manager and Mental health Co-ordinator</p>	<p>September 2019</p> <p>September 2020</p> <p>September 2021</p> <p>September 2020</p> <p>On Going</p> <p>September 2019 September 2023</p>
	<p>1.3. Improve community response to working with those in the LGBT community</p> <p>1.3.1.Joint partnership work between SBC sexual health, mental health, domestic abuse as well as local community sector groups. Raising the profile of best practise when working with the LGBT community to engage them in support. Consider implications with regard to culture, faith and social beliefs.</p>	<p>Mental Health co-ordinator SBC, Out of the Can, Swindon Mind.</p>	<p>January 20</p>

	1.3.2.LGBT principles produced to share with wider community around best practice with LGBT community.	Mental Health co-ordinator SBC, Out of the Can, Swindon Mind.	January 20
	1.3.3.Promotion and implementation of the PHE and RCN guidance for nurses on suicide prevention strategies with trans young people and among lesbian, gay and bisexual young people.	Mental Health Co-ordinator and Senior Public Health Manager Children and Young People	Sept 2020
	1.4. Housing and homelessness		
	1.4.1.Ensure those supporting people who are homeless or at risk of homelessness have access to and receive training on mental health awareness. This should include links with 3 rd sector charities and voluntary groups.	Rough Sleeper Project Co-ordinator SBC, housing providers and homeless outreach workers	Jan 2019
	1.4.2.Ensure those who are homeless have access to mental health services	Mental Health Commissioner CCG, SBC, AWP	Jan 2020
	1.4.3.Ensure AWP have a representative on the homeless panel.	AWP service Manager AWP/SBC	Ongoing
	1.4.4.Recommissioning of community based mental wellbeing service will have a specific provision for those that are under local homelessness service.	Senior Public Health Manager SBC/CCG	Jan 20

	<p>1.5. People with a history of self-harm</p> <p>1.5.1.Recommissioning of community based mental wellbeing service will have specific provision for those that have a history of self-harm.</p> <p>1.5.2.See section on self-harm below (7.0)</p>	<p>Senior Public Health Manager SBC/CCG</p> <p>SBC PH, CAMHS, TAMHS, SBC Education</p>	<p>Jan 2020</p>
	<p>1.6. Specific occupational groups, such as doctors, nurses, veterinary workers, farmers and agricultural workers.</p> <p>1.6.1. Targeted work to be established around veterinarians to raise awareness of suicide in this profession.</p> <p>1.6.2.Men’s mental health campaign to be rolled out to GP practices and local veterinarians.</p> <p>1.6.3.Establish links with the construction industry to raise awareness of the risk and opportunities to prevention suicide using the Mindful Employer Network</p>	<p>Mental Health co-ordinator</p> <p>Mental Health co-ordinator SBC, Vets, Practice managers in GP practices.</p> <p>Mental Health co-ordinator</p>	<p>September 20</p>
	<p>1.7. People with a history of mental health problems</p> <p>1.7.1. Continue to work closely with CCG, and secondary care services to monitor and support suicide prevention within secondary care services – including inpatient settings by the implementation of secondary care</p>	<p>Mental Health commissioner CCG/ Senior Public Health Co-ordinator</p>	

	<p>suicide prevention strategies</p> <p>1.7.2.Ensure those with dual diagnosis substance misuse and mental health are identified and have access to support</p> <p>1.7.3.Continue joint working between Lift Psychology and Primary Care Liaison service to support service users with appropriate referrals and treatment.</p> <p>1.7.4.To continue with and review the emotional regulation group work currently provided by Lift Psychology</p> <p>1.7.5.Review links between S136 attendances by the police and subsequent Suicide</p> <p>1.7.6.To commission and implement a crisis café model to support those experiencing a mental health crisis initially for those under care of mental health service but with potential to expand .This is a two year pilot.</p> <p>1.7.7.LIFT Psychology to continue with the Employment</p>	<p>Suicide prevention leads at AWP and Oxford Health.</p> <p>SCCG, Oxford Health NHS Trust, AWP, SBC Public Health Substance Misuse Commissioner SBC, SCCG, SBC PH, Oxford Health, U-turn, Turning Point, AWP</p> <p>Head of Service LIFT/PCLS service manager</p> <p>Head of Service LIFT Psychology AWP LIFT</p> <p>Partnership Sergeant Wiltshire Police, SBC Public health and Wiltshire Steering Group</p> <p>Mental Health Commissioner CCG SCCG, SBC</p>	
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	<p>Support Project (Ends March 2020) with a small team of Employment Advisors to support individuals who present with stress at work; are signed off work; or supporting unemployed people to return to work.</p> <p>1.7.8.To improve and develop personality disorder pathway to include structured clinical management</p> <p>1.7.9.As part of implementing the military covenant ensure accessible mental health treatment for military veterans.</p>	<p>LIFT Psychology Head of Service</p> <p>Mental Health Commissioner BSW Mental Health Commissioner CCG Head of Service AWP.</p>	
	<p>1.8. People in contact with the criminal justice system</p> <p>1.8.1.Review the implementation of NICE guidance with regard to supporting those in the criminal justice setting.</p> <p>1.8.2.Continue to raise awareness of mental health issues among staff within the policy custody unit, the local probation service, substance misuse services and homeless services and encourage them to be vigilant for signs of suicide risk among clients/offender</p> <p>1.8.3. Target community mental health and wellbeing</p>	<p>Interventions Manager Working Links/Senior Public Health Manager</p> <p>Probation, NPS and SBC Partnership sergeant Wiltshire Police</p> <p>Senior Public Health</p>	<p>Dec 20</p> <p>On Going</p> <p>September 2020</p>

	support to those most at risk including those on probation	Manager, CRC, NPS,	
	1.9. People with gambling problems 1.9.1. Commission and implement a service for those experiencing problems with gambling with a specific focus on identified vulnerable groups.	ARA and Substance Misuse Commissioner SBC/Gambling Commission/Recovery for All	Sept 19
	1.10. People with long term conditions 1.10.1. Continue to provide and develop services to support those with long term conditions with group and 1:1 intervention for their mental health – to include pain and fibromyalgia	Head of Service LIFT/Health Communities Manager Lift Psychology/Community Navigators	On going
	1.11. Children Looked after (See section 2 below) 1.12. Older people please see the Swindon Ageing well strategy, Making a good life (currently under development)		
2. Tailoring approaches to improve mental health in specific groups	2.1 Recommissioning of community based mental wellbeing service will take place in January 2020 2.1.1 This will include provision specifically for high risk groups such as; homelessness, transitions (16- 25 years), men, lower level dual diagnosis, those stepping down from AWP. 2.1.2 This will include expectations around the delivery of inclusive service to support those with LD, those from a BME background and those from the LGBT community. 2.1.3 This will include specific services for those who are self-	Senior Public Health Manager SBC/Mental Health Commissioner CCG	January 20

	<p>harming and those bereaved by suicide as well as those at risk of Post Natal Depression.</p> <p>2.1.4 This will include educational workshops and campaigning which highlight the link between mental illness/ risk of suicide with certain groups; i.e. LD, LGBT.</p> <p>2.1.5 This will include providing support for those bereaved by suicide</p>	SBC /CCG	
	<p>2.2 Support local providers to access mental health training.</p> <p>2.2.1 Recommissioning of community based mental wellbeing service will include ASSIST and MHFA training as well as mental wellbeing awareness training such as Connect 5 to support local providers.</p> <p>2.2.2 Ensure GP practices have access to training on suicide prevention and self harm</p> <p>2.2.3 Deliver workshop to GPs through the academy on suicide and self-harm</p>	<p>Mental Health Co-ordinator SBC</p> <p>Deputy Head of Service LIFT Psychology</p> <p>Deputy Head of Service LIFT Psychology, Oxford Health, Mental Health Commissioner CCG, Senior Public Health Manager</p>	<p>Jan 20</p> <p>Ongoing</p> <p>October 19</p>
	<p>2.3 Time to Change Swindon</p> <p>2.3.1 Raise general awareness of mental wellbeing/ suicide prevention in certain groups; LGBT, Men, LD, perinatal</p>	SBC and TTG Steering Group	June 2020

	<p>2.4 Primary care services</p> <p>2.4.1 Improve confidence in those delivering primary care services to identify and support those with suicidal ideation. To include ongoing CPD and support for Psychology Practitioners at LIFT.</p> <p>2.4.2 Ensure primary care professionals are aware of NICE guidance on depression</p> <p>2.4.3 Continue to implement the Crisis care concordat to improve crisis care and prevent crisis ensuring Swindon's engagement in Avon Somerset and Wiltshire Crisis Care Concordat Group</p>	<p>Head of Service LIFT/AWP/Oxford Health/SBC PH/SCCG</p> <p>Mental Health Commissioner CCG SCCG</p> <p>Mental Health Commissioner CCG CCG, SBC and BSW STP Concordat Group</p>	<p>October 19</p> <p>Dec 20</p> <p>On going</p>
	<p>Children and Young People (self-harm prevention under section 7)</p> <p>2.5 Ensure Specialist perinatal mental health service is embedded in the Perinatal mental health pathway</p> <p>2.6 Improve access to specialist perinatal mental health services</p> <p>2.7 Ensure Schools are aware of community mental health and wellbeing service provision for self-harm support</p> <p>2.8 Improve the PSHE curriculum and delivery around mental health and wellbeing. Promote Mind Ed web-based resources</p>	<p>Perinatal Mental Health Steering Group</p> <p>Mental Health Commissioner/Head of Service AWP</p> <p>New service provider</p> <p>Healthy Schools Advisor</p>	<p>January 2020</p> <p>September 2020</p> <p>September 2020</p> <p>September 2020</p>

	<p>2.9 Work with schools and other educational and youth settings to promote awareness of and tackle stigma associated with mental health problems through training. Training should be guided by the HEE self-harm and suicide prevention competency framework for community and Public Health.</p>	Mental health co-ordinator and Health Schools Advisor	September 2021
	<p>2.10 Ensure the needs of those with SEN are considered in the roll out of the above actions and those in section 7. Work with SENDCos and Educational Psychologists in Schools to raise awareness of mental health and wellbeing of those with SEND particularly in relation to dyslexia, autism and related conditions.</p>	Strategic Commissioner for SEND/Children and Young People's Programme Manager	September 2021
	<p>2.11 Tackling bullying or discrimination associated with SEN</p>	SEN Advisor	September 2021
	<p>2.12 Improve the access for children looked after to specialist support for emotional wellbeing by having a specialist mental health post with the Children Looked after team</p>	Designated Nurse CLA, Named Nurse for CLA; Service Manager Permanency	September 2020
	<p>2.13 Ensure those CLA with high SDQs have the appropriate intervention to improve their emotional health and wellbeing</p>	Designated Nurse CLA (CCG)	September 2020
	<p>2.14 Ensure all foster carers have self-harm and suicide prevention training</p>	Named Nurse and Manager Foster Carers	September 2020
	<p>2.15 All commissioned service for CLA should be trained in suicide and self-harm prevention including providers of accommodation for care leavers. They should be aware of and implement the HEE self-harm and suicide prevention competency framework for community and Public Health. (To include Children and Young People care home providers.)</p>	Manager for Permanency Designated nurse for CLA	September 2021

	<p>Dual diagnosis Substance Misuse and mental health</p> <p>2.16 Raise awareness of mental health and suicide risk amongst substance misuse workforce</p> <p>2.17 Develop dual diagnosis pathways between mental health and substance misuse services.</p> <p>2.18 Implement and monitor the actions taken to reduce the harm to children and alcohol-dependent parents as part of the innovation project.</p> <p>Those experiencing Domestic Abuse</p> <p>2.19 Ensure training and support is offered for primary care and other frontline professional staff to improve identification and appropriate referral to support service of those experience DV and DA.</p> <p>2.20 Work with Domestic Abuse support providers to ensure awareness of mental health and the HEE self-harm and suicide prevention competency framework for community and Public Health.</p> <p>2.21 Ensure mental health and domestic abuse service providers are aware of and work in partnership around domestic abuses issues.</p> <p>Those with Long-term Physical health conditions</p> <p>2.22 Continue to implement NICE guidance (CG91) on depression</p>	<p>Mental Health Co-ordinator/ Senior Substance Misuse commissioner (2.16 – 2018)</p> <p>Domestic Abuse Co-ordinator</p> <p>Domestic Abuse Co-ordinator</p> <p>Domestic Abuse Co-ordinator</p>	<p>June 2021</p> <p>September 2021</p> <p>September 2021</p> <p>September 2021</p>
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	<p>in adults with chronic physical health problems buy offering group-based peer support to groups of patients with shared chronic physical health conditions through LIFT psychology</p> <p>Those with learning disabilities</p> <p>2.23 NICE Guidance NG 54 (2016) Mental health problems in learning disabilities; prevention, assessment and management should be reviewed and implemented as appropriate</p> <p>2.24 Ensure those working with people with learning disability are aware of positive ways to promote mental health and resilience.</p> <p>Those with Autism</p> <p>2.25 Ensure Mental health needs are addressed in the Autism JSNA and Strategy under development</p> <p>2.26 Increase awareness of positive mental health for those with autism</p> <p>2.27 Ensure those with autism have access to mental health services</p>	<p>Mental Health commissioner CCG and Service Lead for LIFT.</p> <p>Head of transitions</p> <p>Head of transitions</p> <p>Head of transitions (holding)</p> <p>Head of transitions (Holding)</p> <p>Head of transitions (Holding)</p>	<p>On going</p>
3. Reducing access to means of suicide	<p>3.1 Work with colleagues in planning to embed principled in the rewrite of the local plan</p> <p>3.2 Continue to monitor the method of suicide through the local audit for trends.</p>	<p>SBC PH and Planning</p> <p>Senior Public Health Manager</p>	<p>Dec 19</p> <p>On Going</p>

	3.3 Work with the CCG and local pharmaceutical committee to continue to reduce the means to suicide through prescribed medication. This will include inappropriate use of repeat prescribing and hording of medication.	Prescribing Lead CCG LPC	June 2021
	3.4 Work with British Transport to continue to monitor incidents on the railways	Sergeant BTP/Senior Public Health Manager	On going
	3.5 Wiltshire Police to continue to provide information to public health on incidents in car parks, bridges or other public places with regard to suicide.	Partnership Sergeant Wiltshire Police Wiltshire Police and SBC PH and Car Parks	On going
	3.6 To ensure Samaritans signs up in car parks	Parking Management & Enforcement Highways and Transport Samaritans, SBC Car Parks, SBC PH	On going
4. Providing better information and support to those bereaved or affected by suicide.	<p>4.1 Recommissioning of community based mental wellbeing service will take place in January 2020 and will include a specific service for those bereaved by suicide.</p> <p>4.2 Explore the benefits of real time surveillance</p> <p>4.3 Provide support for those bereaved by suicide through the local SOBS group</p>	<p>Senior Public Health Manager SBC / SCCG/ Third Sector SOBS lead; Partnership Sergeant Wiltshire Police, Mental Health Co-ordinator Police, Primary Care, Community services</p>	<p>Jan 2020</p> <p>January 2022</p> <p>On going</p>

	4.4 Promote Help is at Hand and local community support available in Swindon to relevant parties		April 2020
5. Supporting the media in delivering sensitive approaches to suicide and suicidal behaviour	<p>5.1 Time to Change Swindon- Swindon have been successful in their application to becoming a Time to Change Hub and will work in partnership with local media to promote mental health messages under the Time to Change banner, supporting appropriateness, consistency and professionalism.</p> <p>5.2 Suicide Prevention Day 2019- this will focus on message around debt and mental health awareness. Local media outlets and organisations like the Samaritans will work in partnership to ensure appropriate messaging. (Promote bereavement support)</p> <p>5.3 Mental Health Awareness Week 2019- This will have a focus on Men through the launch of the local men's mental health campaign. Local media will be engaged to support messaging in an appropriate way during this week.</p> <p>5.4 Continue to maintain strong links with local media on suicide prevention and ensure local media are aware of the Samaritans guidance of responsible media reporting of suicide.</p>	<p>Time to Change Steering Group.</p> <p>Mental Health Co-ordinator SBC, Samaritans, CAB.</p> <p>Time to Change Steering Group Comms</p>	<p>June 19</p> <p>September 19</p> <p>May 19</p> <p>Ongoing</p>
6. Supporting research, data collection and monitoring	<p>6.1 Continue to monitor deaths by suicide through the established audit system</p> <p>6.2 Improve links with the Child Death Overview Panel with regard to suicides for those under 18yrs</p> <p>6.3 Improved joint working between CCG, AWP/Oxford Health to review deaths by suicide of those known to mental health services</p> <p>6.4 Review the Swindon Audit process to explore opportunities include additional partners such as probation, safeguarding and Drug Related Deaths.</p> <p>6.5 Continue to support regional PHE led research on self-harm</p>	<p>SBC Public Health</p> <p>SBC Public Health</p> <p>Public Health, CCG, AWP/Oxford Health</p> <p>Senior Public Health Manager</p>	<p>On going</p> <p>December 19</p> <p>March 2020</p> <p>September 20</p>

	admissions to hospitals	PHE, SBC	April 20
	6.6 Consider the benefits of real-time surveillance with Wiltshire CC and Wiltshire Police	Senior Public Health Manager SBC, SBC, WCC, Wiltshire Police	April 20
	6.7 Review and promote the Information sharing and suicide prevention consensus statement published led by the Department for Health 2014	All Partners	September 2020
	6.8 Improve recording of ethnicity on the suicide audit database	Senior Public Health Manager/Suicide Prevention Lead WCC	April 2020
7. Reducing rates of self-harm as a key indicator of suicide risk	7.1 Recommissioning of community based mental wellbeing service will have specific provision for those that have a history of self-harm.	Senior Public Health Manager SBC, CCG	January 2020
	7.2 Develop a consistent approach to self-harm risk assessment and interventions across CAMHS and throughout TAMHS	Clinical Team Manager CAMHS and Senior TaMHS Clinical Practitioner	June 19 ongoing July 19
	7.3 Review and recommend websites and apps which are helpful and supportive for young people to access with a focus on staying safe and prevention self-harm		
	7.4 Roll out Harmless toolkit to support those working with young people to have helpful conversations about self-harm accessing risk and developing care plans and referral if required. Ensure SENCo Champions, designated teachers, special educational Needs and disabilities Information and Advice Support Workers are specifically offered training.	Mental Health Co-ordinator, Service Manager CAMHS, Strategic Commission SEND, SEN Advisor, Designated Nurse CLA, SENDIASS Manager	From June 19

	7.5 Explore the development of pathways between A&E and schools/school nurses regarding self-harm attendance at GWH.	Principle officer health and wellbeing, GWH, and Oxford Health Service Manager	June 2020
	7.6 Develop guidance for schools on post-vention support following a suicide within the school	Lead safeguarding adviser education	December 2019
	7.7 Promotion of the HEE Self-Harm Competencies to make sure professionals working with those who self-harm are aware of and implement good practice	GWH/Oxford Health/Schools nurses Education and Public Health, CCG Commissioners	September 2020
	7.8 Through Time to Change explore options for a Self-Harm and suicide awareness campaign	Time to Change Group and Public Health	September/October 2019
	7.9 Review the implementation of NICE clinical guideline 133 on the long term management of self-harm in people aged over 8 years old.		