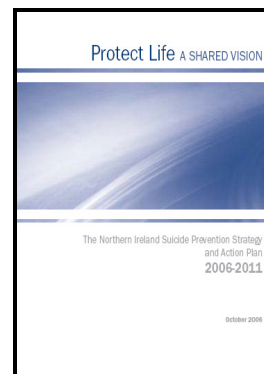


NHSSB/ NifHP SUICIDE PREVENTION STRATEGY

PROTECT LIFE - ACTION PLAN

2009/2010



Alternative Formats

In an effort to make information as accessible as possible, this strategy can also be made available in alternative formats: large print (size required), computer disk, audio tape or translation. For an alternative format, please contact Emma Simpson on 02825311193 to organise this

PROTECT LIFE – A Shared Vision- N.I. Suicide Prevention Strategy & Action Plan:
http://www.dhsspsni.gov.uk/phnisuicidepreventionstrategy_action_plan-3.pdf

With links also to: PROMOTING MENTAL HEALTH – Strategy & Action Plan N.I.
http://www.dhsspsni.gov.uk/promoting_mental_health.pdf

The above strategies and the following 2 documents are available through web link:
<http://www.northernifhpartners.co.uk/index.php>

1. **'Make Suicide Prevention Everyone's Business - Suicide&Self Harm Prevention - Effective Practice Guidelines (Created by Suicide Prevention Co-ordinator NHSSB/NifHP) January 2009':** The information in this document is aimed to support ideas for programmes and responses through information on evidence based and/or effective practice models.
2. **Poster 'Look After Yourself and Others - Northern Area Useful Contacts for Practical Support and Services to help improve Mental Health and Emotional Well Being'** developed through the NHSSB/NifHP Suicide Prevention Action Plan 08/09.

In October 2006 – **the Protect Life A Shared Vision – The Northern Ireland Suicide Prevention Strategy & Action Plan 2006-2011** was launched by the Department of Health Social Services and Public Safety (DHSSPS). The Protect Life Strategy requires each Health & Social Services Board area to develop a local Protect Life Action Plan in partnership with key stakeholders to target the actions laid out on the Strategy.

There are currently 49 members on the Northern Area Suicide Prevention and Promoting Mental Health Steering Group who have contributed to the development of this action plan including all of the local Community Networks, Family Forum, NEELB, NHSCT, Churches, Council representatives, Trauma Advisory Panel and more (see **Appendix 1 for full membership list**)

The actions within this document build on initiatives developed in our 2008/2009 plan and on priorities identified in the review of that plan. Furthermore this action plan aims to facilitate co-operative working between Protect Life and other related strategies such as Promoting Mental Health; Drugs and Alcohol; Children’s Services Planning, Mental Health Services Commissioning plan and other relevant strategies which will be finalised in the near future, such as the NI Strategy for Bereavement Care which is currently out for public consultation. It also links closely to the Board’s Commissioning Plan for Mental Health Services 2008/09 - which is funded primarily from the mental health services funding

This plan, in summary, aims to deliver the Protect Life outcomes by early prevention, intervention, responding to immediate crisis, short and long term support, rural and urban needs, public awareness, training, encouraging people to seek help and exploring what works for all issues surrounding Suicide & Self Harm.

NHSSB District Council areas include:

Antrim, Ballymena, Ballymoney, Carrickfergus, Coleraine, Cookstown, Larne, Magherafelt, Moyle, and Newtownabbey

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CONTENTS

ACTION AREAS	PAGE NUMBER (S)
OVERARCHING ACTIONS (Steering Group, Protective Factors & Evaluation)	4-5
REGIONAL PARTNERSHIP WITH 'LIFELINE & CONTACT YOUTH' SUMMARY	6
POPULATION APPROACH	
1. COMMUNITIES & FAMILY	7-13
2. CHILDREN & YOUNG PEOPLE	14-21
3. HEALTH & SOCIAL SERVICES	22-23
4. POLICE & EMERGENCY SERVICES	26
5. CHURCHES & RELIGIOUS BODIES	27
6. MEDIA	28
TARGETED APPROACH	
7. SELF-HARM	29-30
8. MENTAL ILLNESS	31
9. DRUG & ALCOHOL MISUSE	32-34
10. YOUNG MALES	35
11. BEREAVED BY SUICIDE	36-37
12. SURVIVORS OF SEXUAL, PHYSICAL AND EMOTIONAL ABUSE	38
13. MARGINALISED & DISADVANTAGED GROUPS	39
14. HIGH RISK OCCUPATIONS	40
15. PRISONERS	41

OVERARCHING ACTIONS:

ACTION	THOSE INVOLVED	Time scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
<p>NHSSB /NifHP: Promoting Mental Health & Suicide Prevention Strategies Steering Group</p> <p>To meet quarterly with regular information sharing; review of ongoing work, updating; evaluating and developing new actions.</p>	<p>NHSSB IFHP NHSCT Mental Health Services NHSCT HI/CD Service Suicide Prevention Coordinator</p> <p>Key Agencies and Sectors include: Statutory Education Youth Service Family Forum Community representatives Contact Youth Churches</p>	<p>On-going</p>	<p>Improved links between HPSS and Community/ Voluntary sector. Increased range of agencies and particularly voluntary organizations' participation Increase effective participation by the community and voluntary sector.</p>	<p>Agreement & Co-ordination of local action plans for PMH & SP including actions to address identified gaps in service provision.</p> <p>Improved Communication and information sharing – forum to influence regional and strategic direction.</p> <p>Increased range of organisations participating in activities and plans</p>	<p>Review of membership and attendance completed</p> <p>A review of the role and capacity of community networks sub-group completed.</p> <p>Membership of steering group and sub groups reflective of all stakeholders.</p>
<p>Increasing the focus and identification of <u>Protective Factors</u> by providing information on relevant evidence base and models</p>	<p>NHSSB Suicide Prevention Coordinator Steering Group members, regional groups, other local coordinators, and key stakeholders</p>	<p>09/10</p>	<p>Earlier interventions to prevent Suicide and Self Harm</p>	<p>Increased awareness of evidence based programmes and models on Protective Factors</p>	<p>Number of new programs focusing primarily on Protective Factors</p>

OVERARCHING ACTIONS CONTINUED:

ACTION	THOSE INVOLVED	Timescale	Intended Outcomes	Outputs	Monitoring and Measurement tool
Independent evaluation of impact of exemplar key programmes	NHSSB & external provider Steering group members including ; Statutory (NHSCT) Education (NEELB) Youth Service (NEELB & Vol/Com) Family Forum Community representatives Voluntary sector providers	09/10	Improved effectiveness & efficiencies of local key programmes & initiatives.	Evaluation by external provider demonstrating areas of effective/ineffective practice in order to help influence future developments Partnership more informed on effectiveness of current work	Evaluation report. Outcomes and recommendations used to inform future initiatives

REGIONAL PARTNERSHIP WITH 'LIFELINE & CONTACT YOUTH' SUMMARY

ACTION	THOSE INVOLVED	Timescale	Intended Outcomes	Outputs	Monitoring and Measurement tool
<p>Boards & Trusts – should ensure that the regional Suicide Helpline LIFELINE is fully operational, accessible and integrated with relevant services across Northern Ireland, so as to contribute to a reduction in suicide rate and to support other areas of support offered by Contact Youth across the Northern Board area.</p>	<p>CONTACT YOUTH</p> <p>NHSSB IFHP NHSCT Mental Health Services NHSCT HI/CD Service Suicide Prevention Coordinator</p> <p>Key Agencies and Sectors include: Statutory Education Youth Service Family Forum Community and Voluntary representatives</p>	<p>Ongoing</p>	<p>A free counselling helpline service for people suffering from distress or despair. Improved access to support services for those at risk of suicide or self harm</p>	<p>Counselling service available to all 24 hours per day, 7 days per week. Locally delivered counseling, mentoring, complementary therapies and befriending services.</p> <p>Stronger links established between HSC and voluntary sector agencies to widen support to communities where services are less accessible</p> <p>Ongoing delivery of the Independent Counselling in Schools Service across all second level mainstream schools in NHSSB area.</p> <p>Provision of Specialist service to particularly vulnerable young people dealing with LBGT, immigrant, youth justice, care system, domestic and sexual violence or disability issues.</p>	<p>Evaluation via regional group</p>

SECTION A – POPULATION APPROACH

1. ACTION AREA: COMMUNITIES & FAMILY (Action 1.1)

Strategy Action (Pg26,32,34 of Protect Life)	Activity	Lead	Others Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
<p>(i) To initiate a major public information campaign that aims to de-stigmatise mental health and promote awareness & understanding of issues relating to suicide & self-harm.</p> <p>(ii) To support and encourage the development of community based suicide prevention initiatives and support mechanisms. Also covers Actions under: Marginalised and Disadvantaged Groups (Rural Communities) Drugs and Alcohol</p>	<p>1.1 2 conferences/seminars focusing on:</p> <p>Rural Suicide needs/issues/ community response</p>	TBC	<p>NHSSB & NHSCT</p> <p>Regional support groups</p> <p>Family Forum/Voices</p> <p>Children’s Planning Locality Groups HAZ</p>	09/10	<p>Increased local support</p> <p>Increased awareness</p> <p>Improved local community based support</p> <p>Increased linkages across cross sector support services</p>	<p>Rural Suicide Needs/Issues as a key theme to next year’s conference to include approx 100 people in attendance. A small working group to be developed to carry this forward.</p> <p>Drugs and Alcohol, Suicide and Self Harm conference – to be held in 2009 through NDACT & Suicide Prevention partnership as NDACT annual seminar usually in attendance of approx 100</p>	Pre and post conference baseline evaluations completed
	<p>Drugs/ Alcohol Suicide & Self Harm</p>		NDACT NHSSB		<p>Voluntary/ Community Support services/ groups/ individuals</p> <p>Bereaved/ young people Faith/Church groups Media</p>		

Communities & Family continued.....Action 1.2

Strategy Action(Pg26 of Protect Life)	Activity	Lead	Others Involved	Time - scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To support and encourage the development of community based suicide prevention initiatives and support mechanisms	1.2 Suicide Prevention and Promoting Mental Health SMALL GRANTS scheme rolled out through local community networks cross all ten local council areas.	Community Networks Partnership sub-group	NHSSB NHSCT Steering Group members Local Community organizations and other relevant groups	2009/10	Support for Community Networks Increased awareness in the community of mental health/suicide issues Help to de-stigmatize mental health issues Self-help supports developed Monitoring mechanisms developed to inform service provision locally in support of suicide prevention. Increased community based suicide prevention initiatives targeting those most vulnerable	To ensure that agreed community support groups are appropriately resourced. Small grants available to a minimum of 80 local groups to increase evidence based activity on mental health and suicide related issues in the wider community.	Monitoring data and reports from the Networks sub group and regular update meetings Consider the inclusion of this scheme in the independent evaluation (see page 4) to evaluate impact of local Suicide Prevention Action plan

Communities & Family continued.....Action 1.3

Strategy Action (Pg26 of Protect Life)	Activity	Lead	Others Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To support and encourage the development of community based suicide prevention initiatives and support mechanisms.	1.3 Develop good practice guidelines for Suicide Prevention initiatives using evidence base	Suicide Prevention Coordinator	<ul style="list-style-type: none"> ▪ Local/Regional & Global Suicide Prevention providers ▪ Community Networks Sub-group ▪ NHSSB/NifHP Steering Group 	Ongoing	Increased number of local effective suicide prevention initiatives	Booklet 'Effective Practice Guidelines updated at least annually to help ensure that local initiatives are evidence based and reflects good practice. Information circulated to all key stakeholders.	<p>Evidence base produced and disseminated regularly</p> <p>Number of partners and others who avail of this information</p>

Communities & Family continued.....Action 1.4

Strategy Action (Pg26&28 of Protect Life)	Activity	Lead	Others Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
<p>To support and encourage the development of community based suicide prevention initiatives and support mechanisms.</p> <p>Also covers actions under Health & Social Services</p>	<p>1.4 Continue to establish strong links with the work of the Northern Area Trauma Advisory Panel in the response to the findings of the 'Trouble with Suicide' report and information sharing.</p> <p>To liaise with primary care , Social Services and others to explore possible models of good practice in the primary care setting for suicide prevention and supporting families affected by suicide.</p> <p>To ensure appropriate links, training and resources available to Primary care setting, and sharing of info – particularly with implementation of DES</p>	<p>Trauma Advisory & NHSSB/ NifHP</p>	<p>Steering Group</p> <p>Community Networks Sub-group</p> <p>Primary Care Unit NHSCT</p>	<p>2009-2010</p>	<p>Increased awareness of the needs of those who are affected by trauma.</p> <p>Increased community based suicide prevention initiatives.</p> <p>Primary care practitioners will have increased knowledge of, and access to, a greater range of support services for those who self-harm and their families.</p>	<p>Development of local actions & local Support</p>	<p>Representation on the Trauma Advisory panel by NHSSB staff and likewise for Suicide Prevention and Promoting Mental health Steering Group of T.A. Panel representative Level of involvement of primary care.</p>

Communities & Family continued.....Action 1.5 & 1.6

Strategy Action (Pg26&27 of Protect Life)	Activity	Lead	Others Involved	Time scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
<p>To support and encourage the development of community based suicide prevention initiatives and support mechanisms.</p> <p>Also covers Actions under other target areas in Protect Life e.g. Children and Young People, Young males, Health and Social Services, marginalised and disadvantaged groups, bereavement, high risk occupations, Police etc</p>	<p>1.5 Explore creative interventions which can outreach to communities and families in relation to Suicide awareness, support and promoting mental health</p>	<p>NHSSB</p>	<p>Steering Group</p> <p>Community Networks Sub-group</p> <p>Other Key Stakeholders</p>	<p>09/10</p>	<p>Increased understanding of benefits of creative approaches</p> <p>A wider range of interventions offered to target those who may not engage traditionally in other programmes or support from families and communities.</p>	<p>At least one programme delivered</p>	<p>Pre and Post programme evaluation will be provided</p>
	<p>1.6 Delivery of at least 20 'Suicide Talk' sessions</p>	<p>NHSSB and trainer</p>	<p>Steering Group</p> <p>Community Networks Sub-Group</p> <p>HAZ</p> <p>NHSCT</p>	<p>08/11</p>	<p>Increased public awareness and understanding of the issues around suicide, particularly stigma.</p> <p>Increased opportunities for people to talk safely about suicide with others in the community.</p> <p>Increased knowledge of how to find support in the community for people experiencing emotional distress.</p>	<p>At least 20 Suicide talks across Northern Area per year</p>	<p>Pre and Post evaluation report will be available on participant and trainer feedback</p>

Communities & Family continued.....Action 1.7

Strategy Action (Pg26)	Activity	Lead	Others Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
<p>To support and encourage the development of community based suicide prevention initiatives and support mechanisms.</p> <p>Also covers Actions under other target areas in Protect Life e.g. Children and Young People, Young males, marginalised and disadvantaged groups</p>	<p>1.7 Appoint 2 Community based Suicide Prevention Development Officer posts initially for:</p> <p>Mid Ulster(employed by Oakleaf Rural Network) (3 years)</p> <p>South Antrim (employed by SARN – South Antrim Rural Network) (3 years)</p> <p>Due to the higher statistics of Suicide in both areas</p>	<p>Oakleaf SARN</p>	<p>NHSSB Steering Group</p> <p>Community Networks Sub-group CDHN</p> <p>Cross Sector involvement</p>	<p>2009 - 2011</p>	<p>Increased community based suicide prevention initiatives within areas of high need (higher suicide rates)</p> <p>Increased capacity to provide support, by the community and voluntary sector in NHSSB area, for individuals and carers affected by mental health problems, suicide and self-harm</p> <p>Improved understanding of issues surrounding Suicide and Self Harm</p>	<p>Workers in post</p> <p>Partnership advisory group established</p> <p>Increased awareness within Communities including:</p> <p>Signposting</p> <p>Capacity Building Programmes</p> <p>Improved Cross Strategy working for e.g. Drugs and Alcohol, Mental health, Sexual health and so on</p>	<p>Consider the inclusion of this scheme in the independent evaluation (see page 4) to evaluate impact of local Suicide Prevention Action plan</p> <p>Advisory group to monitor data and reports with regular update meetings</p>

Communities & Families continued....Action 1.8

Strategy Action (Pg26 of Protect Life)	Activity	Lead	Others Involved	Timescale	Intended Outcomes	Outputs	Monitoring and Measurement tool
<p>To encourage all statutory public bodies to carry out health impact assessments on their policies, in terms of possible adverse effect on the mental health and well-being of local communities.</p>	<p>1.8 NHSCT policies developed having undergone screening for adverse impact in relation to number of regionally identified areas.</p> <p>Public consultation process provides additional opportunity for potential adverse impacts to be identified, which the Trust will address appropriately.</p>	<p>NHSCT</p>	<p>Key Stakeholders</p>	<p>Ongoing</p>	<p>Policies Screened & Revised as required</p>	<p>Policies Screened</p>	<p>NHSCT to monitor progress on this action</p>

2. ACTION AREA: CHILDREN & YOUNG PEOPLE (Action 2.1)

Strategy Action (Pg27&28&34 of Protect Life)	Activity	Lead	Others Involved	Time- scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
<p>To raise awareness of and ensure availability and timely access to appropriate intervention services.</p> <p>Also covers Actions under other target areas in Protect Life e.g. Communities and Families, Health and Social Services, Young males, marginalised and disadvantaged groups ..</p>	<p>2.1 Develop Website access into family; children & young people's services.</p>	<p>Children's Services Planning NACYPC</p>	<p>Voluntary Community/ Private/ Statutory service providers</p>	<p>08/09</p>	<p>Increased awareness of intervention services for families and young people</p>	<p>Accessible user friendly web site available - to be completed and launched by April/May 09 by Children's Services Planning. Development has been ongoing through their regional group</p> <p>Information on support services available locally</p>	<p>Feedback from number of people accessing web information (feedback from Children's Services Planning to partnership)</p>

ACTION AREA: CHILDREN & YOUNG PEOPLE (Action 2.2)

Strategy Action (Pg27&28&34 of Protect Life)	Activity	Lead	Others Involved	Time- scale	Intended Outcomes	Outputs	Monitoring and Measuremen t tool
<p>To raise awareness of and ensure availability and timely access to appropriate intervention services.</p> <p>Also covers Actions under other target areas in Protect Life e.g. Communities and Families, Health and Social Services, Young males, marginalised and disadvantaged groups</p>	<p>2.2 Continued raising awareness on support via Posters and z cards – LOOK AFTER YOURSELF AND OTHERS -NORTHERN AREA - Useful Contacts for Practical Support and Services to help Improve Mental Health and Emotional Well Being</p> <p>ONGOING AND REGULAR PR required to highlight the work of the partnership (this targets all action areas INC MEDIA) – at least quarterly</p> <p>Joint Suicide Prevention & Promoting Mental health Networking events for all caring/support services across the Northern Board</p>	<p>NHSSB Suicide Prevention Coordinator</p> <p>NifHP Communication coordinator & NHSCT Health Promotion Officers for Mental health & Suicide NHSCT Children’s Services &/or CAMHS</p>	<p>Voluntary/ Community/ Private/ Statutory service providers and partners</p>	<p>Ongoing</p>	<p>Increased awareness and access to intervention services for families, communities, cross sector organisations and young people</p> <p>Raise awareness on support available</p>	<p>Development of easy accessible and user friendly Northern Board area local service information.</p> <p>Website updates providing updates on local actions.for key stakeholders and people throughout the Northern Board area</p> <p>Sub group formed to develop effective communication systems and processes with key stakeholder groups and organisations</p> <p>Networking events delivered</p>	<p>Number of posters and z cards distributed to cross sector groups etc</p> <p>Level of Media coverage</p> <p>Numbers in attendance at events, pre and post evaluations and diversity of organisations involved</p>

Children & Young People Continued..... (Action 2.3)

Strategy Action (Pg28 of Protect Life)	Activity	Lead	Others Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To promote a culture of help seeking behaviour, particularly among young people.	2.3 Young Women's education and awareness programmes in effective coping skills, decreasing stigma in help seeking behaviour, developing help seeking strategies, social problem solving techniques, providing young women with information on support.	Women's Aid	Organisations working with Young Women	08 /10	Increased resilience through external supports, inner-strengths and interpersonal and problem-solving skills.	Education / prevention programmes specifically targeted towards vulnerable young women Increased involvement of parents and carers of these young people where appropriate Relationships established with agencies working with at risk young people to promote joint working and ensure appropriate referrals to the programme(s) from these agencies.	Pre and post programme evaluation by participants and staff Monitoring through Northern Board systems

Children & Young People Continued..... (Action 2.4)

Strategy Action (Pg27 of Protect Life)	Activity	Lead	Others Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To make suicide awareness & positive mental health & well being training, including how to deal sensitively with disclosure of self-harm or suicidal behaviour a priority for teachers, youth workers etc.	2.4 Training aimed at building the skills and knowledge of parents, youth workers, teachers and HSCT staff in relation to supporting young people delivered by NHSCT	NHSCT	NEELB Councils Voluntary organizations Community Groups NHSSB	All Ongoing	Increased ability of parents and those working with young people to effectively discuss issues impacting on their mental health and support them to develop appropriate problem-solving and resilience skills.	Increased knowledge among teachers and parents as to how to recognise potential problems or issues that may impact on young people's mental health and ways to address them through delivery of minimum of 12 training courses including : <ul style="list-style-type: none"> • Bounce training • Talking Teenagers • Mental Health First Aid • ASIST 	Recruitment Numbers Pre and Post session evaluations

Children & Young People Continued..... (Action 2.5)

Strategy Action (Pg27 of Protect Life)	Activity	Lead	Others Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To make suicide awareness & positive mental health & well being training, including how to deal sensitively with disclosure of self-harm or suicidal behaviour a priority for teachers, youth workers etc.	2.5 Contribute to an independent evaluation of ASIST Programme	<u>Regional DHSSPS HPA</u>	NHSSB NHSCT Local ASIST trainers 4 Board SP /PMH group Voluntary & Community sector PSNI A & E Staff Religious Bodies Youth Service Education Private Sector	Ongoing	Increased knowledge of effectiveness and efficiency of ASIST programme	Information on impact and outcomes of training delivered to date. Clearer direction on way forward for training programmes. Information on geographical spread and Identification of recruitment gaps.	Regional Report Produced

Children & Young People Continued..... (Action 2.6 & 2.7)

Strategy Action (Pg27 of Protect Life)	Activity	Lead	Others Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To make suicide awareness & positive mental health & well being training, including how to deal sensitively with disclosure of self-harm or suicidal behaviour a priority for teachers, youth workers..	2.6 ASIST training	NHSCT	Voluntary & Community sector PSNI A & E Staff Inter Faith Groups Youth Service/ Education Ethnic Minority Groups Private	Ongoing	Increased knowledge, skills & awareness across local population of how to deal sensitively with disclosure of suicidal behaviour. Increased public awareness and understanding of the issues around suicide, particularly stigma.	<u>At least</u> 6 ASIST workshops/at least 144 people trained (offered across NHSSB areas) ASIST Training for Trainers delivered as and when needed to join the Northern Area team of facilitators (Increased number of trainers from variety of backgrounds)	Pre and post evaluation feedback reports Numbers in attendance
	2.7 NEELB Youth Service Conference on Young people's Health and Well Being"	NEELB	NHSSB (to support with information and resources) ZEST & other Vol/Com sector organisations	April 09	Increased opportunities for people to talk safely about suicide with others in the community. Increased knowledge of how to find support in the community for people experiencing emotional distress.	(NEELB Youth Service) Newtownabbey 3 day residential conference 70 leaders are expected to attend. Topics such as bullying, sexual health, ADHD/ADD, suicide talks, depression awareness, Healthy Living and Environment, drug and alcohol awareness	

Children and young People continued..... (Action 2.8, 2.9)

Strategy Action (Pg28 of Protect Life)	Activity	Lead	Others Involved	Timescale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To promote a culture of help seeking behaviour, particularly among young people.	2.8 To provide a Depression Awareness Programme 'mood Matters' for young people in Post Primary School and their parents and others responsible for young people	Aware Defeat Depression	NEELB/SELB Post Primary Schools in NEELB/SELB Parents of young people participating in programme NHSC T NHSSB	2009/2010	Increased knowledge and understanding among young people and their parents of mental health / depression issues Support mechanisms accessed	50 sessions to be delivered by June 09 Improved skills of young people in help seeking behaviour	Future roll out 50 sessions to be agreed pending evaluation outcome in June 09 Recruitment Numbers Pre and Post session evaluations
	2.9 Ongoing work with schools/colleges and youth groups to promote services to young people by Samaritans Suicide Prevention Coordinator to link with local Samaritans regularly to gain information and feedback on outcomes	Samaritans NHSSB Suicide Prevention Coordinator	NHSSB NifHP NHSC T Young People, NEELB Youth workers and teacher	Ongoing	Support mechanisms accessed by young people	Programmes implemented	Recruitment Numbers Pre and Post session evaluations Areas of high need targetted

Action area: Children and Young People (2.10, 2.11)

Strategy Action (Pg27&28 of Protect Life)	Activity	Lead	Others Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To raise awareness of and ensure availability and timely access to appropriate intervention services (e.g. <u>Child and Adolescent Mental health services</u> , Mentoring schemes and other appropriate statutory and voluntary services).	2.10 NHSCT to improve links between Children and Adult Services	NHSCT	Primary Care, Voluntary & Community Providers	Ongoing	To raise awareness & ensure timely access to appropriate NHSCT adult and children's intervention services Appropriate services made available	Improved links	NHSCT to update partnership regularly
To develop and implement practices, protocols and referral pathways to smooth the transition from youth to adult Health and Social Services	2.11 NHSCT 16+ / transition teams developed within Child Services to improve practice, protocols and referral pathways from youth to adult services The need to develop a regional protocol /pathway developed for transition between services	NHSCT		April 09 - ongoing	Improved transition between services	Effective protocols and pathways in place	Review of protocols

3. ACTION AREA: HEALTH AND SOCIAL SERVICES (Action 3.1)

Strategy Action (Pg28 of Protect Life)	Activity	Lead	Others Involved	Time scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To develop enhanced linkages between the Health and Social Services and the community/ Voluntary, counselling and support network, particularly in relation to transition services and to bridge any gaps in service provision.	<p>3.1 Trust/Board Suicide Prevention group set up to improve communication between NHSCT Health Improvement & Community Development Service, Mental Health Services and NHSSB Staff.</p> <p>And Mapping of the impact of the Protect Life strategy on the work of Mental Health Services by NHSCT.</p>	NHSCT Assistant Director Mental Health Services	NHSSB NHSCT – Health Improvement & Community Development Service	Ongoing	<p>Improved information flows to Trust services about suicide prevention activities</p> <p>Better access to community based and self help support</p> <p>Increased awareness of intervention services for families and young people</p> <p>Increased awareness of the strategy</p> <p>NHSCT Health Improvement Staff working with local community and voluntary organizations to build their capacity to deliver support services locally</p>	<p>Review the impact of the strategy on the work of Mental Health Services.</p> <p>Increased awareness of the strategy and the services developed locally to support the prevention of suicide among staff across the Trust and NHSSB.</p> <p>Trust actions aimed at suicide prevention and bereavement support are captured within service planning and new needs, issues and developments are shared.</p>	<p>Minutes from meetings</p> <p>Level of information shared</p>

Action area: HEALTH AND SOCIAL SERVICES continued... (Action 3.2)

Strategy Action (Pg28 of Protect Life)	Activity	Lead	Others Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To make depression and suicide awareness/ Prevention training a priority for all frontline staff dealing with people in distress, particularly for GP's, Primary Care and A&E staff in the HSS.	<p>3.2 ASIST (Applied Suicide Intervention Skills) (See action 2.4)</p> <p>NHSCT to identify additional training requirements across range of Trust services in relation to suicide and self-harm risk assessment, care and management</p>	NHSCT Training services & NEDC	NHSCT Voluntary & Community sector PSNI A & E Staff Inter Faith Groups Youth Service/ Education Ethnic Minority Groups Private	09/10	<p>ASIST training available to all frontline staff.</p> <p>NHSCT Staff trained appropriately in Suicide Risk Assessment and Management and awareness</p>	<p>At least 6 ASIST workshops/at least 144 people trained (offered to <u>anyone</u> living or working within the NHSSB area)</p> <p>Staff Trained appropriately in recognizing risk factors, signs and indicators for suicide and relevant follow-up,/management procedures</p>	<p>Numbers through recruitment</p> <p>Sectors recruited</p> <p>Pre and Post evaluations</p>

Action area: HEALTH AND SOCIAL SERVICES continued.... (Action 3.3)

Strategy Action (Pg28 of Protect Life)	Activity	Lead	Others Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To make depression and suicide awareness/ Prevention training a priority for all frontline staff dealing with people in distress, particularly for GP's, Primary Care and A&E staff in the HSS.	<p>3.3 Continued building upon Primary Care links to provide information on support, training, events etc</p> <p>Ongoing local liaison between NHSCCT CAMHTs and Crisis Response/Home Treatment and Psychology services</p> <p>To review and explore training provision and needs for staff in relation to Suicide Risk Assessment and Management.</p>	NHSSB NHSCCT NifHP	FPU Community/ Voluntary Sector	2009/10	<p>Increased awareness of GPs & Primary Care staff of support services available.</p> <p>Greater awareness among GPs on the treatment of Depression and needs of those who seek their help.</p> <p>Improved understanding and improved access into other services</p>	Increase of Primary Care Staff knowledge of services and criteria for referrals	<p>Numbers of practices and GP's involved in training, events etc</p> <p>Numbers of practices who request and help circulate support posters and z cards</p>

Action area: HEALTH AND SOCIAL SERVICES continued (3.4)

Strategy Action (Pg28 of Protect Life)	Activity	Lead	Others Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To develop clinical guidelines for all HSS staff to use when dealing with people who are at risk of suicide/self harm.	<p>3.4 NHSCT to review of clinical guidelines implemented by HSC staff when dealing with people who are at risk of suicide and self-harm to check and ensure consistency and quality across services.</p> <p>Linked to implementation of new service frameworks and performance indicators – Potential for regional development/co-ordination</p>	NHSCT	NIAS	09/10	Guidelines reviewed and followed		Guidelines produced and shared with relevant partners

4. ACTION AREA: POLICE AND EMERGENCY SERVICES

Strategy Action (Pg29 of Protect Life)	Activity	Lead	Others Involved	Timescale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To make suicide awareness/intervention training a priority for all frontline emergency services staff.	All relevant training including ASIST offered to all sectors inc PSNI & Fire service	NHSSB	PSNI NIFRS Cross Sector ASIST Trainers facilitating ASIST courses	08 – 09	Increased number trained via ASIST Programme and DASSH programme Increased awareness levels Enhancement of evidence base Raised level of knowledge and skills to prevent suicide across NHSSB area	Increased access to, and awareness of, Suicide and Self-Harm training and support available to NHST staff in range of professions and services	Pre and post training evaluation

5. ACTION AREA: CHURCHES AND RELIGIOUS BODIES (INTER-FAITH)

Strategy Action (Pg29 of Protect Life)	Activity	Lead	Others Involved	Timescale	Intended Outcomes	Outputs	Monitoring and Measurement tool
<p>To support the development of enhanced links between churches/ Religious bodies and the local community support networks.</p> <p>To make suicide/ depression awareness training available for all church/ religious leaders</p>	<p>NHSSB wide 3rd annual Inter-Faith Suicide Awareness Study Day</p> <p>The focus this year is on:</p> <p>The need for further information and support on Self Harm</p> <p>Workshops to explore Church based intervention models</p>	<p>NHSSB Coordinator for Suicide Prevention & Newtownabbey Borough Council Community Development Dept & Churches working group</p>	<p>Churches/Religious Bodies/Inter-faith groups – all denominations</p> <p>Local community and voluntary partners.</p> <p>Community Networks</p> <p>Children’s Services Planning (NACYPC)</p> <p>HAZ</p>	<p>2008 - 2009</p>	<p>Increased support the role of churches and religious groups in providing pastoral care to the community and in promoting positive mental health, especially in relation to suicide prevention, intervention and postvention.</p>	<p>At least 60 people to attend:</p> <p>(Involvement of clergy; church based youth leaders; pastoral visitors, elders and members of parish prayer groups)</p> <p>Development of future actions to help prevent suicide and self harm within the Northern Board communities, and in bringing support to those in need.</p>	<p>Evaluations by participants</p> <p>Numbers in attendance</p> <p>Areas from Northern Area included</p> <p>Increased Church based programmes post event – evaluated through feedback from Church partners</p>

6. ACTION AREA: MEDIA

Strategy Action (Pg30 &33 of Protect Life)	Activity	Lead	Others Involved	Timescale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To pro-actively work with the media to promote positive mental health and raise awareness of sources of support for individuals or families experiencing mental health problems.	<p>To work with local (or regional, when appropriate) media providers in order to advertise local events.</p> <p>Ongoing and regular PR required highlighting the work of the partnership.</p> <p>Training on dealing with the media and sensitive issues to be offered to partners especially within the Community and Voluntary sector</p>	NHSSB	<p>Communication Coordinator (NHSSB)</p> <p>Local Media providers</p> <p>Local community and voluntary partners.</p>	Ongoing	<p>Media engaged in processes and publicity of local actions</p> <p>Increased awareness of how to promote more positive reporting, Ensuring that media providers are aware of the Samaritans Guidelines on the reporting of Suicides.</p>	Regular contact with media providers in planning and publicity of local events and updates on suicide prevention initiatives.	<p>Level of media involvement</p> <p>Queries received in response to press releases</p>

SECTION B – TARGETED APPROACH

7. ACTION AREA: SELF – HARM (Action 7.1)

Strategy Action (Pg31 of Protect Life)	Activity	Lead	Others Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
<p>To ensure that responsive self-harm support services, including mentoring support, are in place in all Health and Social Services Trusts.</p> <p>To implement programmes that enhance the coping and problem solving skills of those who self-harm, and which reduce the risk of repeat self-harm.</p> <p>To improve detection of, and access to, support services for people who engage in less serious forms of self-harm.</p>	<p>7.1 Independent Inquiries being assessed and included on an ongoing basis where and when appropriate.</p> <p>To implement training to improve skills and knowledge of staff in relation to identification, risk assessment and self-management of the self-harming patient staff to support them in developing coping and problem solving skills in people who self-harm</p>	<p>NHSCT NIAS</p>	<p>NHSSB FPU, including DUC Voluntary agencies</p>	<p>Ongoing</p>	<p>Service developments in response to local needs are influenced by current evidence and available national guidelines.</p>	<p>Emergency services, mental health and ambulance services applying appropriate and effective models at a local level.</p>	<p>Pre and post evaluation feedback from any training delivered</p>

7. ACTION AREA: SELF – HARM continued (7.2)

Strategy Action (Pg31 of Protect Life)	Activity	Lead	Others Involved	Time - scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
<p>To ensure that responsive self-harm support services, including mentoring support, are in place in all Health and Social Services Trusts.</p> <p>To implement programmes that enhance the coping and problem solving skills of those who self-harm, and which reduce the risk of repeat self-harm.</p> <p>To improve detection of, and access to, support services for people who engage in less serious forms of self-harm.</p>	<p>7.2 Pilot a Family Support & Outreach Service initially within the priority areas, targeting families of those who Self-harm</p>	<p>ZEST</p>	<p>CAMHS NHSC NHSSB Community/ Voluntary partners</p>	<p>2008 - 2011</p>	<p>Needs identified within the local communities of families who have experienced self-harm.</p> <p>Information made available on models of effective practice in targeting the families of those who self harm/have self harmed.</p> <p>The set up of new outreach facilities in areas of higher need, to increase information, awareness and understanding of Self-harm for families directly impacted by Self Harm.</p> <p>Therapeutic intervention made available for families who engage with the service.</p>	<p>Education, awareness and support programmes for family members and friends who are coping with the impact of self-harm or suicide.</p> <p>Increased involvement of parents and carers of those people who have self-harmed</p> <p>A minimum of 4 courses / maximum 6 courses delivered in each of the following two years 2009/10, 2010/11.</p>	<p>Through the partnership ensure that the appropriate support and networks are available for the effective roll out of this programme</p> <p>NHSSB Monitoring procedures in place</p> <p>Pre and Post evaluation provided by ZEST</p>

8. ACTION AREA: MENTAL ILLNESS

Strategy Action (Pg31 of Protect Life)	Activity	Lead	Others Involved	Timescale	Intended Outcomes	Outputs	Monitoring and Measurement tool
<p>To ensure that those in contact with mental health services are followed up at appropriate intervals, with assertive outreach where necessary, to assess suicide and self-harm risk.</p> <p>To provide support and information to promote awareness of suicide risk among people caring for someone with a mental illness.</p> <p>To provide timely and appropriate support and follow up for patients discharged from psychiatric units.</p>	<p>Programmes for those at risk of self harm or suicide with previous mental ill health</p> <p>NHSCT to continue to deliver services for patients discharged from in-patient services, with ongoing care plan reviews and assessments of suicide and self-harm risk</p>	NHSCT	Key Stakeholders	Ongoing	Improved services for those discharged	DHSSPS Discharge guidance implemented as relevant to service	NHSCT – Monitoring procedures are in place

9. ACTION AREA: DRUG AND ALCOHOL MISUSE (9.1)

Strategy Action (Pg32 of Protect Life)	Activity	Lead	Others Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To ensure that appropriate suicide awareness/ intervention training is available for all frontline health services staff, police officers, and other relevant professionals who come into contact with people with alcohol and drug problems	<p>9.1 ASIST Training: recruitment for training courses will target those groups who come into contact with people with alcohol and drug problems</p> <p>NHST to identify additional training requirements across range of Trust services in relation to suicide and self-harm risk assessment, care and management, and appropriate courses to meet need</p>	NHSSB	NHSSB NHST Local community, voluntary & statutory partners	09/10 09/10	Increased awareness among targeted professionals	<p>Recruitment of relevant practitioners who come into contact with people with alcohol and drug problems onto ASIST training</p> <p>(At least 6 ASIST programmes delivered)</p>	<p>Pre and post evaluations completed</p> <p>Numbers and diversity of participants in attendance</p>

ACTION AREA: DRUG AND ALCOHOL MISUSE continued (9.2)

Strategy Action (Pg32 of Protect Life)	Activity	Lead	Others Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To ensure that appropriate suicide awareness/ intervention training is available for all frontline health services staff, police officers, and other relevant professionals who come into contact with people with alcohol and drug problems	<p>9.2 DASSH ‘Drugs, Alcohol, Suicide & Self Harm’ Practitioner training</p> <p>NDACT conference in 09 – focusing on Drugs, Alcohol, Suicide Self-Harm.</p>	NDACT & Suicide Prevention Coordinator	NHSSB NHSCT Local C/V & partners, NEELB PSNI PBNI YJA Looked After Children’s Teams Family Social Care Teams ,Youth work Young men’s work /EOTAS/Pastoral care Counselling FPU		Practitioners will have: increased awareness of the linkages between substance use/misuse and self-harming behaviour, be more skilled and better able to support people at risk. Increased understanding of early indicators of drug or alcohol suicide related risk	Minimum of 4 DASSH programmes in 4 localities of Northern Area to be delivered in 09/10 NDACT Conference held	Pre and Post Baseline Evaluations completed and included in report with Trainers Feedback Numbers and diversity of practitioners in attendance

Action area: DRUGS AND ALCOHOL MISUSE Continued... (9.3)

Strategy Action (Pg32 of Protect Life)	Activity	Lead	Others Involved	Timescale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To develop agreed protocols concerning the assessment and management of patients at risk while under the influence of drugs and/or alcohol	9.3 Protocols and practices concerning assessment and management of patients at risk whilst under influence of drugs and/or alcohol should be reviewed & agreed locally and regionally	NHSCT	GPs NIAS	09/11	Improved Services	Protocols in place	NHSCT monitoring in place and to update partnership on progress

10. ACTION AREA: YOUNG MALES (10.1 & 10.2) Also covers Actions under other target area. Children and Young People

Strategy Action Pg32,33 of Protect Life)	Activity	Lead	Others Involved	Time - scale	Intended Outcomes	Outputs	Monitoring and Measure- ment tool
<p>1. To ensure that targeted outreach programs for young males, who may be at risk of suicide and self-harm, are available in local communities and in all Health & Social Services Trusts.</p> <p>2. To implement a targeted information and awareness campaign for young males, aimed at breaking down the current male culture of not discussing problems openly.</p> <p>3. To enhance the role of the community/voluntary sector concerning the provision of mentoring support for young people at risk of suicide and self-harm</p>	<p>10.1 A cross sector scoping study into Young Men's work across the Northern Area - In order to recommend the way forward in relation to needs/gaps of delivery under this action e.g. development of Model to meet gap (s).</p> <p>10.2 Youth Service (NEELB) At least 4 programmes delivered to Young Men's groups in response to evidence based practice and above Scoping Study recommendations</p>	<p>McCready Donnelly Lowry Consultants</p> <p>NHSSB</p>	<p>NHSCT</p> <p>NEELB</p> <p>Voluntary/ community and statutory youth and community workers</p> <p>NHSSB</p>	<p>2009</p> <p>09/10</p>	<p>Promotion of resilience through external supports, inner-strengths and interpersonal and problem-solving skills for those targeted.</p> <p>NEELB continue to develop A positive partnership with the NHSSB & NHSCT to access training for our staff from expert sources in the area of mental health e.g. ASIST, BOUNCE, Mental Health First Aid, DASSH, 'Bout Ye..</p>	<p>Scoping study completed and recommendations made</p> <p>At least 4 groups established/targeting Young Men to inc help seeking strategies and problem solving etc</p> <p>Suicide awareness programmes with older young people (at least 1 for young women & 1 for young men)</p>	<p>Report produced</p> <p>Monitoring arrangements in place through NHSSB and partnership</p> <p>Evaluation forms plus leader report provided</p>

11.ACTION AREA: BEREAVED BY SUICIDE (Actions 11.1)

Strategy Action (Pg33 of Protect Life)	Activity	Lead	Other Involved	Time scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
To ensure that accessible information and timely support, both at community, voluntary and statutory level is available to all those bereaved by suicide and to encourage the development of support groups/ networks.	<p>11.1 CRUSE Causeway area</p> <p>Expansion of service to further support those effected by suicide</p> <p>Capacity Building has started for CRUSE volunteers</p>	CRUSE	<p>NHSCT</p> <p>NHSSB</p> <p>Nursing</p> <p>Community Groups</p> <p>Voluntary Sector organizations</p>	2009 – 2010	Increased support available for those bereaved by suicide.	Additional volunteers trained. Information and services increased	Monitoring procedures in place through NHSSB and evaluations to be shared from capacity building programme

ACTION AREA: BEREAVED BY SUICIDE Continued... (11.2) Please note – there is a small regional group set up working on a regional support pack for those Bereaved by Suicide to be completed in 2009/2010

Strategy Action (Pg33,34 of Protect Life)	Activity	Lead	Other Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
<p>1. To ensure that accessible information and timely support, at community, voluntary and statutory level is available to all those bereaved by suicide and to encourage the development of support groups/ networks.</p> <p>2. Implement programmes that enhance coping and problem solving skills of those who self-harm</p> <p>3. To ensure appropriate support services reach all marginalised and disadvantaged groups</p>	<p>11.2 NHSCT to employ a Bereavement through Suicide Support Development worker in order to facilitate the establishment of support networks and systems for people bereaved by suicide</p> <p>*NHSCT to work in partnership with a voluntary organisation to provide specific bereavement support counselling / support for those who may require it.</p>	<p>NHSCT</p>	<p>NHSSB</p> <p>Suicide Prevention Co-ordinator (NHSSB)</p> <p>Voluntary & community organisations/ Community Networks</p> <p>HAZ Groups</p> <p>Churches/ Interfaith groups</p> <p>Family Forum</p> <p>Carers Groups</p> <p>Support groups in other areas</p>	<p>2009 - 2011</p>	<p>Models of effective family support identified and implemented</p> <p>Information and support available to those bereaved by suicide.</p> <p>Coping and problem solving skills increased among those who self harm.</p>	<p>Needs of those bereaved by suicide identified</p> <p>Support groups established</p> <p>Coping and problem solving skills initiatives developed</p>	<p>Monitoring procedures in place both through NHSSB and NHSCT</p> <p>Numbers of people engaging with worker</p> <p>Numbers availing of the Voluntary sector support in place</p> <p>Number of support/self help groups established and other appropriate models established to support those who have been bereaved</p>

12. ACTION AREA: SURVIVORS OF SEXUAL , PHYSICAL AND EMOTIONAL ABUSE

Strategy Action (Pg34 of Protect Life)	Activity	Lead	Others Involved	Time-scale	Intended Outcomes	Outputs	Monitoring and Measurement tool
<p>To provide an accessible support network in local communities for all survivors of abuse</p> <p>To make training available to support those working survivors of abuse</p>	<p>Ongoing programmes with relevant partners being supporting include: work with Nexus, Women’s Aid, Drugs and Alcohol groups, Sexual Health Groups – (which are also supported across different strategy based action plans e.g. Mental Health Services, Promoting Mental health, Sexual Health Promotion , Drugs and Alcohol etc).</p>						<p>Formal links established with support providers for victims and survivors of abuse to ensure accessible and local support provision</p> <p>Numbers increased awareness on appropriate training such as ASIST, DASSH, Suicide Talk and other appropriate courses to support providers</p>

14. ACTION AREA: HIGH RISK OCCUPATIONS

Strategy Action (Pg35 of Protect Life)	Activity	Lead	Others Involved	Time- scale	Intended Outcomes	Outputs	Monitoring and Measurement Tool
To raise awareness of high risk occupations and develop a culture of help seeking among people in occupations that have a high risk of suicide and self harm.	ALL TRAINING PROVIDED THROUGHOUT THIS ACTION PLAN E.G. ASIST, DASSH, SUICIDE TALK, MENTAL AND SO ON ARE OFFERED ACROSS SECTORS AND STAFF TEAMS - ONGOING						

15. ACTION AREA: PRISONERS

This area is not a direct priority within the Northern Area – as there are no prisons but NHSSB support the work offered through the Samaritans in their listening ear support and also all training offered throughout the action plan is open to police custody staff etc.