



East Ayrshire Suicide Prevention Action Plan 2019-2020

Hear to Listen (Ayrshire)

Here to Listen (EAC)

Our Vision:

H – Humanity - People at the heart of everything we do

O – One life too many

P – Plans disrupted

E – Everyone empowered to prevent

Introduction

This is our East Ayrshire Choose Life Action Plan; it sets out our shared priorities for improving suicide prevention and identifies actions to be carried out in 2019- 2020 to help achieve positive outcomes in our communities.

Successfully delivering this plan contributes to achieving:

- Scotland's Suicide Prevention Action Plan Every Life Matters (ELM)
- the Community Plan: [Wellbeing Delivery Plan 2018-21](#);
- East Ayrshire Mental Health Strategic Plan
- The Ayrshire Mental Health Strategy
- Ayrshire Choose Life Action Plan.

These documents set out the strategic context and direction in detail and there is no requirement for this Plan to repeat this information. The actions in this plan have all been aligned to and are consistent with the national and Ayrshire action plan.

This plan contributes to the national target of reducing the rate of suicide by **20%** by 2022.

It will ensure a focus on the 5 Ayrshire priorities for suicide prevention identified which are to:

- Identify high risk Groups and agree approach,
- self-harm treatment and aftercare approaches are consistent,
- bereavement support available and accessed,
- reviewing of deaths by suicide is consistent,
- training approaches are refreshed ,promoted and targeted at the right people.

The plan will also influence and be influenced by cross-cutting priorities of tackling social isolation and loneliness and working in ways that understand the impact of trauma on those with whom we come in contact with.

The plan is to be considered and approved in the first instance by the Mental Health and learning disability strategic partnership board who retain strategic oversight and ensure arrangements are in place to report progress through Chief Officer's Group.

Assets

We know that communities have a vast range of strengths and resources that naturally support people to improve their health and wellbeing.

These can be anything from community spirit, to organisations and groups active in the area, to facilities and places to meet. Community Planning Partner organisations and the third and independent sectors then add to the assets available in a community such as; Vibrant Communities , Community Connectors working in GP practices, health visitors, carer centres, and many more.

All of these combined are the tools and resources the locality has at its disposal to tackle issues and create improvements. Our Plan is based on either identifying gaps in the locality's toolbox and filling them, or building on things that are already in place.

Local Participation and Engagement

People having a say about their priorities for improving their health and wellbeing and their community is at the heart of everything we do. Engaging with local groups and networks we know may have a higher risk of suicide is a continuous part of working together and a number of groups are currently driving this work forward including Beautiful Inside and Out, Poppy Scotland and Ayrshire Veteran First Point (AVFP), supporting Veterans , Kilmarnock Station Railway Heritage Trust (KSRHT), East Ayrshire Carer Centres.

Through delivery of our Action Plan, we will co-ordinate and drive health and wellbeing improvements that have a direct impact on effective suicide prevention in the communities of East Ayrshire.

East Ayrshire Suicide Prevention Action Plan Jan 2019 – June 2020

1. Understanding the Local Picture (ELM 9 and 10.)					
Priority	Action	Desired Outcome	Lead	Timescale	Progress update
1.1 Suicide completion remains a key issue. Initial data suggest no specific contagion although this is an issue across all age groups and this must be recognised.	Scope options for more joined up approach to significant/critical incident & suicide reporting, review & sharing lessons learned.	Reduction in Suicide Rate. Instill HOPE and disrupt plans of those who may be contemplating suicide.	J Burns	By end May 2019	Reported via Quarterly COG Meetings
1.2 The Scottish Government have identified need to develop and test out Suicide Review Framework and East Ayrshire have opportunity to be test site as part of local review.	Deep dive multi agency review of 50 most recent completed suicides	To identify learning from recent deaths that can inform future service provision & redesign as part of the Mental Health Strategic Plan delivery.	P Main	By End June 2019	Reported via Quarterly COG Meetings. 12/2/19 SG strategic group dataset expected later in the year.
	Refresh SUPRESA Self Evaluation position statement across protecting People Partnerships.	Co-ordinated approach to identify people at high risk of Suicide and self - harm and set up signposting system to ensure people can access a range of support within communities.	L Chisholm	End May 2019	
	Undertake a Gap Analysis to identify any areas of high risk across the lifespan with no current provision.	Identify and design services & support around gaps or areas of high risk across the lifespan with no current provision	EA Choose Life Group	End May 2019	F .Kerr Graduate Intern project outline complete and work commenced and on target.

1.3 Membership of the Short Life Working Group is not fully formed.	Group to consider and review membership, identify gaps and develop an approach to ensure that membership reflects members that can take forward and implement actions. This will include consideration of SF&R ,Public Health and local communities of interest e.g Beautiful Inside and Out	Group membership is representative of communities and can ensure that the working group can respond effectively to issues raised. Established stakeholder groups in Dalmellington and Doon Valley Area will have opportunity to be supported in their suicide prevention activity.	EA Choose Life Group	End May 2019	KSRHT now members and LS to speak to carers centre and leads regarding representation.
1.4 Increase understanding of local responses when identifying and responding to a recognised contagion/ trend.	Linda Surgenor to liaise with Sarah Watts (SA Choose Life Lead) as Chair.	Consistent response delivery.	Linda S	Dec 2019	
1.5 A local Task Force are currently considering best evidence in determining how additional Scottish Government funding being provided for extra school nurses, counselling for all secondary schools and school staff training is disseminated.	The East Ayrshire Suicide prevention group will act on the outcomes of the task force once these have been determined.	Increase, support and sustain the capacity to support children and young people.	Sina Currie	June 2019	
2. Training (ELM 2,3, 6, 7, 8)					
<i>Priority</i>	<i>Action</i>	<i>Desired Outcome</i>	<i>Lead</i>	<i>Timescale</i>	<i>Progress update</i>
2.1 National and Local suicide prevention training requires refreshed with consistent and recognisable lifespan approach.	Refresh Ayrshire Suicide Prevention Training Framework in line with National Review of materials in 2019	Consistent message of #Hear to Listen heard and understood across service gatekeepers & public.	L Chisholm	Once Available	
	Agree key message slides signposting to resources with Choose Life The Art of Conversation Resource. Establish Baseline and improvement measures for Safe Talk delivery.	Build confidence of service gatekeepers in Safe Talk Awareness, starting a conversation & responding to those who may be considering suicide.	D Sinforiani L Chisholm		Resource cascaded to Public Protection Partners Monthly Safe Talk Delivered to

	<p>Key suicide prevention message delivered across full multi agency protecting people calendars.</p> <p>Which includes identifying specific target groups and reporting on % of workforce training.</p>		D Sinforiani		<p>Communities by Vibrant Communities.</p> <p>Data to be collated and reported by Linda Chisolm.</p>
	<p>Build on Mental Health/ASSIST First Aiders referral and signposting process and other community networks to provide informal support.</p> <p>Deliver on 12 point plan and assess additional supports for staff care.</p> <p>Scottish Mental Health first Aid for young people delivered to staff and sustained.</p> <p>Staff Wellbeing Champions programme tested out in schools.</p>	<p>Increase workforce awareness of suicide through the provision of training and put in place a "peer support" network for those who may be at risk through having 60 First Aiders trained and embedded within the services by the end of 2019.</p> <p>DD to report workforce data and link with Ailie Macpherson OD around health data.</p> <p>Increase, support and sustain the capacity of staff to support children and young people.</p> <p>Volunteer staff in schools will be given training to become support for colleagues.</p>	<p>D Doran, H&S EAC Julie Haig EAC Comms.</p> <p>Catriona O, Neill Sina Currie.</p> <p>Catriona O, Neill Sina Currie</p>	<p>Dec 2019</p> <p>June 2020</p> <p>June 2020</p>	<p>National group event noted plans to revise SMHFA: YP. Ayrshire choose life group event to inform national training review held 25/2/19.</p>

<p>Priority 2.2 The group will ensure that all of the section in this plan consider the needs of children and young people.</p>	<p>Establish Baseline and improvement measures.</p> <p>Consider training needs analysis to identify relevant resources and approaches that dovetail with the four levels identified.</p>	<p>Increase, support and sustain the capacity of children and young people to identify and support peers who may be at risk.</p>	<p>Catriona O'Neill Sina Currie,</p>	<p>June 2020</p>	
	<p>Further joint working opportunities and priorities to be identified by Education, wellbeing leads and Public Health which will include: All educational establishments to embed the 3-18 Mental Wellbeing Framework lessons in their curriculum.</p> <p>S1 Mental Wellbeing Roadshow – All s1 pupils will undertake MW Workshops provided by Council & third sector staff</p> <p>Wellbeing Champions Programme Tested out in a few schools.</p> <p>Auchinleck Academy testing out a suicide Prevention champions programme.</p>	<p>Reduction in Suicide Rate.</p> <p>Instill HOPE and disrupt plans of those who may be contemplating suicide.</p> <p>Promotion of whole school approach across partners.</p> <p>Volunteer pupils will be given support to become support for their peers</p>	<p>Karen Lee, Sina Currie</p>	<p>June 2019</p> <p>June 2019 & June 20120</p> <p>June 2020</p> <p>June 2020</p>	
	<p>Bespoke Intensive intervention training delivered and sustained by NHS A&A Crisis Teams.</p> <p>Crisis intervention team to run and Include Training for trainers.</p>	<p>Frontline Teams increase confidence in identifying & responding to those at high risk of suicide and self-harm.</p>	<p>L Surgenor</p>	<p>June 2019</p>	<p>4/3/19 SW leadership forum requesting updates as keen for childrens IRT to be included in training.</p>

3. Information and Communication – # hear to Listen (ELM 3 and 7.)					
<i>Priority</i>	<i>Action</i>	<i>Desired Outcome</i>	<i>Lead</i>	<i>Timescale</i>	<i>Progress update</i>
3.1 Local messages of suicide prevention is in need of refreshing	<p>Identify opportunities to widen #Hear to Listen and Mental Health/ASSIST First Aider Approach to other partners.</p> <p>Targeted Media campaign that connects with the annual choose life campaign “Read between the Lines” in September each year.</p>	Key messages of suicide prevention and responses known and understood across the lifespan and reduce stigma.	Joy Tomlinson	Annual	John Burns, is endorsing consistent message re hear to listen.
4. Build Community Capacity and Resilience (ELM 7, 6 and 8.)					
<i>Priority</i>	<i>Action</i>	<i>Desired Outcome</i>	<i>Lead</i>	<i>Timescale</i>	<i>Progress update</i>
4.1 In Ayrshire data suggests most people considering/completing suicide are not known to services. Work in a co-produced way to focus preventative approaches that address inequalities for high risk groups/localities identified	<p>Engage community groups in media campaign (i.e planting fields of HOPE) Identifying opportunities to develop new innovative approaches i.e Safe Tae Talk places where people can seek support.</p> <p>All Educational Establishments to be supported to have a Parent Awareness Notice Boards.</p>	<p>Improved engagement with and delivery of services to the most vulnerable</p> <p>Reduced prevalence of suicide</p> <p>Improved mental health and wellbeing</p> <p>Parents engaged and have access to information and where to access support.</p>	<p>L Surgenor & L Chisholm.</p> <p>Allan Brown and Laura Yetton.</p> <p>Catriona O'Neill Sina Currie,</p>	<p>End March 2019</p> <p>June 2020</p>	<p>Public Health attending. Community Groups being identified including KSRHT and Carers. See point 1.3.</p>
Work in a co-produced way to focus preventative approaches that address inequalities for high risk groups/localities identified.	Scope Options for innovative use of technology for example Tayside APP recognised as area of good practice	Access to digitalised resources that can nurture help seeking behaviours for people	E Sutherland	TBA	