

	<b>Health and Wellbeing Board</b> <b>15 July 2021</b>
<b>Title</b>	<b>London Borough of Barnet</b> <b>Suicide Prevention Strategy 2021-2025</b>
<b>Report of</b>	Director of Public Health and Prevention
<b>Wards</b>	All
<b>Status</b>	Public
<b>Urgent</b>	No
<b>Key</b>	No
<b>Enclosures</b>	London Borough of Barnet Suicide Prevention Strategy 2021-2025.
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<b>Summary</b>	
<p>The Barnet Suicide Prevention Strategy 2021-2025 provides an update to the Barnet Suicide Prevention Action Plan 2019-2020. The overall strategic intention is that every year, the number of Barnet residents lost to suicide falls.</p> <p>The strategy was co-produced with the multi-agency Barnet Suicide Prevention Partnership to be appropriate to the national and our local context, to be insight-led, informed by evidence of what works, and importantly to be practical, achievable, and effective.</p> <p>The strategy organises our whole-system suicide and self-harm prevention response under three themes: our foundation for action, prevention, and postvention activities. Under these themes we have identified eight areas within which we can act to improve our prevention efforts:</p> <ul style="list-style-type: none"> <li>• Insights from data, research, and people with lived experience</li> <li>• Leadership and collaboration</li> <li>• Awareness</li> <li>• Interventions</li> <li>• Services &amp; Support</li> <li>• Wider determinants of mental health and wellbeing</li> <li>• Bereavement support</li> <li>• Community response</li> </ul> <p>Within each area, this strategy defines one aim and several objectives that we will strive to achieve over the four-year duration of the strategy. The strategy includes the first biennial action plan (2021-2023) outlining the priority suicide prevention activities agreed by Partners of the Barnet Suicide Prevention Partnership. To ensure that over the lifetime of the strategy our actions remain focussed yet responsive to emerging insights, we intend to collectively review our priorities and form a second biennial action plan in 2023.</p>	

## **Recommendations**

- 1. That the Board discuss and note the report.**
- 2. That the Board receive an annual update in 2022 and 2023 following a review of progress against the 2021-2023 action plan.**
- 3. That the Board receive the 2023-25 action plan in 2023.**

### **1. WHY THIS REPORT IS NEEDED**

- 1.1 This report outlines the approach the Barnet Suicide Prevention Partnership intends to take to improve suicide prevention in Barnet through local activities and joint working with sector and regional partners.
- 1.2 The death of someone by suicide is a tragedy that has devastating effects across families, friends, schools, workplaces, and communities. In the last four years for which we have data (2016-2019), Barnet lost 89 people to suicide: on average one person every sixteen days. The annual four-year rolling average for 2016-2019 was 22. The suicide rate in 2019 for England and Wales is the highest in men since 2000, the highest in women since 2004, and the highest recorded in 10-24-year-old women since 1981. In Barnet, the suicide rate rose through 2014 to 2017, and has since fallen with rates in 2018 and 2019 consistent with those seen during 2002 to 2013.
- 1.3 We are currently gripped by a health and economic crisis caused by COVID-19, of which the long-term effects on physical health, mental health and prosperity are unknown. This strategy recognises the potential for COVID-19 to increase suicidal behaviour due to the negative impact of the pandemic and associated restrictions on mental wellbeing, and the already evident increase in multiple risk factors for suicide and self-harm such as bereavement, social isolation and loneliness, domestic violence, and unemployment. Following previous recessions where there has been high unemployment, rates of suicide have increased. Mitigating the negative impact of the pandemic on the lives of people in Barnet is an urgent necessity.
- 1.4 The Barnet Suicide Prevention Partnership has produced annual action plans for suicide prevention since 2014, which are reviewed annually by the Barnet Health Oversight Scrutiny Committee. The Barnet Suicide Prevention Strategy 2021-2025 was developed to move to a longer-term strategic approach to suicide and self-harm prevention in Barnet.
- 1.5 Development of a local suicide prevention strategy is a recommendation by the National Institute for Health and Care Excellence (Guideline 105: Preventing suicide in community and custodial settings). The need for a local strategy is set out in the government's national strategy for preventing suicide in England and is a key recommendation in 'the Five Year Forward View for Mental Health'.

### **2. REASONS FOR RECOMMENDATIONS**

- 2.1 To ensure the resources available to the multi-agency Barnet Suicide Prevention Partnership have the greatest impact by taking a longer-term strategic approach to suicide prevention activities.

### **3. ALTERNATIVE OPTIONS CONSIDERED AND NOT RECOMMENDED**

- 3.1 None.

#### **4. POST DECISION IMPLEMENTATION**

- 4.1 Public Health and the Barnet Suicide Prevention Partnership partners will begin implementing the actions described in the action plan. The Partnership will meet formally twice-yearly to discuss progress against actions and course corrections.
- 4.2 Public Health will report on progress against the Suicide Prevention Strategy to the Health and Wellbeing Board; the Health Oversight Scrutiny Committee will also be briefed as requested.
- 4.3 The Barnet Suicide Prevention Partnership will develop and agree a second biennial action plan for 2023-2025 by 2023.

#### **5. IMPLICATIONS OF DECISION**

##### **5.1 Corporate Priorities and Performance**

- 5.1.1 The Barnet Corporate Plan 2021-2025 includes the aim to be the healthiest borough in London by focussing on mental health and wellbeing. This includes a commitment to support the mental health of children and young people and adults, including prevention, early identification of mental health issues, increasing mental health awareness, appropriate access to mental health support from mild to crisis.
- 5.1.2 The Health and Wellbeing Strategy includes focus on improving mental health and wellbeing for all and makes specific reference this Suicide Prevention strategy.
- 5.1.3 The Joint Strategic Needs Assessment identifies the suicide rate and rate of hospital admissions for self-harm in Barnet and compares this with the national and London rate.

##### **5.2 Resources (Finance & Value for Money, Procurement, Staffing, IT, Property, Sustainability)**

- 5.2.1 Suicide prevention is delivered within existing staffing and financial resources in Public Health and Partner agencies such as NHS, Local Authority, Police, Voluntary and Community sector organisations who are funded from diverse sources and for a wide range of purposes.
- 5.2.2 North Central London Suicide Prevention activities are funded from awarded NHS England Suicide Prevention Wave 3 funding.

##### **5.3 Social Value**

Not applicable

##### **5.4 Legal and Constitutional References**

- 5.4.1 Barnet Council Constitution, Article 7 – Committees, Forums, Working Groups and Partnerships, Health and Wellbeing Board responsibilities:

(2) To agree a Health and Wellbeing Strategy (HWBS) for Barnet taking into account the findings of the JSNA and strategically oversee its implementation to ensure that improved population outcomes are being delivered.

(3) To work together to ensure the best fit between available resources to meet the health and social care needs of the whole population of Barnet, by both improving services for health and social care and helping people to move as close as possible to a state of complete physical, mental and social wellbeing.

(5) Specific responsibilities for overseeing public health and promoting prevention agenda across the partnership.

## **5.5 Risk Management**

5.5.1 The Barnet Suicide Prevention Strategy 2021-2025 requires collective effort across the multi-agency Barnet Suicide Prevention Partnership (BSPP) to reduce the number of lives lost to suicide in Barnet. If the council or partners do not engage with the strategy and progress their actions, it may lead to poor overall delivery of the 2021-23 Action Plan. Poor engagement may also lead to failure to agree a 2023-2025 Action Plan. This could have a detrimental impact on local suicide and self-harm prevention.

5.5.2 The following controls and mitigations are in place:

5.5.2.1 The multi-agency Barnet Suicide Prevention Partnership was consulted throughout initial strategy development and co-owns the strategy and action plans.

5.5.2.2 The Barnet Suicide Prevention Partnership meets twice-yearly to re-engage partners, align activities, and implement changes based on new insights.

5.5.2.3 The strategy includes by design a requirement for all partners to re-engage in 2023 to assess progress, re-prioritise and agree the Action Plan for 2023-2025.

5.5.2.4 The Barnet Suicide Prevention Strategy is presented to the Health and Wellbeing Board and included in Barnet's Health and Wellbeing Strategy. Partners' progress against the action plan is reported annually to the Health and Wellbeing Board and Health Overview Scrutiny Committee as requested.

5.5.2.5 Barnet's Council's Suicide Prevention activities are supported by the North Central London Suicide Prevention Strategy Group and its activities.

## **5.6 Equalities and Diversity**

5.6.1 Nationally there are variations in suicide rates by age, gender, disability, maternity, and sexual orientation. This strategy is cognisant of the disparity in the risk of suicide across different groups with protected characteristics and aims to address this disproportionate risk through targeted actions for high-risk groups.

## **5.7 Corporate Parenting**

5.7.1 It is intended that the suicide prevention actions in this strategy improve the mental wellbeing and reduce the risk of self-harm and suicide for children and young people including children in care.

## 5.8 **Consultation and Engagement**

5.8.1 This strategy was co-produced with the Barnet Suicide Prevention Partnership through a series of workshops and written consultation.

5.8.2 The group comprises a broad range of local partners including representatives from the Barnet Clinical Commissioning Group, Police, NHS Health Trusts, Barnet Enfield and Haringey Mental Health Trust (BEHMHT), Children's and Adult Social Care, Voluntary and Community Sector, and people with lived experience of suicide.

## 5.9 **Insight**

5.9.1 Our strategy, prevention framework, aims, objectives and actions are built upon the national evidence of the risk factors for suicide and self-harm, 'what works' for prevention, and insights from local and national data such as suicide rates, rates of emergency admissions for self-harm, and indicators of the wider determinants of mental health and wellbeing. The insights, evidence, and policy context which informed this strategy are described in the report Appendix.

## 6. **BACKGROUND PAPERS**

6.1 [Suicide Prevention Plan Update, Health Oversight Scrutiny Committee, 5<sup>th</sup> October 2020.](#)

<https://barnet.moderngov.co.uk/ieListDocuments.aspx?CId=179&MID=10208>