



BRIEFING PAPER

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Author/Contact	Chief Superintendent	Department / Unit	Management
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Attachments: Appendix A – Screen shots North East Scotland 'Prevent Suicide App'			

Subject

Update for Chief Officers Group on Proposals for a Breakthrough Challenge on Suicide Prevention for 2018/19

Background

Dialogue has taken place involving Health, Local Authority and Police in an effort to further develop thoughts/ideas in a manner which could best meet the feedback provided by members at the Chief Officers Meeting on 20th February 2018, with a view to achieving the most meaningful impact/outcomes.

There is a recognition of the various workstreams which are already taking place across the Public, Voluntary and Private Sectors in this area of business. This proposal is designed to build on that work and increase awareness of the issue, individual/personal understanding and the potential options of support/intervention that are available in the realms of Suicide Prevention.

Proposal

Having considered the feedback from members, there is general consensus/agreement that a focus on two specific strands, namely **Suicide Prevention Training** and the **Development/Implementation of Suicide Prevention App** would provide outcomes which would meet the points raised by all strategic leads/agencies;-

Suicide Prevention Training - In essence a significant drive by all Community Planning Partnership representatives to deliver Preventative Training in their respective area of responsibility. It is assessed that there could be three training options; a brief awareness session likely to be 2 hours in duration, a more detailed input potentially 4 hours in duration and the potential for a full day higher detail input. The desire is to try and maximise

the simplest format and aim for more significant coverage, to have maximum impact in terms of audience spread/awareness. There are existing training products which could be 're-shaped' to meet the requirements described and allow relevant agencies the ability to select the most efficient and impactful options for their own specific dynamic. 'Train the trainer' format is the most efficient way to achieve these goals and provide individual agency resilience.

There would be an expectation to support training in three distinct ways:-

- In-house/internal – taking responsibility for delivery of training to our own staff.
- Cross Sector – support each other where possible by joint use of trainers/assets to maximise coverage.
- Public facing – Community Events and other public opportunities to maximise the message. Likewise collective support approach.

If agreed, simple mechanisms will be put in place to capture training delivery and outcomes. There are already coordination resources in place within 'Choose Life'/Highland Suicide Prevention Group, which will further support our collective energy/efforts.

Develop/Implementation of Suicide Prevention App – (illustrative screen shots are attached in Appendix A). This approach has been successfully adopted by the North East of Scotland and Tayside. It is assessed as very positive mechanism which uses mobile technology to further support individuals and the wider understanding of the challenges for those seeking help. It is understood that the App has a set up cost of approximately £6,000 to £8,000, the exact details are being explored and will be shared as appropriate.

The delivery of the training could be combined with the introduction of the App to fully embrace and market the availability of this resource, providing significant awareness within organisational and public domain.

Media/Marketing and Staff Support

Given the complex nature of Suicide Prevention and the need to appropriately market what we are seeking to do/achieve both internally and externally, there is a desire for a joint media strategy. Included in this will be the signposting of internal and external support mechanisms to our staff, who may themselves be impacted by the subject matter, either personally or through wider family or relationship context.

Timeline for Delivery

Subject to agreement, the proposed phasing of this initiative is as follows; - Initial work will take place to develop the training packages, thereafter 'train

the trainers' and we would seek to begin delivery of training around September 2018, in tandem with launch of Suicide Prevention App.

Governance

- Operational/Tactical - The recently established Highland Suicide Prevention Group will be able to support the overview and delivery of these strands through established channels.
- Strategic – Progress will be monitored via the Chief Officers Group.

Recommendations

As Chief Officers you are being asked to support the following;-

- Endorsement of these particular strands as the area of focus for the Suicide Prevention Breakthrough Challenge.
- Commitment to identifying staff to be trained as 'trainers' in-house for your respective organisation/agency who will be responsible for the delivery of awareness inputs.
- Commitment to supporting cross sector delivery of inputs/awareness, by 'pooling' of resources thus allowing the Community Planning Partnership to support enhanced cross sector delivery, including local Communities and Events when/where appropriate.
- Commitment to support joint messaging/marketing and media strategy.
- Commit to providing financial support for the development of the Suicide Prevention App.

George Macdonald
Chief Superintendent

Appendix A



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Prevent Suicide 12+

Northeast Scotland

- Free

Prevent Suicide - NE Scotland	Back	Your Safety Plan
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- Urgent Help
- Your Safety Plan**
- Local Services
- Helping Others
- Suicide Info

- Safety Plan Guidance
- Warning Signs
- Coping Strategies
- Reasons to Live
- Friends and Family
- Professionals
- Places for Distraction
- Other

Samaritans call - Breathing Space call - info	Samaritans call - Breathing Space call - info
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Back	Local Services	Back	Helping Others
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Click the button for your area



Listening: Open Questions

Ask open questions, for example:

'How long has this been going on?'

instead of:

'Has this been going on a long time?'

That way, instead of closing the conversation down into a yes or no response, you open it out and encourage the other person to keep talking.

Listening: Summarising

It helps to show that you've listened to, and understood, what's been said.

You can do this by summarising.

For example:

'So you're being treated terribly by your partner, but you still love them?'

Listening: Reflecting

Samaritans call - Breathing Space call - info	Samaritans call - Breathing Space call - info
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<p>Back</p>	<p>Suicide Info</p>	<p>Back</p>	<p>Urgent Help</p>
<p>About Suicide</p> <p>Most people contemplating suicide may not want to die; they want to stop the pain and difficulties they are suffering.</p> <ul style="list-style-type: none"> • On average, two people die by suicide every day in Scotland • Talking about suicide saves lives • If you are worried about someone talk to them, it could save their life • If you feel suicidal, don't hide it, talk to someone you trust or phone a helpline • Suicide affects all ages, genders and cultures. <p>Suicide is one of the main causes of death among young people in Scotland today.</p> <p>Every life lost to suicide is a tragedy. One suicide represents lost life, lost talent, lost creativity, a lost mother or father, brother, sister, son or daughter and a wound that does not easily heal in those who are left behind.</p>		<p>Urgent Help</p> <p>SAMARITANS 116 123 Samaritans is a 24hr confidential emotional support service for anyone in the UK and Ireland</p> <p>BREATHING SPACE 0800 83 85 87 Breathing Space is a free and confidential phone-line service</p> <p>Mon–Thurs: 6pm to 2am, Fri: 6pm–Monday 6am (lines open 24hrs at weekends)</p> <p>NHS 24 111</p> <p>EMERGENCY SERVICES 999</p> <p>LIVING WITH YOUR THOUGHTS If you are thinking about suicide click here for info on what to do and how to get help.</p>	
<p>Suicide and stigma</p> <p>Effective suicide prevention is made difficult by the stigma attached. Taboos prevent us from</p>			
<p>Samaritans call Breathing Space call - info</p>		<p>Samaritans call - Breathing Space call - info</p>	