

Highland Community Planning Partnership
Community Planning Board – 19 December 2018

Agenda Item	7.
Report No	CPB 17/18

Highland CPP Breakthrough Achievement (Suicide Prevention) update

Report by Cathy Steer and Elspeth Lee on behalf of George MacDonald

The Community Planning Board is asked to:

- **Note progress with the breakthrough achievement on suicide prevention**
- **Encourage staff from their organisations to sign up to the “2nd round” of SIPP training**
- **Continue to promote the Prevent Suicide - Highland App**

1. Introduction

The Highland Community Planning Partnership agreed that this year’s breakthrough achievement would be on suicide prevention. The specific activities agreed were:

- Delivery of the Suicide Intervention and Prevention Programme (SIPP) training to CPP staff, with a target of 500 staff receiving training over the year
- Development of a suicide prevention App

This report provides an update on progress and asks the Community Planning Board to take action to encourage their staff to attend the SIPP training programme and ensure ongoing promotion of the Prevent Suicide - Highland App.

2. Suicide Intervention Prevention Programme (SIPP) training

The work to develop and organise the SIPP training has been led by NHS Highland’s Public health Department. The SIPP training is a half day course that aims to enable participants to: recognise a person at risk of suicide; ask about suicide, including the ability to display listening and questioning skills; be aware of the impact of attitudes on suicide; and to develop risk management skills to keep a person safe. The following information provides an update on progress with the training:

- Some feedback from participants: “Course was very well presented and interesting” “Very useful and informative” “I found this very useful and making me more aware” Some wanted more role play around scenarios – this would be covered in the more in-depth national training (ASIST).
- In response to “would you recommend this learning activity to others?” on 42 evaluations, 1 said no, 35 said yes, 6 missed the question
- 61 people have attended the first 4 courses (including 16 scheduled to attend 10th Dec)

- 88 are signed up for the remaining 9 courses
- Appendix 1 shows attendance by organisation and planned attendance by organisation
- Three 2018 courses were cancelled due to low uptake, either early on or in more remote locations.
- A further 350 places are to be offered by the end of the year for courses to be delivered by October 2019
- We are meeting requests for courses in Fort William, Skye & Lochalsh, Strontian, Lochinver and North Sutherland and for Red Cross and RNLI
- A course has been scheduled for Highland Council's elected members
- A trainer network/facilitation skills session was held 6th December. Those who had delivered/shadowed a session were able to share their experiences with others.

3. Prevent Suicide – Highland App

Development of the Highland Prevent Suicide App has been led by NHS Highland's Public Health Department. The App has now been developed following consultation with a number of public and third sector organisations and all information gathered on local and national sources of support have been included in the final version.

Over 50 people attended the launch of the App on 19th November. Quotes from George MacDonald, representatives of both Inverness Caledonian Thistle and Ross County Football Clubs and Keith Walker of Samaritans were shared widely on social media, in local press and by BBC Alba.

From 1st October to 6th December 2018, 446 people downloaded the App and used it in over 753 sessions. Of these 73.3 % were new users; 26.7% returning users

From 1st – 6th December, the split was 50:50 new and returning users suggesting people are continuing to use the app once downloaded.

Most viewed pages are:

Main menu	2,192 views
Help others menu	1,305
Highland menu	1,165
Your safety menu	1,152

Addresses for download and QR codes are in Appendix 2. Promotional cards for the app are available from Elspeth.lee@nhs.net These will be sent to GP practices in the New Year.

4. Conclusion

There has been good progress with the activities agreed for this year's breakthrough achievement. To achieve our target of 500 CPP staff trained in suicide prevention, partners will need to ensure that the next round of dates for SIPP training are promoted throughout partner organisations once these are released, and continue to encourage and support staff to attend.

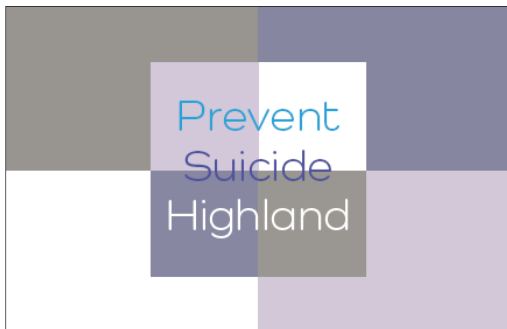
Appendix 1 – attendance by Organisation to 10/12/18

<i>Organisation:</i>	<i>Attending</i>
Advocacy Highland	1
Birchwood Highland	6
Highland Council	14
Highland Senior Citizens Network	1
Highland Third Sector Interface	1
Highlife Highland	5
HTSI	1
KEY	2
LGOWIT	6
Lochalsh & Skye Housing Association	1
New Start Highland	1
NHS Highland	14
Police Scotland	1
Scottish Fire and Rescue Service	4
Scottish Natural Heritage	1
Support in Mind Scotland	0
Sutherland Care Forum	2
Youth Development Officer	0
GRAND TOTALS	61

Organisation	No. Scheduled to attend to end Mar 2019
NHS	26
Highland Council	22
Highlife Highland	19
Other 3 rd sector	14
Police	3
SFRS	2
GP	1
SNH	1
UHI	1
Total	89

Appendix 2

QR codes and addresses to download the app



Available for both Android and iPhone



If you need urgent help with suicidal thoughts call:
Samaritans on 116 123 or
Breathing Space on 0800 83 85 87

<https://itunes.apple.com/us/app/prevent-suicide-highland/id1436026798?mt=8>

https://play.google.com/store/apps/details?id=com.faffdigital.PSHighland&hl=en_GB