

**TITLE OF REPORT: Suicide; Every Life Matters – Evidence Gathering
(Session 3)****REPORT OF: Iain Miller, Programme Lead**

Summary

This report gives details of the evidence gathering session that will take place on 10 December 2019. The Committee will hear about the range of work that is being undertaken in relation to Suicide Prevention in Gateshead at:

- Regional level, through the Integrated Care System (ICS) Every Life Matters sub group, part of the Mental Health sub group of the Prevention workstream.
- Sub Regionally at the Integrated Care Partnership (ICP) level, with the Northumberland and Tyne & Wear Suicide Prevention Steering Group work, developed with NHS England modernisation funding during 2019.
- Locally through the work of the Gateshead Mental Health and Wellbeing Partnership.

The views of the Committee are being sought on the evidence presented and the ongoing work on Suicide Prevention in Gateshead.

Background

1. Care Health and Wellbeing Overview and Scrutiny Committee have agreed that the focus of its review in 2019-20 will be Suicide.
2. In April 2013 public health transferred from the NHS and into local government. Suicide prevention consequently became a local authority led initiative, working closely with the police, clinical commissioning groups (CCGs), Public Health England (PHE), NHS England, Coroners and Voluntary sector organisations.

Purpose of this session

3. The first evidence gathering session provided a detailed overview of suicide from a legal/Coroners perspective and the impact of suicide from someone with lived experience, provide members with insight into the key factors involved and the impact of suicide on a community. This was

delivered on 10 September 2019, World Suicide Prevention Day. The second evidence gathering session described the process and findings of a local Audit of Gateshead data for the 2018 calendar year on Suicide and undetermined injury conducted in September 2019.

4. This third evidence giving session will present Suicide Prevention partnership work, impacting into Gateshead, from three different geographical partnership levels. This will give members an overview of the work which, alongside general public Mental Health work and Acute secondary care provision, supports the residents of Gateshead who are struggling with their mental health and may feel suicidal:

4.1. Integrated Care System (ICS) level, through the “Every Life Matters” covering Northumberland, Tyne and Wear, North Cumbria, County Durham and Darlington, Teesside and North Yorkshire.

4.2. Northumberland Tyne and Wear level through the Northumberland, Tyne and Wear Suicide Prevention Steering Group.

4.3. Gateshead level, through the Gateshead Mental Health and Wellbeing Partnership.

Action on Suicide Prevention at three levels

5. ICS Level intervention

5.1. Organisations across North East and the North Cumbria (NENC) are working in partnership to coordinate improvements, where necessary, across traditional boundaries. Developing and integrating care across boundaries involves NHS organisations working with Councils and the voluntary or charity sector and engaging with the people using services, “people with lived experience”.

An ICS is not a specific organisation but rather a way of leading and planning care for a defined population in a coordinated way across a range of organisations.

5.2. A Mental Health ICS Programme was established with seven priority workstreams, one of these being Suicide Prevention. The mental health work stream does not have a surveillance or performance monitoring role and does not have statutory authority, this remains with provider organisations and commissioners.

5.3. The North East and North Cumbria ICS “Every Life Matters” Suicide Prevention Steering Group oversees the Suicide Prevention work and has Senior Leaders from health across the Region overseeing the programme of work, with a project lead coordinating the implementation of Every Life Matters delivery plan.

- 5.4. This work is fully linked in to national activity, including national workshops led by the Royal College of Psychiatrists and a visits from the national enquiry team. The focus of the work is to:
- Ensuring that best practice and learning is shared across agencies
 - Duplication is lessened
 - Resources are shared to improve efficiency and effectiveness
 - Impact is monitored
- 5.5. The “Every Life Matters” Suicide Prevention delivery plan is divided into five key areas of activity;
- Leadership
 - Prevention
 - Intervention
 - Postvention
 - Intelligence
- 5.6. Expected outcomes:
- To reduce the number of suicides, including in high risk groups, and by a minimum of 10% by 2021 in all areas across the ICS
 - To reduce the incidence of self-harm and repeated self-harm
 - To reduce the impact of self-harm and suicide
 - To reduce the stigma of self-harm and suicide
- 5.7. National funding has been allocated to support the implementation process with Northumberland and Tyne and Wear, led by Gateshead and Newcastle Public Mental Health leads, successful with Wave 2 funding. See overview of progress in 6. Below.

6. Northumberland and Tyne and Wear Level

The funding as identified in point 5.7. above has led to a full programme of work at Northumberland, Tyne and Wear level which benefits Gateshead residents, as identified below.

- 6.1. Northumberland and Tyne and Wear, led by Gateshead and Newcastle Councils, have been successful in securing Wave 2 NHS England Modernisation Funding for the value of £450K to take forward a prevention programme across the sub regional (Integrated Care Partnership (ICP) level. A North ICP Suicide Prevention Steering group has been established and an Action Plan is in place to take forward workstreams. Wave 3 funding will be available from April 2020.
- 6.2. A Suicide Coordinator has been recruited, starting in post with Northumbria Police on 07 October 2019. The post will oversee the delivery of the Transformation Funding Action Plan and identify other areas for development around Suicide Prevention at the ICP geography.
- 6.3. A Data Analyst was recruited on 08 November 2019 by Newcastle City Council. The post will be managed by the Suicide Prevention

Coordinator on a day to day basis and will enable Suicide data to be analysed across the Northumberland and Tyne and Wear Geography covered by Northumbria Police and NTW Mental Health Acute NHS Trust.

- 6.4. Discussions have been held around the process for an Early Alert system so that data on cases can be gathered at the point of the incident, rather than waiting over a year later until an audit of the Coroners files produces an overview of the profile. The model being adopted is very similar to the Drug Related Deaths (DRD) process already in place in Gateshead
- 6.5. Postvention support offer will be a Police led process through the completion of the CID27 form and then establishing the needs of the families and friends at the point of the First Response. Training will be facilitated by the Suicide Prevention Coordinator who will work with If U Care Share and the Police to establish training programme for First Responders.
- 6.6. South Tyneside Public Health Team has led the development work for the tendering for leads for the delivery of a Training Hub and Level 1, 2 & 3 programmes on Suicide Prevention across Northumberland and Tyne & Wear. The Tender document has been completed and is currently out to tender. We aim to have programmes of training being delivered by January 2020.
- 6.7. Newcastle United and Sunderland Football Foundations are being commissioned for the development of a joint programme and campaign targeting Men on work around Suicide Prevention through a 'Be a Game Changer' campaign. This will be branded with both Football Foundations team colours.
- 6.8. The Suicide Prevention Coordinator is leading on the process of delivery of small grants funding in partnership with North Cumbria NHS Acute Trust, the lead organisation for the ICS Suicide Prevention programme which this work sits under.
- 6.9. Work around Self-Harm is progressing after initial ideas tabled at Steering Group, around a Safety Planning Train the Trainer proposal, were deemed to be inappropriate and that the funding should be used to add value.

7. Gateshead level interventions

The focus of Gateshead's local Suicide Prevention work is through the Gateshead Mental Health and Wellbeing Partnership. This partnership is led by one of our local elected Councillors, Cllr Mary Foy.

- 7.1. At a Population level there is a focus on encouraging organisational sign up to Time to Change, the anti-stigma campaign, and focussed work into local communities with The Five Ways to Wellbeing. There is

support of World Mental Health Day each October with a strong presence from Statutory and Voluntary Community Sector organisations supporting people with Mental Health related issues and the partnership use of Public Health England's (PHE's) Every Mind Matters campaign for a consistent partnership level focus.

7.2. The Partnership has developed a local Suicide Prevention Action Plan which forms part of the Gateshead Public Mental Health strategy. This includes a focus on development of Community based suicide prevention interventions targeted on Males 40 – 55 years.

7.3. Gateshead Council has signed the Time to Change pledge and has made a commitment to change how we think and act about mental health in the workplace. An action plan is in place with all actions developed to tackle stigma and improve people's mental health and wellbeing.

7.4. Gateshead Council holds the Continuing Excellence level of the Regional Better Health at Work Award which, among the key criteria for award holders, focuses on improving the mental health of the workforce.

Issues to Consider

8. When considering the evidence outlined above the Committee may wish to consider the following:

8.1. The positive impact that Partnership working at a range of levels has in the delivery of preventative work into Gateshead.

8.2. The downward trend, outlined in the Evidence Gathering Paper 2 tabled with Gateshead Care Health and Wellbeing OSC on 29 October 2019, identified in recent PHE Fingertips data ¹

9. The last evidence gathering session on 28 January 2020 will hear from representatives from the Criminal Justice system and Voluntary Community Sector (VCS), identifying high risk groups and what can be done to minimise risk.

Recommendations

10. Overview and Scrutiny Committee is recommended to consider the contents of the report as part of their review of Suicide in Gateshead.

Contact: Alice Wiseman
Director of Public Health, Ext: 277

¹ <https://fingertips.phe.org.uk/profile-group/mental-health/profile/suicide/data#page/4/gid/1938132828/pat/6/par/E12000001/ati/102/are/E08000037/iid/41001/age/285/sex/4>