

SUICIDE PREVENTION & BEREAVEMENT SUPPORT

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SUICIDE PREVENTION –SYB ICS

- **Real Time Surveillance**
- **Coroners Audit**
- **Bereavement Support**
- **Work With the Media**
- **QES System**
- **Attempted suicides & Self Harm**
- **Suicide in Prisons**

REAL TIME SURVEILLANCE- WHY IS IT IMPORTANT?

Why did we take action?



**Real time decision
prevention planning**

**Improve responsiveness
to suicide & contagion**



**Gather information to help
inform suicide prevention**



**Offer timely
bereavement support**

REAL TIME SURVEILLANCE- WHAT HAVE WE DONE?

What did we do?



**Early alert
system**



**Collect
information
on suicidal
behaviour**



**Multi-
agency
information
sharing**



**Offer of
support
(AMPARO)**



**Learning
panel case
review**

REAL TIME SURVEILLANCE – WHAT HAS THE IMPACT BEEN

What has the impact been?

1 Jan-
31 Mar
2020



Key at-risk
groups
identified



Specialised
support
pathway



40+ bereaved
families
supported

Best Practice Status from Royal College of Psychiatrists

<https://www.rcpsych.ac.uk/improving-care/nccmh/national-suicide-prevention-programme/using-real-time-surveillance>

AMPARO

- Contacted within 24 hours of consent been given
- Offered a appointment with 7 days
- Offers 1:1 and family emotional Support
- Support with the police and coronial process
- Support with dealing with media enquiries
- Support with wider issues such as funeral planning and financial worries



"Somebody arriving at my home who really DID know what was happening to me was wonderful and allowed me to say what I wanted/needed and not just what my visitors felt I ought to be saying"



**"I didn't expect any help or know of any help which I should perhaps be entitled to.
You were an unexpected blessing."**

SOUTH YORKSHIRE CORONERS AUDIT



The
University
Of
Sheffield.

**A review of suicides in South
Yorkshire & Bassetlaw 2018 –
2019: interim report**

THE AFTERMATH OF SUICIDE AND THE ROLE OF MEDIA WORKSHOP

FRIDAY 17TH MAY 2019 - NEW YORK STADIUM ROTHERHAM

IN THE LAST 5 YEARS, 4 FAMILY MEMBERS HAVE TAKEN THEIR LIFE

WRITING MY BOOKS HAS HELPED ME CHANNEL MY FEELINGS

ARTICLES SHOULD END POSITIVELY

PEOPLE NEED TO KNOW THAT SUICIDE EXISTS

WE NEED TO SHARE SUCCESS STORIES BEYOND MENTAL HEALTH

IT NEEDS TO BE RESPECTFUL

THE MEDIA NEEDS TO HELP FAMILIES NOT JUST WRITE STORIES

OUR AMBITION: REDUCE SUICIDE AND SELF HARM

SWICIDE IS THE BIGGEST KILLER OF MEN UNDER 50

BETWEEN 2015-2017 411 PEOPLE TOOK THEIR OWN LIFE

JONATHAN LEE

23 ORGANISATIONS WORKING TOGETHER - COLLECTIVE IMPACT

OUR GOAL: TO ENSURE EVERYONE HAS THE BEST START IN LIFE AND LEADS A HAPPY AND HEALTHY LIFE

IT'S AN OPPORTUNITY TO TALK AND HAVE THE CONVERSATION

HOW WE CAN WORK BETTER TOGETHER

IT'S GOING TO BE POWERFUL...

WE NEED TO KEEP UP TO SPEED

LOCAL STORIES...

ONLINE, PEOPLE WILL OVER IDENTIFY WITH CHARACTERISTICS.

0 MOST VULNERABLE ARE:

- PEOPLE WITH MENTAL HEALTH
- PEOPLE WHO ARE ISOLATED
- YOUNG PEOPLE

↳ SINCE 2010 JOURNALISTS HAVE BECOME MORE AWARE OF HOW TO COVER THE TOPIC OF SUICIDE

SHOWING HOPEFUL STORIES OF RECOVERY IS... POWERFUL

- SHARE LOCAL CASE-STUDIES AND RAISE AWARENESS

SAMARITANS PRIORITY REPORTING CONCERNS

- YOUTH SUICIDE
- SUICIDE CLUSTERS
- NOVEL SUICIDE METHODS
- INVESTIGATIONS
- HIGH PROFILE SUICIDE
- PUBLIC LOCATIONS
- SOCIAL MEDIA

CAN IPSO REMOVE ARTICLES - WE CAN'T TAKE ARTICLES DOWN - I SUGGEST YOU MAKE AN INFORMAL APPROACH TO THE EDITOR

NO ONE REGULATES NETFLIX!

THERE IS MORE WE CAN LEARN...

WHAT HAS HELPED YOU JONATHAN?

- WRITING
- SPEAKING

WHAT IF A JOURNALIST BREACHES REQUIREMENTS? - YOU CAN REQUEST CORRECTION

PUTTING A BARRIER BETWEEN THE PERSON AND INFORMATION

IS REPORTING DIFFERENT BASED ON PRIORITY? - NO, THE SAME RULES APPLY AROUND SENSITIVITY

ODIANNE LEE

THERE'S SO MUCH WE NEED TO DO...

WE WILL CREATE A PLAN

WE NEED TO SHARE THE HOPEFUL STORIES.

I ASK YOU TO HAVE A 'SOMETHING' DAY

- READ
- BE ACTIVE
- TAKE NOTICE
- CONNECT WITH OTHERS
- DO SOMETHING FOR SOMEONE

"WE NEED TO SHARE WHAT WE ARE DOING..."

SUICIDE IN THE MEDIA - LORNA FRASER SAMARITANS

A BIG CULTURAL SHIFT IS NEEDED!

SPEAKING TO ORGANISATIONS & CHANGING CONVERSATIONS

DO WE REALLY KNOW THE IMPACT OF SOCIAL MEDIA?!

DO WE REALLY KNOW THE CONTENT OUR CHILDREN ARE ACCESSING

REFLECT

PARTNERS IN OTHER SECTORS CAN HELP

SUPPORT EXPERTISE IS OUT THERE

HEARING STORIES KEEPS US GROUNDED

HOW MUCH OF THE MEDIA IS DRIVEN BY OUR NEED AS CONSUMERS?

TRAINING OF JOURNALISTS IN NEWSROOMS

EDITORS CODE OF PRACTICE:

- ACCURACY
- PRIVACY
- INTRUSION INTO GRIEF AND SHOCK
- SENSITIVITY
- REPORTING OF SUICIDE
- SYMPATHY & DISCRETION

IPSO - NEWSPAPER AND MAGAZINE REGULATOR

- OFFER HELP TO THE PUBLIC ABOUT CONCERNS ABOUT BEING CONTACTED BY JOURNALISTS
- WE ARE KEEN TO SUPPORT JOURNALISTS AND HOW THEY REPORT

200 BRITISH SCHOOL CHILDREN TAKE THEIR LIVES EACH YEAR

SOCIAL MEDIA AND THE IMPACT ON YOUNG PEOPLE - RACHEL GILLOT

THE GOVERNMENT ARE STARTING TO TAKE NOTICE

HOW CAN WE REDUCE HARM IT INFLUENCES?

JOIN OUR VIRTUAL CLUB

IT IS LIFE OR DEATH

INSTAGRAM HELPED KILL MY DAUGHTER

CONTENT ENCOURAGES SELF-HARM WHICH LEADS TO SUICIDE

IT TAKES EVERYONE!!

STANDARDISE TOP TIPS FOR PARENTS

SHARE GOOD PRACTICE WITH PARENTS AND FAMILIES

SHARE POSITIVE STORIES ACROSS AREA

ONLINE PEOPLE PORTRAY DIFFERENT LIFESTYLES

HOW DO YOU KNOW IF YOUR CHILD HAS SET UP A FAKE ACCOUNT AND LIED ABOUT THEIR AGE?

THERE'S PRESSURE TO 'BE PERFECT'

WHAT DO WE DO ABOUT THE DAMAGING WORDS PEOPLE ARE SEARCHING FOR?

WE ARE DEVELOPING A SAFE GUARDING CURRICULUM IN SHEFFIELD WITH A HEALTHY RELATIONSHIP FOCUS

South Yorkshire and Bassetlaw Integrated Care System

DO WE REALLY KNOW WHAT OUR KIDS ARE ACCESSING ONLINE??

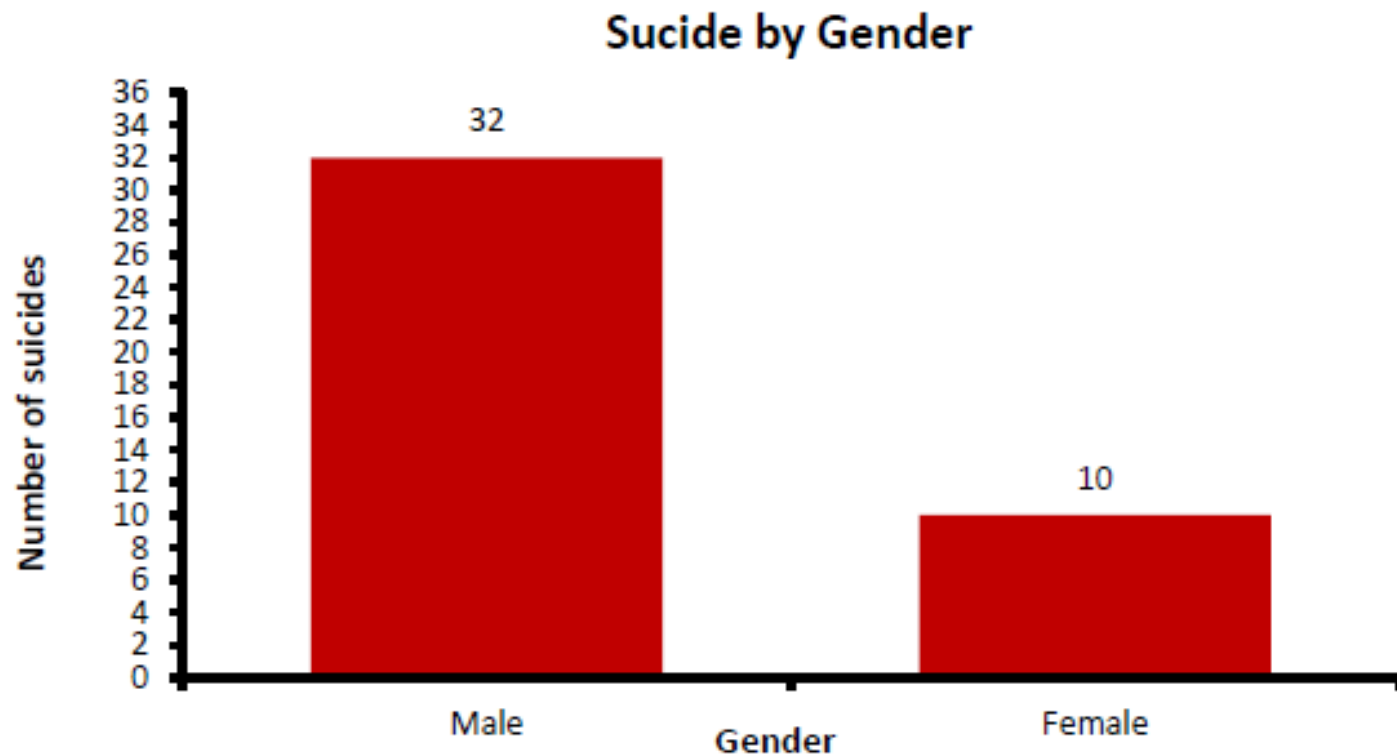
INKYTHINKING.COM



SUICIDE PREVENTION AT PLACE

- Suspected Suicide Learning Panels
- Attempted Suicide follow up service
- Attempted Suicide Deep Dive
- Suicide Innovation Grants
- Mental Health & Suicide Prevention Training (secured Funding for another 2 years)
- #AlrightPal?
- CYP & Bereavement
- Suicide Contagion Planning for Schools

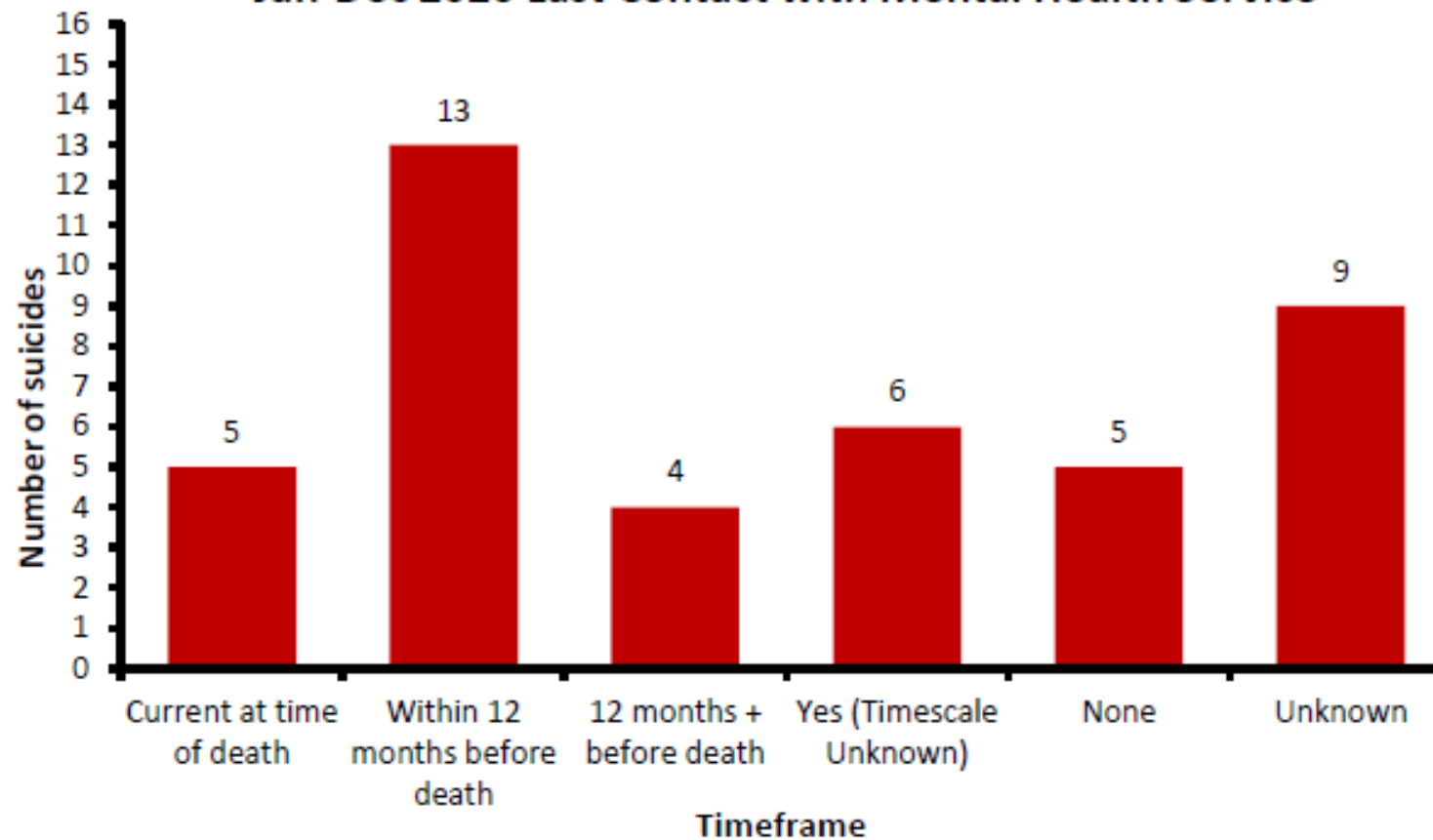
SUSPECTED SUICIDE LEARNING PANELS



Of the 42 Barnsley suicides in 2020, 76% (32) have been men, and 24% (10) have been women. This is consistent with the ratio across previous years in Barnsley, and with the national ratio between men and women.

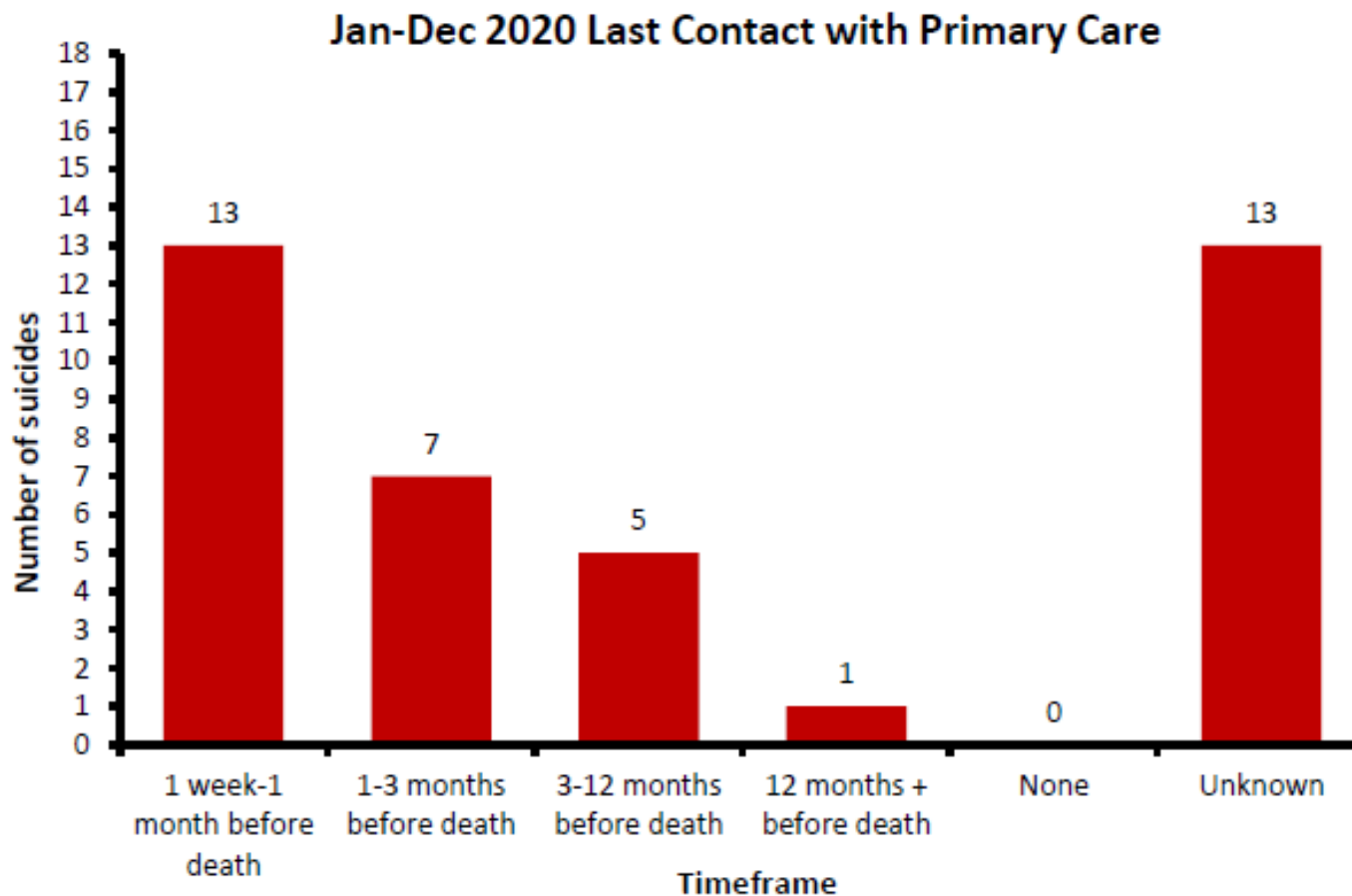
SUSPECTED SUICIDE LEARNING PANELS

Jan-Dec 2020 Last Contact with Mental Health Service



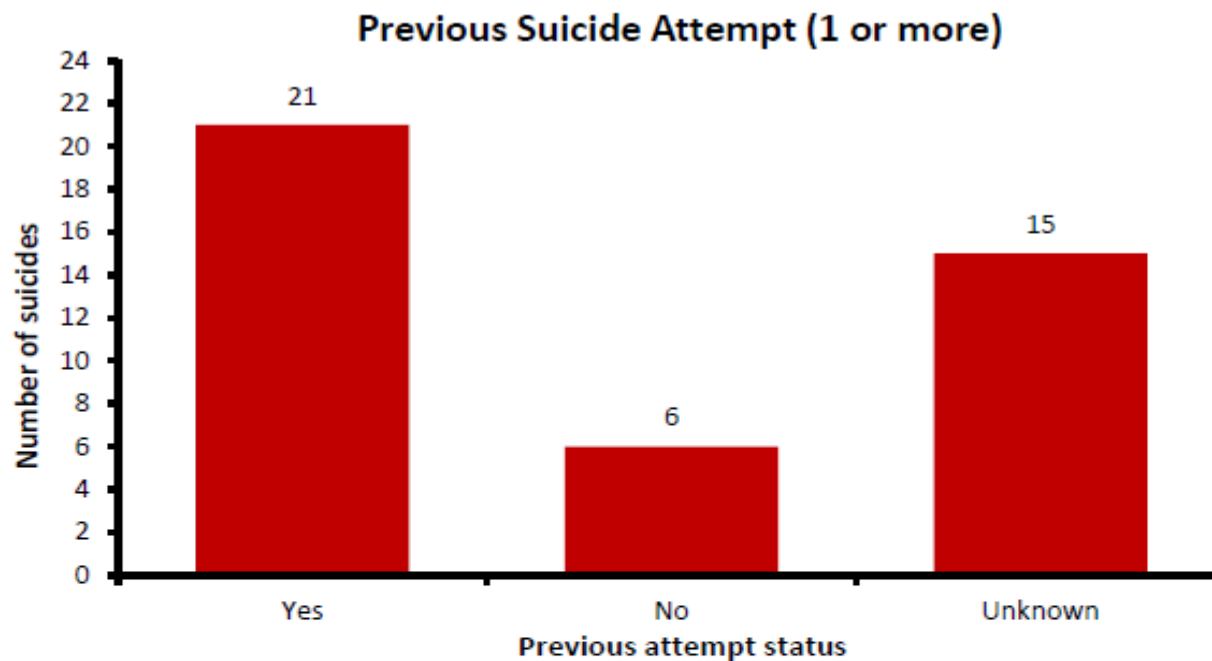
Over a third (43%) of cases in 2020 have had contact with a mental health service within the 12 months before their death. Of the 42 cases, 28 (67%) had contact with mental health services at some point prior to their death.

SUSPECTED SUICIDE LEARNING PANELS



Almost half (20) of the 42 people had last had contact with primary care within the three months before their death, with almost a third of cases having had contact within one month.

SUSPECTED SUICIDE LEARNING PANELS



We know that half of the people who took their own life in 2020 had attempted to do so at least once previously. Additionally, some of the 'unknown' cases are categorised as such due to either being new cases with information yet to be received, or cases where organisations in receipt of a confidential enquiry form hold no information on the person in question. Other 'unknowns' may be recorded when there has been a history of self-harm but no specific mention of attempted suicide. When a 'No' is recorded, there is likely no history of self-harm, mental health condition, or substance misuse. However, this isn't to say that those individuals categorically haven't attempted suicide at some point previously. Further analysis is currently underway that focusses on the details and circumstances of the 34 people that had been known to attempt to take their own life once or more before actually doing so. These cases date back to January 2018.



ATTEMPTED SUICIDE FOLLOW UP SERVICE

- To ensure patients are followed up after a suicide attempt
- It will allow a more timely intervention for those who may normally have to wait a substantial amount of time for access to secondary care
- It will aim to pick up others who may not hit thresholds for certain services as well as those who aren't known to services and perhaps self discharge or abscond A&E after an attempt on their life.
- The aim will be to discharge clients back to their GP. Both patient and GP will receive a discharge plan signed by both the client and service
- Patients & their families will be offered the service for 5 weeks (there will need to be some flexibility).
- Aside from individual psychosocial interventions, clients will be offered practical problem solving interventions/support, including signposting to Third Sector/Voluntary Organisations.
- The aim would be to see/contact the clients on at least two occasions a week.
- Referral into mental health services is an option to be considered at all times when risk or longer term treatment options are identified.

LISTENING EAR – BEREAVEMENT HELPLINE

- Initial assessment and a support plan developed.
- 6 appointments of one to one telephone support. These are open-ended and will take place weekly. Calls may last between 30 and 45 minutes.
- Information, emotional and practical support
- links to other Local information will be available regarding current funeral processes

**1st January 2021 to 30th
January 2022**



BEREAVEMENT SUPPORT

#coronavirus

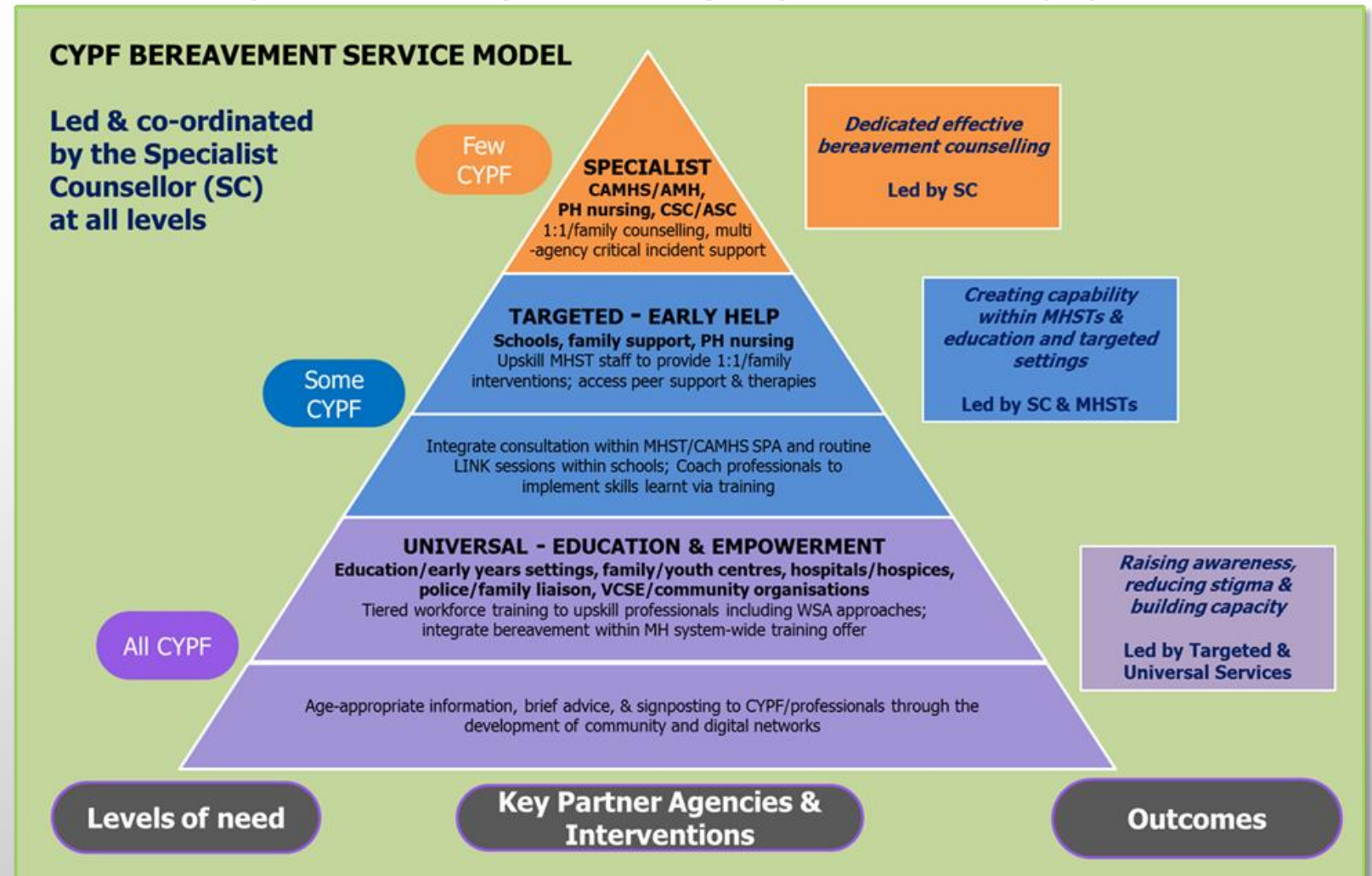


Support for those who are bereaved during the coronavirus pandemic.

Contact the team on **0800 048 5224** or visit **listening-ear.co.uk/refer**

BARNSELY
Metropolitan Borough Council

CYP & FAMILIES BEREAVEMENT SERVICE - COMPASS





POINTS FOR CONSIDERATION

- How can we secure long term funding for suicide prevention in Barnsley. NHS England Funding will all be now allocated by end of year. Discussions happening at ICS level but no long term commitment has been made to continue some of this work.
- Is it possible to get Primary Care input at SSLP's? This could give some vital insights to people who present at their GP's who are struggling with their Mental health.
- How can we build bereavement support into current infostructure and services? Complex and misunderstood area but leads to lots of wider societal issues; Poor mental health, worklessness, debt, loneliness, social isolation, ACE's.
- How can follow up after suicide attempts be embedded as part of practice standards after the pilot has concluded.