

TRAFFORD COUNCIL

Report to: Health Scrutiny Committee
Date: 30th January 2020
Report for: Information
Report of: Eleanor Roaf, Director of Public health

Report Title

Suicide Prevention Update

Summary

At the Health Scrutiny meeting in September there was an excellent discussion on the Suicide Prevention Plan and a request for an update on 5 key areas. This paper provides Health Scrutiny Members with this update and also provides information on a number of other areas of suicide prevention that we have been progressing.

Recommendation(s)

That the Health Scrutiny Committee

- i) notes the report and considers what further information it would like to receive on this topic**
- ii) continues to support our work on suicide prevention**

1. Introduction

Members of Health Scrutiny requested action to be progressed in the following areas:

- To cascade to GPs information regarding Greater Manchester web-site / directory of mental health voluntary sector providers and to make available in Trafford GP specialist training on mental health.
Response: Trafford's newly commissioned Primary Care Mental Health & Wellbeing Service is leading the development of mental health awareness training for GPs. Over the Christmas period a survey was sent to all GP practices asking what training would be most useful.

Responses are being collated to ensure training is targeted and relevant. The following areas are proving to be particularly popular:

- Training for GP practice receptionists
- Training for practice nurses and healthcare assistants regarding the interrelationship between physical and mental health (particularly long term physical health conditions)
- Regular training and information slots at quarterly GP education events
- Antidepressant prescribing protocols and options
- Signs and symptoms of mental illness
- Referral options for people experiencing a wide range of mental health difficulties
- The sharing of case studies
- Enhancing and supporting staff resilience.

Of particular interest is that the service has very recently been working with a young man who has agreed to have his story filmed for the Greater Manchester Combined Authority suicide prevention website; www.shiningalightonsuicide.org.uk. This website is a resource for the general population as well as healthcare workers.

As an integral part of the Primary Care Mental Health & Wellbeing Service the Trafford Directory is promoted but more importantly used on a daily basis. The service brings together Trafford's NHS mental health provider with BlueSci, a long established third sector partner of Trafford CCG to ensure that people not only receive sound health care and advice but are also linked into a range of community and other resources. The fundamental aims of the service are to prevent mental ill health wherever possible and reduce inequalities. The Trafford Directory and the resources it contains are fundamental to achieving these aims.

- To divulge information regarding Council's mental health champions.
Response: A presentation on this work was presented at the Suicide prevention Board. There are 16 volunteers across TMBC and CCG; each have undertaken a two day course which provided them with information, support and networking. The service is confidential and is a point of contact if someone is concerned about, are experiencing a mental health issue or emotional distress. The service has been widely publicised throughout the Council on posters displays and intranet detailing how the volunteers provide initial support and sign posting. Volunteers are actively involved in promoting World Mental Health Day and other raising awareness sessions with a range of speakers. Bi monthly meetings are being held to support the volunteers. Unison noted that they always supply information to their members in relevant newsletters.

- To cascade to all councillors information regarding the two councillors responsible for suicide prevention in Trafford.
Response: A short briefing paper has been sent to all Councillors providing information on this, the work of the Suicide Prevention Partnership and helpful websites.
- To invite representatives of the University Academy 92 to be part of Trafford's Suicide prevention Partnership.
Response: A representative responsible for Student Health and wellbeing will attend our next and future meetings. We also had a display at their recent Health and Well Being Event in on suicide prevention.
- To feedback on the uptake of e-learning training on suicide prevention.
Response: 20% of Council staff (over 500) have completed the We Need to Talk about Suicide on line course. We are working with training colleagues to continually promote the training. The training on the online course is now available to all Councillors and details on how to access the training have been included both in the Councillors' briefing and in a father email to them.

2. In addition Scrutiny members are invited to note the following areas that has been progressed since the last Scrutiny meeting.

2.1. Website and Support

We continue to focus on ensuring that information is available on the services that are on offer to support people in crisis. We are in the process of updating our directory on the GM website Shining a Light on Suicide to staff, residents and partners (<http://www.shiningalightonsuicide.org.uk>). We are pleased to have received confirmation that the GM site has received significant additional funding to enhance the site so that it expands its focus on prevention. We have locally publicised this website at a number of events which generated considerable interest from professionals and the public.

We have meet with local mental health providers who have shared their suicide prevention policies and their staff are trained on suicide awareness and safety planning.

2.2. Data on Suicides in Trafford

The number of deaths registered of Trafford residents from suicide and injury undetermined has reduced from 43 in 2015-17 to 41 in 2016-18, reducing the age standardised rate from 7.3 to 6.8 per 100,000 and moving Trafford from similar to England to significantly lower.

Clearly these numbers are small and we have to be careful about significance but we recognise this as an encouraging reduction.

2.3. Real time data

We have continued to participate in the pilot since inception on 1st June 2019 and we provide a summary of the data to the Suicide Prevention Partnership in relation to Age/Gender, Suspected method and Risk factors present. Our data has shown that these areas are similar to the national pictures. The Coroner has recently confirmed their continued support of the sharing of information and GM work is ongoing with the Coroner's office to see whether any additional data fields may be supplied including ethnicity. The Coroner's office provide immediate information, support and liaison with appropriate services to relatives when a case has been identified to them.

NWAS are currently collecting data that will enable us to consider key sites, post codes or hotspots where they receive a number of calls from distressed residents or those experiencing a mental health crisis. This information will be presented at the next meeting. We have also been asked to provide information relating to Barton Bridge.

2.4. Future Priorities

At our next meeting in February we will focus on

- Suicide Prevention supporting young people
- Suicide prevention and Social media
- Partnership Members Update on the work they are progressing

3. Links to Corporate Priorities

Suicide prevention is related to the Trafford Council's corporate priorities relating to Children and Young People, Health and Wellbeing and Targeted Groups.

Contact person for access to background papers and further information:

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