

SUICIDE PREVENTION PERTH AND KINROSS

LOCAL AREA ACTION PLAN 2018-2021

Role and Remit of Suicide Prevention Steering Group

The Suicide Prevention Steering Group comprises of stakeholders with expertise in working with people who are suicidal and/or who engage in self-harming behaviour. It provides a platform for the Suicide Prevention Coordinator to share information regarding suicide prevention, and a forum to foster inter-agency links. The Suicide Prevention Steering Group meets 3-4 times year. The Suicide Prevention Local Area Action Plan details specific actions which individuals within the group have pledged to support to take forward. The activities of the Group also contribute towards the priorities identified within the Mental Health and Wellbeing Perth and Kinross Action Plan (2017-2020), see Priority Areas below. It contributes towards Scotland's [Suicide Prevention Action Plan: Every Life Matters](#) (see Actions below).

SUICIDE PREVENTION STEERING GROUP MEMBERSHIP			
Service/Organisation	Current Representative	Service/Organisation	Current Representative
Choose Life Coordinator/MH Planning and Policy Officer (PKC)	Marliese Richmond – Co Chair	Home Treatment Team - Team Leader (NHS Tayside)	Sara Vaughan – Co Chair
Trainer (Independent)	Valerie Nelson	Team Leader – Access Team (PKC)	Gillian Robertson
Adult Support and Protection Coordinator (PKC)	Mary Notman	Community Safety (PKC)	Roddy Ross
Consultant Psychiatrist, Perth CMHT, (NHS Tayside)	Stephen Curran	Police Constable - Police Scotland	Lynsey Boyle
Perth Samaritans	Maggie Taylor	PLUS Perth	Susan Scott
Perthshire Women's Aid	Joan Maclean	Victim Support	Jane Sands
Web Project, Gowrie Care– Team Manager	Kirstie Howell	RASAC	Jen Stewart, Rachel Coleman
Student Support and Counselling Team Leader, Perth College	Allie Scott	Mindspace Counselling Service	Jillian Milne
Andy's Man Club	Alex McClintock, Adam Allison	TSMARG Coordinator	Colin MacDougall
Planning and Policy Assistant Officer (PKC)	Eloise Vajk	NHS Tayside	Eileen Robertson

Priority Area 1 - Prevention and Early Intervention

- Collectively shift focus to early intervention and prevention for children, young people and adults.
- Everyone to have better access to self-help, appropriate resources and support when an individual identifies they need help.
- People are better enabled to engage with services, and in particular, young people.

Action 2. The Scottish Government will fund the creation and implementation of refreshed mental health and suicide prevention training.

Action 3. The Scottish Government will work with the NSPLG and partners to encourage a coordinated approach to public awareness campaigns, which maximises impact.

Action 6. The NSPLG will work with partners to develop and support the delivery of innovations in digital technology that improve suicide prevention.

Action 8. The NSPLG will ensure that all of the actions of the Suicide Prevention Action Plan consider the needs of children and young people.

	Actions	Timescales	How We Know it's Working	Resources Lead/s	Progress/Issues
1.1	<p>Raise people's awareness of mental health and suicide prevention. Organise events and activities throughout the year (to take into account findings of TSMARG that deaths peak in late spring/summer) during:</p> <ul style="list-style-type: none"> • Mental Health Awareness Week (May) • Suicide Prevention Week (September) • World Mental Health Day (October) • Collation and publication of case studies 	Ongoing	<ul style="list-style-type: none"> • Increased use of Suicide? Help! app • Increased traffic to Mental Health and Wellbeing external webpages • Engagement at awareness events 	Joint activities between members of Steering Group	<ul style="list-style-type: none"> • Suicide Prevention Week 2018: Twitter Q&A on Suicide Prevention Day; 3 free screenings of 'Resilience'; Perth College Freshers information stall; Talk from mental health advocate Hope Virgo organised by Mindspace and Perth College; Listening Service for those bereaved by suicide by PLUS Perth; Community stall in city centre and information stall at Murray Royal Hospital; Radio interviews on Heartland FM and TayFM, article in Perthshire Advertiser and social media promotion. 323 plain paper bags containing leaflets and materials for 15 organisations handed out. • World Mental Health Day 2018: Mental Health and Wellbeing Resources page launched on

					<p>external PKC webpage with PKC developed resources including toolkits, directory of services, training information and case studies. Promoted via Internal News Bulletin to PKC staff</p> <ul style="list-style-type: none"> • Case studies collated on PKC Mental Health and Wellbeing Pages, focusing on mental health of men in their 30s/40s • Surviving Christmas Bulletin issued to staff Dec 2018
1.2	<p>Continue mental health and suicide prevention training programme, including:</p> <ul style="list-style-type: none"> • SIPP • WRAP • eCPR • SMHFA • safeTALK • ASIST • MQTA • Safety Plan Training • Bespoke Courses 	Regular courses throughout year	<ul style="list-style-type: none"> • Number participants • Number courses • Range of courses • Short term feedback and long term evaluations 	Marliese Richmond, Laura Henderson	<ul style="list-style-type: none"> • Funding required as most trainers now freelance • Target line managers amongst PKC staff • In 2018, 34 safeTALK participants (4 courses). 108 ASIST participants (6 courses). 10 participants SMHFA YP (1 course). Suicide Help App 5 participants (1 course). SMHFA 147 participants (9 courses). • Update from WT re SIPP
1.3	<p>Better use and awareness of mobile apps available:</p> <ul style="list-style-type: none"> • Thrive • Wobot • Suicide? Help! • Brain in Hand 	Increase usage of apps throughout 2019 and beyond.	<ul style="list-style-type: none"> • Range and use of apps being used in Perth and Kinross. • Monitor usage of Apps 	Marliese Richmond, Nick Morely	<ul style="list-style-type: none"> • Action 15 monies used to buy 10 x Brain in Hand Licenses • Suicide App training run October 18 (5 participants)

Priority Area 2 - Person Centred Health Care and Support

- People get the right information at the right time and people get the right support at the right time for them.
- Enabling people to be an equitable partner in their own health, care and support.
- Talking about feelings, emotions and mental health needs to be normalised.

Action 5. The NSPLG will use evidence on the effectiveness of differing models of crisis support to make recommendations to service providers and share best practice.

	Actions	Timescales	How We Know it's Working	Resources Lead/s	
2.1	Inform people where they can access information and help: <ul style="list-style-type: none"> • Improve format of Mental Health Directory of Services • Develop visual map of mental health and support services 	Annual	<ul style="list-style-type: none"> • Number of hits on Directory; new formats (e.g. easy read) developed • Visual map developed and widely disseminated 	Eloise Vajk, Lesley Simpson	<ul style="list-style-type: none"> • Updated directory available on external PKC website Oct 2018 • Draft visual map shared with Lead of MHWB Board in December 18.
2.2	Work with partners to explore option of information hub		<ul style="list-style-type: none"> • Infrastructure for Information Hub in place 	TBC	

Priority Area 3 – Keeping People Safe

- There will be fewer barriers to interventions/ services and support

	Actions	Timescales	How We Know it's Working	Resources Lead/s	
3.1	<p>Consider options for early interventions for vulnerable young people:</p> <ul style="list-style-type: none"> • Lighthouse Service • Mental Health Young People Ambassador Programme • Continuing Support Service at Scott Street 	2019 and beyond	<ul style="list-style-type: none"> • Lighthouse service up and running; number of clients. • Mental Health Young People Ambassador up and running; number of courses and participants; evaluation. 	Tracy Swan Marliese Richmond, Emily Justice, Fiona MacKay	<ul style="list-style-type: none"> • Action 15 monies may be allocated to Lighthouse – discussions underway • Mental Health Young People Ambassador Programme to be trialled again at Perth Grammar School – discussions underway
3.2	<p>Address gap in services for people in distress at a low level by developing work with partners in relation to:</p> <ul style="list-style-type: none"> • Action 15 • Lighthouse • Andy's Man Club • Partners funded to de-escalate situations 		<ul style="list-style-type: none"> • Range of services in place for people in distress; numbers of people using services 	Kenny Ogilvy Tracy Swan Alex McClintock Adam Allison	<ul style="list-style-type: none"> • Action 15 monies secured • Lighthouse in discussions with PKAVS re taking on employee on their payroll, who will also undertake job descriptions and contracts tailored to Lighthouse services, policies and procedures • Update needed from Andy's Man Club
3.3	<p>Explore options for assessment of people in mental health distress</p> <ul style="list-style-type: none"> • Development of a whole system pathway for intervention re MH/Distress/crisis – Michelle Watts, Lead G 		<ul style="list-style-type: none"> • Local assessment option for people in mental health distress 	Michelle Watts	<ul style="list-style-type: none"> • Actions to be confirmed
3.4	Work with partners in Environment Services to		<ul style="list-style-type: none"> • Reconfiguration of paths; refreshed 	Eloise Vajk Douglas Cook	

	reconfigure paths and signage at Kinnoull Hill		signage		
3.5	Work with partners to consider safety at locations of concern <ul style="list-style-type: none"> • River Tummel, Pitlochry • River Tay, Perth 		•		
3.6	Raise awareness of the trauma, mental health and suicide prevention guidance and policies available <ul style="list-style-type: none"> • Mental Health and Wellbeing Policies and Procedures Toolkit for Employers • Suicide Cluster Guidance • Refresh Suicide and Self-Harm Guidance • Trauma resources 		<ul style="list-style-type: none"> • Increased webpage traffic • Increase in companies using MHWB policies from template 		<ul style="list-style-type: none"> • MH&WB Policies and Procedures Toolkit made available on external webpage • Trauma resources made available on external webpage
3.7	Work with schools to ensure there are appropriate mental health/self-harm/suicide prevention policies in place				<ul style="list-style-type: none"> • Actions to be confirmed – discuss with Susie Turner

Priority Area 4 - Work Together with Communities

- Communities are more supportive and inclusive

Action 7. The NSPLG will identify and facilitate preventative actions targeted at risk groups.

	Actions	Timescales	How We Know it's Working	Resources Lead/s	
3.1	Provide support and training to the Lighthouse Project		<ul style="list-style-type: none"> • Number of staff/volunteers at Lighthouse trained; feedback from staff volunteers 	Tracy Swan/Marliese Richmond	
3.2	Explore options for specialised support for people stigmatised or marginalised by society		<ul style="list-style-type: none"> • Range of services; numbers of people using services 	TBC	
3.3	Consider how to better support the migrant worker community		<ul style="list-style-type: none"> • TBC 		
3.4	Work with carers and supporters: <ul style="list-style-type: none"> • Identify ways to support the wellbeing of carers/supporters • Target and provide training so that carers/supporters are able to better support an individual, recognise any deterioration, and know how to respond in a crisis 		<ul style="list-style-type: none"> • Campaigns/initiatives set up which specifically target carers • Number of carers on training courses 		
3.5	Open up discussions with		<ul style="list-style-type: none"> • 		

	<p>communities about the theme of loss, and the trauma which can be associated with repeated losses</p> <ul style="list-style-type: none"> • Link with initiatives such as Good Grief Guide and other Bereavement projects • Work with partners on Compassionate Communities 			3	
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Priority Area 5 - Reduce Inequalities and Unequal Health Outcomes and Promote Health Living

- Maintain broad strategic approach which encompasses wellbeing; a holistic approach; and a focus on recovery

Action 4. With the NSPLG, the Scottish Government will ensure that timely and effective support for those affected by suicide is available across

Scotland by working to develop a Scottish Crisis Care Agreement

	Actions	Timescales	How We Know it's Working	Resources Lead/s	
4.1	<p>Continue to develop the Bereaved by Suicide Initiative:</p> <ul style="list-style-type: none"> • Consider Tayside wide options for Bereaved by Suicide support • Provide leaflets to organisations who get in touch on behalf of people affected • Offer to make direct contact with the SSH group on a person's behalf • Ensure there are follow up phone calls made 		<ul style="list-style-type: none"> • Tayside wide service • Number of people being offered and taking up support; annual evaluation meetings; training for staff; leaflets distributed • More referrals to Ssh 	Val Riddell, Marliese Richmond	<ul style="list-style-type: none"> • Fed back on Tayside wide proposal – VR/MR • New packs made up • Knowledge into Action Story disseminated nationally • Draft leaflet made up and distributed during SPW.
4.2	Work with Equalities Officer LGBTQ Groups on suicide prevention initiatives			David McPhee, Eloise Vajk	<ul style="list-style-type: none"> • LGBT organisations added to Mental Health Directory of Services

Priority Area 6 - Making the Best Use of Available Facilities, People and Resources

- Better use of performance related information to make supports and services better.

Action 9. The Scottish Government will work closely with partners to ensure that data, evidence and guidance is used to maximise impact. Improvement methodology will support localities to better understand and minimise unwarranted variation in practice and outcomes.

Action 10. The Scottish Government will work with the NSPLG and partners to develop appropriate reviews into all deaths by suicide, and ensure that the lessons from reviews are shared with NSPLG and partners and acted on.

	Actions	Timescales	How We Know it's Working	Resources Lead/s	
5.1	Continue to support the Tayside Suicide Multi Agency Support Group <ul style="list-style-type: none"> Improve flow of information between Steering Group and TSMARG and monitoring of joint activities Set up a postvention strategy and action Working Group. Local groups to then take this forward. 		<ul style="list-style-type: none"> Regular information and input to Suicide Prevention Steering Group 	Colin MacDougall	<ul style="list-style-type: none"> Format for input agreed with CMcD
5.4	Work with suicide prevention funded projects to develop logic outcome models and related indicators		<ul style="list-style-type: none"> Logic models for each organisations and agreed performance information 	Marliese Richmond and funded projects	
5.5	Publication of Performance Stories at National Level		<ul style="list-style-type: none"> Number of publications of projects as Knowledge into Action Stories 	Marliese Richmond	<ul style="list-style-type: none"> Knowledge into Action Story disseminated nationally on Bereaved by Suicide Initiative