

## Suicide Prevention Plan 2019-20 – draft

| Action & Topic Area  | Lead partner/s                                 | Status & timescale | Progress   | Closed |
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| <b>PREVENTION - Reducing Suicide Rates</b>   |  |                    |  |        |
| <b>Data on suicide and self-harm</b>   |  |                    |  |        |
| <p>1. Capitalising on the Thrive London Suicide Prevention work:</p> <ul style="list-style-type: none"> <li>To implement local use of the information exchange portal to facilitate sharing of information about suspected suicides and enable local suicide prevention planning, postvention and support for the bereaved.</li> <li>To review our plans for suicide audit in light of London level work with Coroners' Office.</li> </ul> | <p>Thrive London and locally Public Health</p> | <p>Ongoing</p>     | <p>We are currently involved in user testing as part of the development of the Thrive London Information Sharing Hub with the expectation of launch later in the year.</p> <p>The Thrive team is engaging with coroners across London with a view to establishing consistent arrangements for information sharing and audit.</p>   |        |
| <p>2. Continue to improve local intelligence by ensuring:</p> <ul style="list-style-type: none"> <li>Access to British Transport Police Data (BTP)</li> <li>Exploring potential sources of data with London Ambulance Service (LAS), the Council's regulatory services and Green Spaces.</li> </ul>  | <p>British Transport Police, Public Health</p> | <p>Sept '19</p>    | <p>British Transport Police and London Ambulance data has recently been accessed and arrangements clarified to ensure timely input to the annual review of suicide data in future.</p> <p>Conversations with Green Spaces indicate that they do not hold data to inform suicide prevention. Opportunities for the provision of training and support for park attendants is</p> |        |

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|   |  |                        | <p>being explored recognising that previous suicides have occurred at these sites.</p> <p>We have requested police data but this information is held centrally and currently there is no data sharing process in place. Discussions with the police relating to this are ongoing.</p>  |  |
| <b>Communications and campaigns</b>   |  |                        |  |  |
| <p>3. Tackle the stigma associated with mental health problems and the barriers to seeking support through a local mental health campaign. This will dovetail with Time to Change and the Samaritan's "It's OK to talk" campaigns.</p>  | <p>Public Health, VCSE</p>               | <p>Throughout 2019</p> | <p>Public Health has commissioned a community organisation and a specialist film producer to engage with local residents and produce social media content to raise awareness of mental health, promote mental wellbeing, self-care and supportive communities through a Thrive Barnet Campaign.</p> <p>The content will be shared widely through social media and other platforms to generate public conversations about mental health and build community action.</p> |  |
| <p>4. Raise concerns about irresponsible reporting of deaths resulting from self-harm in the local press with Samaritans as these occur; and engage with the local media where appropriate to ensure that deaths are reported in line with the Samaritans media guidelines.</p> | <p>ALL partners to monitor and raise</p> | <p>Ongoing</p>         | <p>None reported so far this year.</p>   |  |

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| <p>5. Engagement with at-risk groups to identify opportunities for targeted support including:</p> <ul style="list-style-type: none"> <li>- Lesbian Gay Bisexual Transgender (LGBT) people</li> <li>- Looked After Children (LAC),</li> <li>- People from Eastern Europe</li> <li>- People with Autism</li> <li>- People who are at risk of reoffending.</li> </ul> | <p>Public Health, Community Safety, VCSE, Family Services</p> | <p>March 2020</p> | <p>2 LBGT organisations have been engaged and they include suicide prevention materials on their website.</p> <p>The opportunities for collaboration with Looked After Children, Care Leavers and Young Offenders teams is being explored.</p> <p>A workshop focusing on Autism and suicide will be scheduled in the Autumn with the Learning Disabilities Lead Commissioner and Barnet Mencap.</p> <p>The September 2019 CommunitiesTogether Network meeting will be themed around mental health. We will include suicide prevention and discuss opportunities for engagement with higher risk communities.</p> |  |
| <p><b>Access to means</b></p>   |   |                   |  |  |
| <p>6. Review data to identify any potential hot spots in the Borough and emerging issues with regard to means.</p>  | <p>PH, BTP</p>  | <p>Ongoing</p>    | <p>Latest British Transport Police data does not provide evidence of any hot spots in the borough.</p>   |  |
| <p><b>Pathways and access</b></p>   |   |                   |  |  |
| <p>7. Establish pathway for those bereaved by suicide to receive a copy of “Help is at Hand”</p>  | <p>PH, Police, LAS,</p>                                       | <p>Sept 19</p>    | <p>Further engagement with police services will take place once the Thrive information sharing</p>   |  |

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| <p>within 48 hours/ where possible, when contact is first made with the family/friend of the deceased individual.</p> <p>Provision of Making Every Contact Count (MECC) online training to Police.</p> | <p>Bereave ment Service</p> |                 | <p>hub arrangements are clarified and the development of an NCL post-vention support service is confirmed. Both of these developments will significantly change the local opportunities for targeted support of those bereaved by suicide.</p> <p>MECC online training is to be shared with police.</p>  |  |
| <p>8. Understand the response from crisis resolution home treatment team following inpatient discharge.</p>  | <p>CCG, BEHMHT</p>          | <p>Sept 19</p>  | <p>Patients identified as requiring CRHTT follow up are reviewed the same day and provided with a follow up plan.</p> <p>The Crisis Resolution and Home Treatment Team (CRHTT) policy is currently under review and any changes will be disseminated to the suicide prevention group within the next quarter.</p>  |  |
| <p><b>Incident review</b></p>  |                             |                 |  |  |
| <p>9. Improve current practice in response to suicide in primary care with a view to developing good practice guidance locally.</p>  | <p>CCG, BEHMHT</p>          | <p>March 20</p> | <p>The Samaritan's 2019 report on "Strengthening the Frontline: Investing in primary care for effective suicide prevention" is being circulated to all GPs via the GP bulletin. Interested GP colleagues are being requested to engage with a local review involving the CCG clinical lead for mental health, public health and interested partners.</p> |  |

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|  |  |          | <p>BEH Mental Health Trust have indicated a willingness to provide training where this is helpful.</p> <p>The review will include consideration of arrangements to support patients after discharge from hospital following a suicide attempt.</p>  |  |
| <b>Children and Young people responding to self-harm</b>   |  |          |   |  |
| 10. Embedding the suicide prevention tool kit in local schools.  | Schools, BSCB working group            | Sept 19  | A wellbeing policy including self-harm and suicide is to be given to all Resilient Schools and will be added to the Resilient Schools Webpage by Sept 2019. This may be used as a 'standalone' policy or as a link within the Safeguarding Policy.  |  |
| 11. Review safety planning at the point of discharge from the acute services and communicate arrangements to schools and primary care colleagues | Thematic review working group, PH, CCG | Sept 19  | <p>Safety planning guidance has been reviewed by a thematic review working group. Clinical colleagues are presently identifying how to share this guidance and ensure its application.</p> <p>A joint workgroup session between NHS and education colleagues will be conducted by Sept to ensure awareness of these arrangements.</p> |  |
| 12. Establish a local response to e-safety issues relating to suicide  | PH, Children and Families              | March 20 | All schools address e-safety as part of their curriculum and many secondary schools offer a parent talk about to support families. We are exploring particular reference to suicide   |  |

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|   |   |          | prevention.  |  |
| <b>Training</b>   |   |          |  |  |
| 13. Map existing training (MECC, Mental Health First Aid, Perinatal Mental Health) with a view to promoting access.   | PH                                      | Sept 19  | A review of nationally and locally available training is underway to be shared with partners by Sept 2019  |  |
| 14. Review uptake of training   | All                                     | March 20 | A survey of training needs and current provision will be completed by March 2020   |  |
| 15. Identify training for GPs and GP surgery staff on awareness of suicidality and safety planning. Such training should include awareness of at risk groups. | PH,<br>BEHMHT,<br>CCG                   | March 20 | To follow review of current practice in primary care (action point 9 above).   |  |
| <b>POSTVENTION - Provide better information and support for those bereaved or affected by suicide</b>   |   |          |  |  |
| <b>Bereavement support</b>  |   |          |  |  |
| 16. Take part in the commissioning of the new North Central London (NCL) post-vention service and ensure utilisation in Barnet.                               | PH                                      | March 20 | North Central London submitted a proposal to NHSE and we are now awaiting confirmation of funding.   |  |
| 17. Establish a pathway for offering support to people who are bereaved by suicide.   | Thrive<br>London,<br>NCL, PH,<br>Police | March 20 | This will be developed in line with the new NCL post-vention service and the Thrive information sharing hub.   |  |
| 18. Develop a post-vention support check list based on local experience of incidents  | Thematic<br>review<br>working           | March 20 | A workshop will be held following the completion of action 11 above on safety planning at the point of discharge. Post-vention arrangements will also be informed by |  |

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|  | group |  | the NCL post-vention service and Thrive information sharing hub. |  |
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