

HEALTH AND WELLBEING BOARD



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| TO: | Health and Wellbeing Board |
| FROM: | Dominic Harrison, Director of Public Health & Wellbeing |
| DATE: | 4 th September 2019 |

SUBJECT: Suicide and Self-Harm Prevention Strategy 2016-19 - Review

1. PURPOSE

To update the Board on progress made and key achievements from the Blackburn with Darwen Partnership Suicide and Self-Harm Prevention Strategy (2016-2019).

To provide an overview of the Lancashire and South Cumbria Integrated Care System (ICS) strategic approach to suicide prevention.

To outline the refreshed local priorities for the Suicide Prevention action plan.

2. RECOMMENDATIONS FOR THE HEALTH & WELLBEING BOARD:

To note progress made and achievements resulting from the Blackburn with Darwen Partnership Suicide and Self-Harm Prevention Strategy 2016-19.

To approve the refreshed priorities and support the local strategy group to develop, monitor and implement the local suicide prevention action plan.

To request the support of Board members to attend the Blackburn Town Centre campaign event to demonstrate support for World Suicide Prevention Day on 10th September 2019.

3. BACKGROUND

Suicide and self-harm are important and long standing public health issues, both nationally and locally, and Blackburn with Darwen has continued to prioritise action to prevent suicides, and the devastating impact this has on families and communities. The national strategy '*Preventing suicide in England; A cross-government outcomes strategy to save lives*' (2012), identified the following key areas for action:

- Reduce the risk of suicide in key high-risk groups
- Tailor approaches to improve mental health in specific groups
- Reduce access to the means of suicide
- Provide better information and support to those bereaved or affected by suicide
- Support the media in delivering sensitive approaches to suicide and suicidal behaviour
- Support research, data collection and monitoring

The Blackburn with Darwen Partnership Suicide and Self-Harm Prevention Strategy was based on these national priorities, but it was developed and localised through wide stakeholder consultation. The key aims of the local strategy are to reduce the suicide rates and provide better support for those bereaved or affected by suicide. The five local priorities include:

- Joint working and commissioning to develop clear, consistent and streamlined pathways across services
- Reduce the risk of suicide in at risk groups
- Focus on raising awareness and promoting mental wellbeing in the whole population and where relevant, tailor to different community groups and those identified as high risk by local data
- Support people bereaved by suicide and people affected by attempted suicide
- Support research, data collection and monitoring

The Blackburn with Darwen Partnership Suicide and Self-Harm Prevention Strategy (2016-2019) was approved by the Health and Wellbeing Board in 2016, and later launched on World Suicide Prevention Day on 10th September. Lead by Public Health and the elected member Mental Health Champion, the local suicide prevention strategy group has continued to meet regularly with good engagement and support from a wide range of health and wellbeing partners, including local residents.

Since then, the '*Five Year Forward View for Mental Health*' (2016) was published which set out clear recommendations on suicide prevention and reduction, and made a commitment to reduce suicides by 10% nationally by 2020/21 and announced a zero suicide ambition for mental health inpatients. In 2018/19, Lancashire and South Cumbria Sustainability and Transformation Partnership (STP), now known as the Integrated Care System (ICS), was given additional national funding to develop suicide prevention and reduction schemes due to being identified as having local communities worst affected by suicide.

Working closely with partners across Lancashire and South Cumbria, the ICS Mental Health and Suicide Prevention transformation team developed the Suicide Prevention Logic Model (2017) action plan with the aim of reducing suicides, reducing self-harm, and improving outcome for those affected by suicide (Refer to Appendix 1).

4. RATIONALE:

As the Blackburn with Darwen Partnership Suicide and Self-Harm Prevention Strategy has reached the end of its three-year term (2016-2019), the local strategy group has undertaken a review of progress and achievements made to date (See Section 5).

As part of the review, a wider stakeholder workshop was held to identify local priorities for action for 2020 onwards, which included:

- Young people through to adulthood especially those who are Lesbian Gay Bisexual Transgender (LGBT) and Children in Our Care
- More visible and supported community mental health champions, especially for LGBT and Black Asian Minority Ethnic (BAME) communities
- People with learning disabilities and autism
- More support for those bereaved by suicide

- Reducing stigma (including getting young people to talk about suicide and self-harm) especially amongst different faith groups, those who are LGBT, people who misuse substances and those in debt

During the life of this strategy, there has been a number of national and sub-regional policy developments resulting in increased national and local focus for improving mental health, suicide and self-harm prevention for both children and adults. It is now timely to review the local strategic approach to ensure alignment with the ICS Lancashire and South Cumbria Suicide Prevention Logic Model, in order to maximise the opportunities for joint working to achieve economies scale, and secure resource to improve outcomes for Blackburn with Darwen residents.

In addition, the local strategy group will review the key outcome work streams from the ICS Suicide Prevention Logic Model action plan, and identify actions for local delivery (See Appendix 1).

5. KEY ISSUES:

a. Data

Suicide

Data from Office of National Statistics (ONS) has shown a decrease in the rate of suicides in Blackburn with Darwen over time, from a high of 15.3 deaths per 100,000 persons between 2009-11, to a rate of 12.3 deaths per 100,000 persons between 2015-17. This now ranks Blackburn with Darwen Borough Council as the 4th highest local authority in the North West for its suicide rate (no significant difference to the England or regional rate).

The rate for men is higher than the rate for 'all persons' but again decreasing, with a high of 25.3 deaths per 100,000 men in the Borough between 2010-12 decreasing to 17.5 deaths per 100,000 men in 2015-17. This ranks the Borough 9th of the 23 upper tier local authorities in the North West (no significant difference to the England or regional rate).

Blackburn with Darwen has the highest female suicide rate in the North West for the latest period 2015/17 (16 deaths during this period, 7.9 deaths per 100,000 women living in the Borough) and the rate is increasing on previous years (no significant difference to the England or regional rate).

Self-harm

Since the 2016-19 strategy was published, hospital admissions as a result of self-harm for 10-24 year olds has dropped to its lowest level since 2011/12. The rate is not significantly different to the England or regional rate and is ranked 12th of the 23 upper tier local authorities in the North West (476.1 admissions per 100,000 10-24 year olds).

Emergency hospital admissions for intentional self-harm (all age) have been decreasing since 2011/12 but are still higher than the England rate. Blackburn with Darwen Borough Council is ranked 11th of the 23 upper tier local authorities in the North West with a rate of 229.8 admissions per 100,000 people living in the Borough. This is better than the rate for the North West.

For more detailed analysis of this data refer to appendix 2.

b. Achievements from the Suicide Prevention Strategy 2016-19

Priority 1: Joint working and commissioning to develop clear, consistent and streamlined pathways across services

- The ICS now has a CAMHS shared care pathway for all hospitals
- The substance misuse provider, CGL, commissioned by Public Health & Wellbeing now utilises routine inquiry to identify at risk clients

Priority 2: Reduce the risk of suicide in at risk groups

- Poverty, mental health & emotional wellbeing and vulnerable groups are priority areas for the H&WBB for 2018/21
- Public Health & Wellbeing commissioned Lancashire MIND to conduct focus groups with men during the 'Time to Change' campaign (reducing stigma associated with mental health, national campaign, Oct 2017 – March 2018) and further established the 'Be in Your Mates' Corner' campaign. Feedback was very positive from these men who were grateful they had been asked openly.
- Public Health & Wellbeing have commissioned a total of 400 licenses for Big White Wall which is an on-line anonymous, stigma free mental health support network for people aged 16yrs+. It offers peer support through an online community; resources for self-management; information and advice; guided support programmes on a range of common issues and is monitored 24/7 by trained clinicians.
- The Council have commissioned Shelter to provide debt advice to residents of the Borough, and Shelter have been trained in suicide prevention.
- Public Health & Wellbeing have commissioned Re-Align Futures to deliver suicide and self-harm prevention training, mental health and youth mental health first aid training in schools, to elected members, council staff and to the VCFS in Blackburn and Darwen. Approximately 360 people have been trained under this commission so far, including 85 teachers, 15 elected members, 60 council staff and 200 volunteers.

Priority 3: Focus on raising awareness and promoting mental wellbeing in the whole population and where relevant, tailor to different community groups and those identified as high risk by local data

- Five ways to Wellbeing have been embedded into all Public Health & Wellbeing internal agreements.
- Zero Suicide Alliance training is now available on-line for all staff on the intranet and for all Blackburn with Darwen Borough Council's residents on the council's internet, Facebook and Twitter pages.
- The Council's 'World Suicide Prevention Day' (WSPD) campaign 2018 was a huge success and involved a 40 second silence outside the Town Hall, with guest speakers. This was replicated at a live televised Blackburn Rovers match on SKY TV which led to further publicity in the national press.

Priority 4: Support people bereaved by suicide and people affected by attempted suicide

- Since April 2019, AMPARO has been commissioned by the ICS to offer immediate support and advice to Blackburn with Darwen Borough Council's residents bereaved by suicide.

- The ICS webpage now has a link to all bereavement support services across Lancashire and South Cumbria

Priority 5: Support research, data collection and monitoring

- Blackburn with Darwen Borough Council public health now received real time suicide surveillance data

c. World Suicide Prevention Day (WSPD) 2019

Building on the achievements of the 2018 WSPD campaign, the 2019 WSPD campaign will be even bigger, starting with a multi-faith service at Blackburn Cathedral to honour the 46 people who have lost their lives to suicide over the last three years. Replicating events in Liverpool at their King George's Hall event for WSPD, 46 pairs of shoes will be placed by school children on the steps and surroundings of Blackburn Town Hall following the end of the 40 second silence – to represent the fact that around the world, every 40 seconds, someone will die by suicide. There will be guest speakers and members of the Samaritans, the ambulance service, and the police will be present. A performing arts event will close the ceremony.

6. POLICY IMPLICATIONS

- Preventing suicide in England; A cross-government outcomes strategy to save lives (2012)
- Five Year Forward View for Mental Health (2016)

7. FINANCIAL IMPLICATIONS

There are no financial implications arising from this report.

8. LEGAL IMPLICATIONS

None

9. RESOURCE IMPLICATIONS

None

10. EQUALITY AND HEALTH IMPLICATIONS

Not applicable.

An Equality Impact Assessment was completed for the Blackburn with Darwen Partnership Suicide and Self-Harm Prevention Strategy (2016-19).

11. CONSULTATIONS

- Blackburn with Darwen Partnership Suicide and Self-Harm Prevention Strategy Group
- Stakeholder workshop held on 4th July in Blackburn
- Blackburn with Darwen Suicide Safer Schools and Colleges task group
- Blackburn with Darwen World Suicide Prevention Day Campaign task group
- ICS Lancashire & South Cumbria Suicide Prevention Oversight Group

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| CONTACT OFFICER: | Shirley Goodhew / Gillian Kelly |
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| DATE: | 27/07/2019 |
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| BACKGROUND PAPER: | <ul style="list-style-type: none">• Lancashire & South Cumbria Integrated Care System Suicide Prevention Logic Model (appendix 1)• Blackburn with Darwen Borough Council suicide & self-harm prevention strategy report H&WBB update September 2019 (appendix 2)• Blackburn Town Centre campaign event programme for World Suicide Prevention Day on 10th September 2019 (appendix 3) |
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