

**TITLE OF REPORT: Suicide; Every Life Matters – Evidence Gathering
(Session 4)****REPORT OF: Iain Miller, Programme Lead**

Summary

This report gives details of the evidence gathering session that will take place on 28 January 2020. The Care Health and Wellbeing Overview and Scrutiny Committee will hear about the work of Northumbria Police and the Voluntary Community Sector, namely the Recovery College Collective (Re Co-Co), and the range of work they are both involved in supporting some of our most vulnerable people in Gateshead and their role in championing Suicide Prevention interventions in the Borough. The report also outlines services commissioned through Newcastle Gateshead CCG that are complimentary to the services provided by the Police.

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 Community Sector (VCS) organisations.

Purpose of this session

3. The three evidence gathering sessions to date have:
 - Provided a detailed overview of suicide from a legal/Coroners perspective and the impact of suicide from someone with lived experience, providing members with insight into the key factors involved and the impact of suicide on a community.

- Outlined Suicide statistics in Gateshead and 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.
 - Presented, in partnership with Regional leaders, on the work at Integrated Care System (ICS) level and sub-regional Integrated Partnership (ICP) level covering Northumberland and Tyne & Wear outlining the benefits that Gateshead gain from this work.
4. This fourth and last evidence gathering session presents the roles of the Criminal Justice System, namely Northumbria Police, and the Voluntary Community Sector (VCS), namely the Recovery College Collective (Re Co-Co), and the range of work they are both involved in supporting some of our most vulnerable people in Gateshead and championing Suicide Prevention interventions in the Borough. It will also outline services commissioned through Newcastle Gateshead CCG that are complimentary to the services provided by the Police.

Northumbria Police's role in Suicide Prevention

5. Northumbria Police is committed to the protection of all vulnerable members of its communities including those considered at risk of or are contemplating suicide. All Northumbria Police staff encountering any subject in the course of their duties who could meet this criterion would be expected to complete either a Vulnerable Adult (VA) or Child Concern (CC) referral. These referrals are submitted to **Multi-Agency Safeguarding Hubs** (MASH's) where they are triaged, and information shared to ensure each individual has been signposted to appropriate support services.
6. Police and Staff in Cumbria, Northumberland, Tyne and Wear Mental Health Foundation Trust (CNTW) join up around those critical cases of frequent attenders or high-risk people and work together to develop multi agency-plans to prevent suicides. They work together to look at what the need is and how they can jointly prevent someone being in a high-risk situation. Having that joined up and consistent approach from all in contact with someone can be reassuring and help someone feel safe. Attempts are also made to decriminalise the process of support, only ever using criminal justice means as a last resort if it absolutely necessary and all other options have been pursued to save a life. There has been some success with this approach.
7. Police have access CNTW systems to ensure correct signposting and notification to mental health staff already working with the subject is available within the MASH. Whilst these referrals can often be submitted prior to any person going into crisis they would similarly be completed following any physical intervention by the police. This would include incidents involving a subject threatening self-harm or suicide.
8. **Harm Reduction Units** (HRU's) have been set up in each of the three Area Commands within Northumbria Police with each working alongside

partner organisations to identify risk to individuals and problem solve for those people who come to the notice of Police while in crisis or while at notable suicide locations. They also look to target harden where possible those public area's/iconic locations which attract more subjects in crisis such as the bridges, predominantly but not exclusively over the Tyne, and cliff tops, for example at Marsden Grotto in South Tyneside. The Safeguarding Department have developed and introduced an enhanced risk assessment document which is used for identified high risk offenders (child sex offenders) to risk assess and signpost them for support following any police contact, either within a Custody Setting or as a voluntary attender. To supplement this work, Custody Liaison and Diversion nursing staff are available for all detained persons in force custody suites from 7am to 7pm.

9. **Street Triage.** The Street Triage service is an integrated part of mainstream Police and Mental Health Services ensuring access to mental health assessment and advice, and creating robust multi-agency working.

Street Triage is open and accessible to people of all ages, where it is believed that they may have a mental illness, learning disability, personality disorder or misuse substances, who come into contact with the police outside of custody.

The team complete follow-up work to promote mental well-being and encourage access to appropriate services and offer support and work in partnership with Northumbria Police to provide mental health advice and guidance in an effort to assist the police in their decision-making process around managing risk.

The Street Triage service promotes prevention and reduction of offending by working in a flexible, mobile and timely manner with all agencies within the locality. The team seeks to provide an inclusive service to ensure that persons coming into contact with the criminal justice system receive a high quality, competent and effective range of interventions. The service delivery includes liaison, prevention and ultimately, if needed, equitable access to mental health services across the CNTW area. The service promotes social inclusion and acceptance of service users within mental health provision who may have offended, or are likely to offend or re-offend, to enable them to live a more productive, positive and fulfilling life.

10. **Negotiators.** The police negotiator cadre (team?) in Northumbria, which is a voluntary role undertaken by staff in addition to their day jobs, is amongst the busiest in the country with their staff deployed on almost three hundred occasions in 2019 to predominantly suicide intervention incidents. Following each incident an additional negotiator debrief document is forwarded to the NHS as a supplementary to the Vulnerable Adult and Child Concern referral discussed above. The innovative work of the Street Triage Team which see's police officers working with Mental Health Professionals has proven to be extremely effective in addressing those in crisis and often acts as the first contact point for those talked down from crisis. Police Negotiators continue to work closely with internal

and external departments/agencies to highlight those troubling cases where it is anticipated that additional support is required to prevent repeated self-harm attempts.

In addition to their preventative role, Police Negotiators have provided crisis intervention advice or '1st Responder Training' training to almost all Northumbria Police officers, Ambulance Service Hazardous Area Rescue Team (HART), Tyne & Wear Fire Brigade (TWFB) and are currently delivering training to NHS staff including those who work within crisis line centres."

Voluntary Community Sector (VCS) role in Suicide Prevention – Case example, Recovery College Collective (Re Co-Co)

11. Re Co-Co delivers groups, courses, activities, engagement work, training and research in and around mental health, interpreting mental health in a broad inclusive fashion thus acknowledging cross-overs with, amongst other things; drug and alcohol issues, dysfunctional family situations, poverty, learning disability and autism spectrum problems. Everything Re Co-Co does is guided, steered and delivered by people with direct lived experience of distress and complex needs.
12. Re Co-Co works in collaboration with mental health service providers and other organisations that share their aims, in an 'open source' and non-proprietary way, to provide a safe space where people can learn from each other and form connections and friendships which aid and sustain their recovery. This collaborative partnership working helps to make Re Co-Co more approachable and accessible rather than something deemed negatively as too clinical. Their overarching ethos is that mental health, be it good or bad, never sits separate to the rest of life or society, it is always multi-factorial, and much of what Re Co-Co does is as applicable for the general public as it is for those given severe and enduring mental health diagnoses.
13. Re Co-Co has a strong emphasis on social isolation and loneliness and work hardest with their students to develop their own real-world social networks, which are the strongest protective factors against suicide. They encourage this by, in simple terms by:
 - 13.1. Providing somewhere to go which is accepting and welcoming, a safe space
 - 13.2. Something to do. Yes, mental health groups and courses, but just as importantly, activities and groups that develop skills, interests and hobbies, things that they find meaningful. Some people achieve this with peer support from those who've been in similar situations, which is a well-proven way of imparting helpful information and providing relatable support.

- 13.3. Re Co-Co build from what's strong in people, what they like doing, what they're good at, rather than unhelpfully overemphasising what's wrong. Many students come in a position of need or distress, but go on themselves to become facilitators, therapeutic enablers, with several progressing on to paid employment.
- 13.4. Provide specific courses to equip people with skills around dealing with crises, recognising stress, emotional regulation and coping techniques, plus content tailored to certain problems/diagnoses, such as self-harm, which is a very strong pointer to suicidal tendencies, personality "disorders", or drug/alcohol abuse.
- 13.5. Re Co-Co share training in these courses (train the trainers) to interested partner organisations and agencies. They've recently appointed some part-time benefits and human rights advisers, are exploring further work to address poverty and food poverty and maintain a campaigning/policy/awareness side to their work which includes being the local Time to Change anti-stigma hub, including suicide prevention at local and regional levels. The core ethos in all the general and the specific activities is quite simple, it's about developing community and a sense for people that they **do** belong, they **are** worthwhile, and that help **is** available, from people who've been in the **same** boat.
- 13.6. So, in conclusion, Re Co-Co's biggest contribution may be described in terms of reconnecting people; with themselves, with others, with community and, in Saltwell park particularly, with nature.

Complementary Commissioned services through Newcastle Gateshead Clinical Commissioning Group (CCG)

14. Urgent and Emergency Response (Mental Health up to 72 hours). The current provision of **Psychiatric Liaison Teams** in Newcastle and Gateshead is to provide timely assessment, effective intervention and appropriate onward referral and sign-posting for people over the age of 16 who present to Acute services (inpatient wards and Emergency Departments) with mental health needs such as severe and enduring mental health conditions, self-harm, suicidality, medically unexplained conditions and mental ill-health commonly associated with old age, such as dementia and delirium

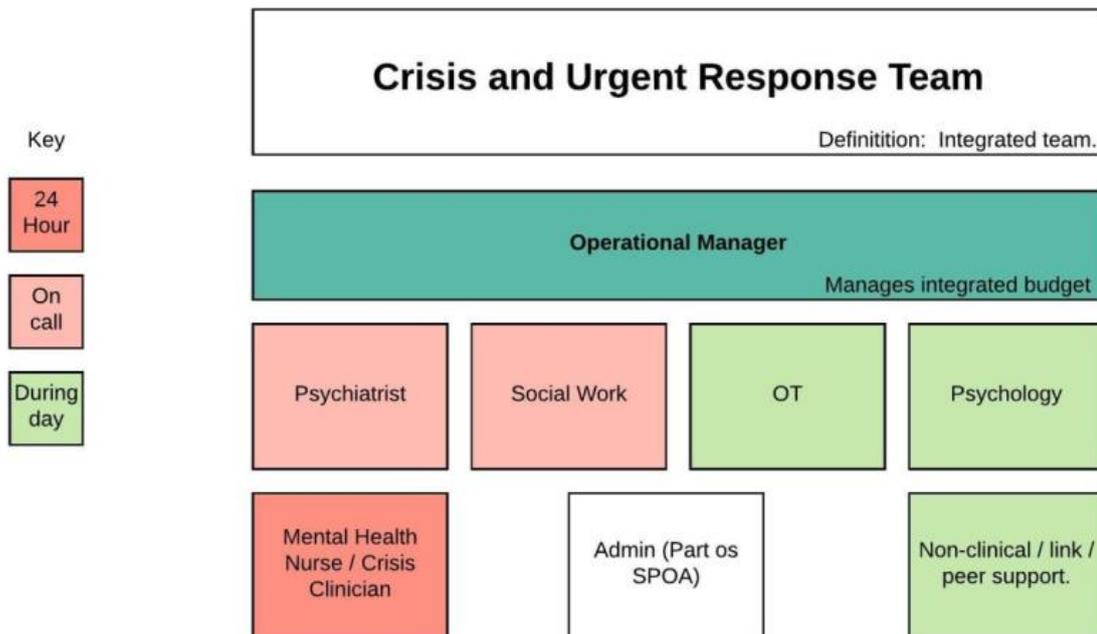
The Psychiatric Liaison Team will assess any patient over the age of 16 year and operates 24 hours a day, seven days per week, and 365 days per year.

15. **Intensive Community Treatment Service (ICTS)** provides safe, high quality care and treatment through a seamless Children and Adolescent Mental Health Service (CAMHS) pathway to children, young people (aged

0-18 years) and their families in need of highly responsive, enhanced, specialised community mental health services. The service delivers intensive home treatment, crisis intervention and community intervention packages that are designed to promote the recovery, well-being and stability of children, young people and their families. It provides a stepped care approach to care pathways that will bridge the gap between Getting More Help Services; Early Intervention in Psychosis and Tier 4 In-patient services in order to prevent inappropriate in-patient admissions. A stepped down care pathway to children, young people and their families is provided to ensure seamless transition to Local Community Services and to prevent relapse. A range of psychological therapies that are evidence based, suitable and acceptable to children, young people and their families are delivered.

16. Newcastle Gateshead **Crisis Home Treatment Team (CRHT)** offers an alternative to hospital admission wherever that is viable, irrespective of psychiatric diagnosis. CRHT teams also allow people to be discharged earlier from inpatient wards and receive treatment in their homes whilst still experiencing an acute phase of an illness or high-risk period. The purpose of all CRHTs are to increase the community-based options available for acute care/ treatment/intervention for service-users with acute mental health problems. CRHTs aim to provide evidence based individualised care and treatment.

17. As a result of the Deciding Together Delivering Together transformation programme the concept of a **Crisis and Urgent Response Team** as shown in the diagram below has been further developed.



NTW have recently restructured the Crisis service in Newcastle and Gateshead in order to ensure existing resources are designed around the needs of people in the locality. Access to the Crisis service in NTW is available 24 hours per day for people aged 16 years and over. All referrals are taken by Crisis Service staff via telephone.

Issues to Consider

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

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

19. An Interim Report of the evidence given over the four sessions to Care, Health and Wellbeing OSC will be presented to the Committee at their session on 04 March 2020.

Recommendations

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

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