

Highland Community Planning Partnership

Community Planning Board – 18 December 2019

Agenda Item	10.
Report No	CPB 15/19

Suicide Intervention Prevention Programme (SIPP) and Prevent Suicide – Highland App Breakthrough Achievement

The CPP Board is asked to:

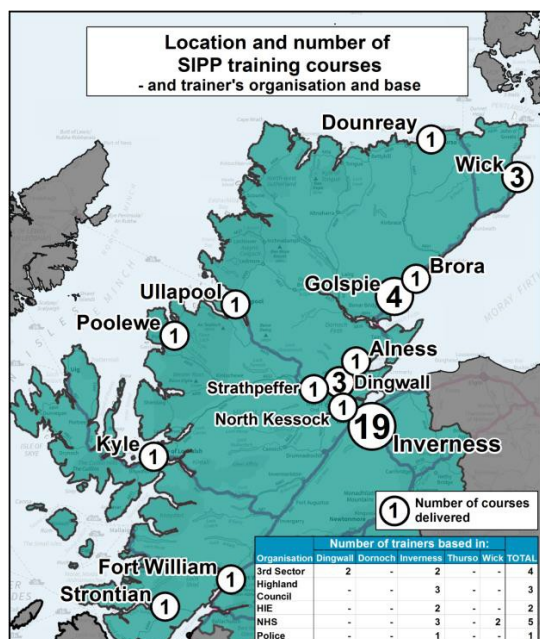
Note achievements of the suicide prevention breakthrough achievement for 2018/19

1. Background

1.1 Breakthrough Achievements have been used by the Highland Community Planning Partnership (HCPP) to address issues of concern to all partners. In the summer of 2018, it was agreed to include suicide prevention among the Breakthrough Achievements, reflecting concern at Highland having a higher than Scottish average suicide rate. The goal over the period Autumn 2018 to Autumn 2019 was to train 500 staff in partner organisations to develop their skills and confidence to support people at risk of suicide, and to support this training with the development of a suicide prevention App. The target to train 500 staff was based on recommendations for the number of physical first aiders in work environments.

1.2 Course and Delivery - The programme of training offered was a half day, face to face course. The Suicide Intervention Prevention Programme (SIPP) developed by NHS Tayside was chosen as it is suitable for both clinical and non-clinical settings. Following “train the trainer” sessions the materials were adapted to suit a Highland audience and regular network sessions to facilitate peer support & learning were held. Training sessions were co-delivered by trainers with mixed levels of experience to audiences from a number of partner organisations.

- 44 courses were scheduled with 4 cancelled due to low numbers (= 636 places)
- 568 people booked a place on a course
- 483 people attended from 63 organisations = 15% did not attend



“I have enjoyed this training. It has opened my eyes to the importance of mental health.”

“The course was excellent, it was open, frank and encouraged good discussions.”

“Thank you very much for this training”

“Excellent training for all”

2. Evaluation

2.1 Trainee experience

The approach to evaluation was through using levels 1-3 of Kirkpatrick’s model². Trainees were asked to complete an evaluation form on completion of the course. In addition, approximately two - three months post course, trainees were asked about their skills and confidence to use these in any opportunities which had arisen.

2.2 On the day evaluation (data from ALL participants)

- 94% of participants agreed or strongly agreed “the learning activity helped me to recognise a person at risk of suicide”
- 97% of participants agreed or strongly agreed “the learning activity helped me to ask about suicide”
- 93% of participants agreed or strongly agreed “I am confident I will be able to apply the learning from this course back in my workplace”

In addition people were asked to answer the question “In the next two weeks I will...” Themes from responses included sharing their learning with others, being more aware of those around them, and downloading the App.

2.3 Post course evaluation (67 responses from 207 attending courses run to April 2019)

- 34% of participants had used the skills and knowledge learned on the programme.
- When asked “Do you think SIPP training will contribute to tackling the stigma around suicide and encourage open and honest conversations on the subject?” 88% responded, with an average score of 4.21 (5 = strongly agree, 1 = strongly disagree)
- 60 would recommend SIPP, 2 would not, 5 skipped the question

Table 1 Use of specific skills taught

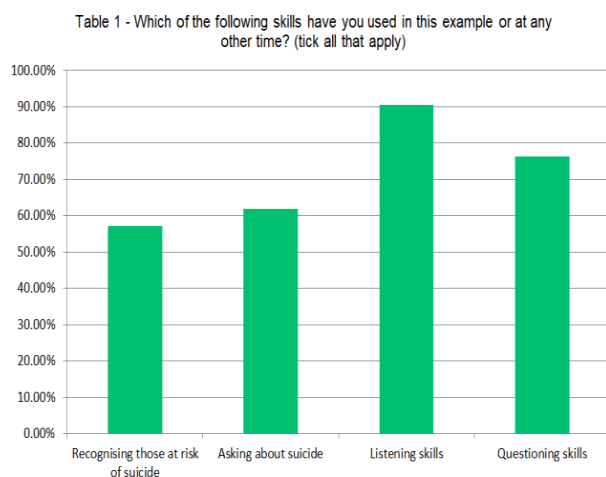
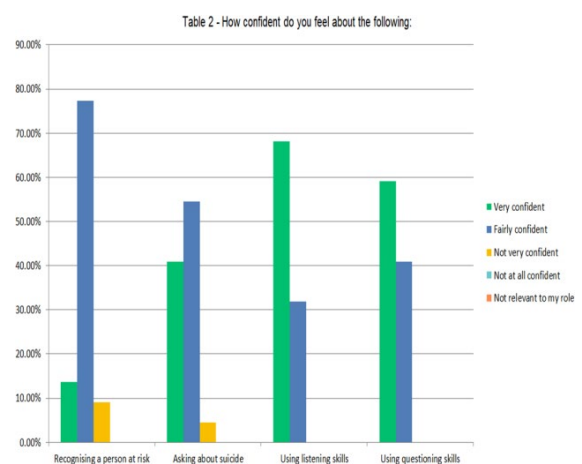


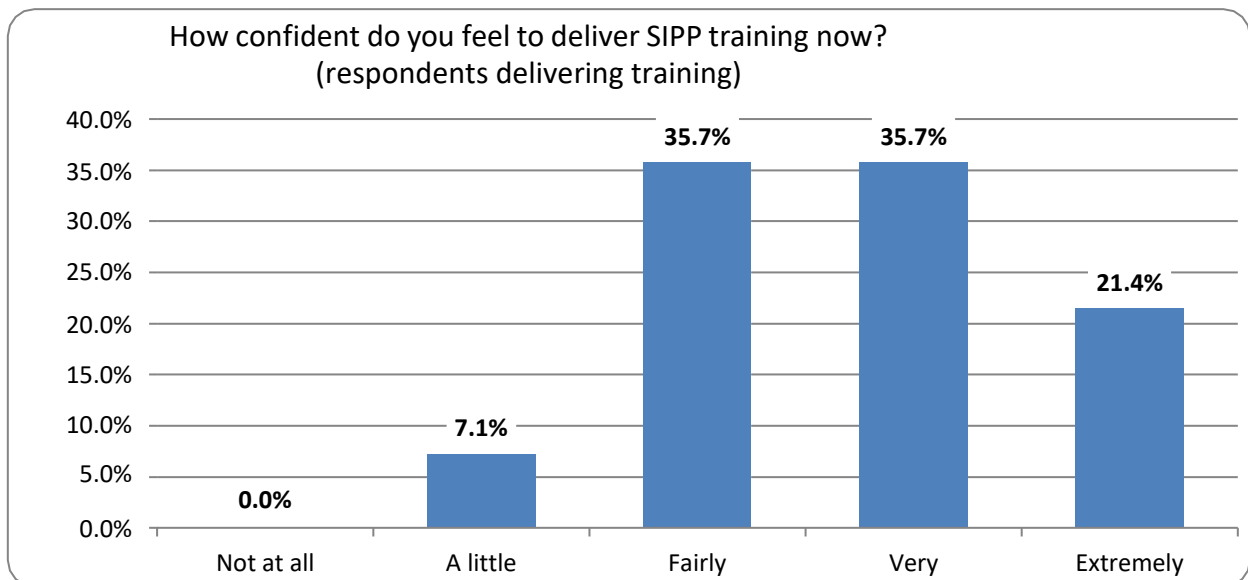
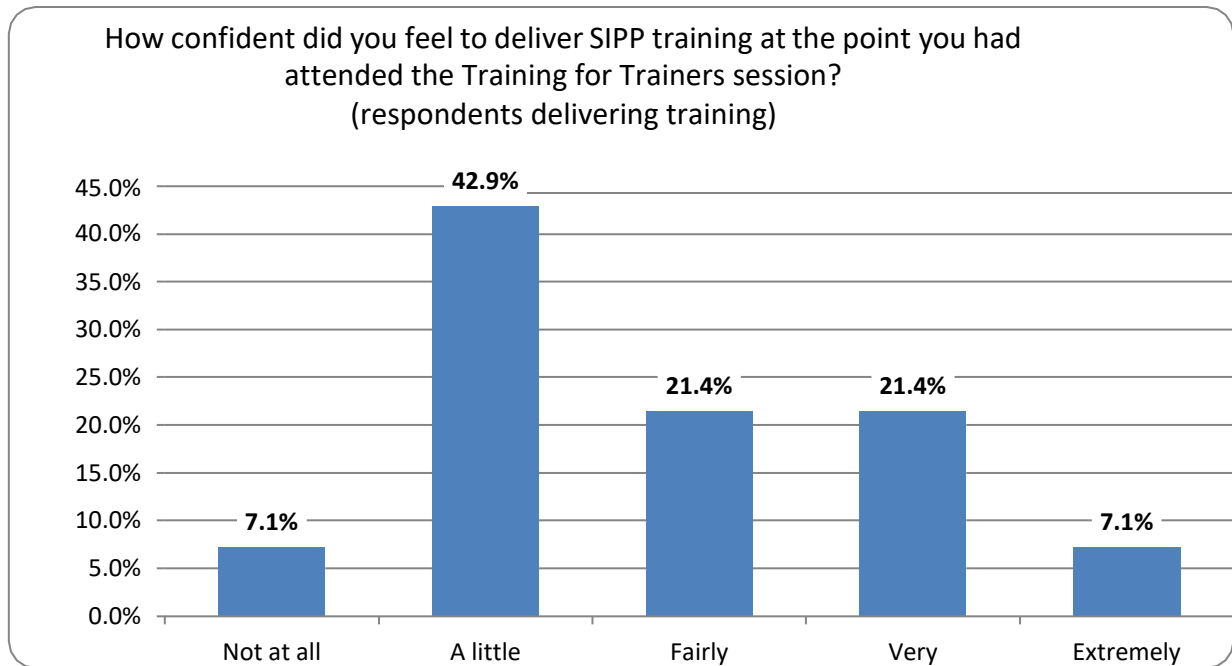
Table 2 Confidence levels in using these



2.4 Trainer experience

21 trainers were self selected or nominated from 11 HCPP member organisations, including Third and Voluntary sectors. All were approached to ensure this was an appropriate time for them to become involved in suicide prevention work. 17 delivered courses.

Trainer confidence at training for trainer session and 12 months later

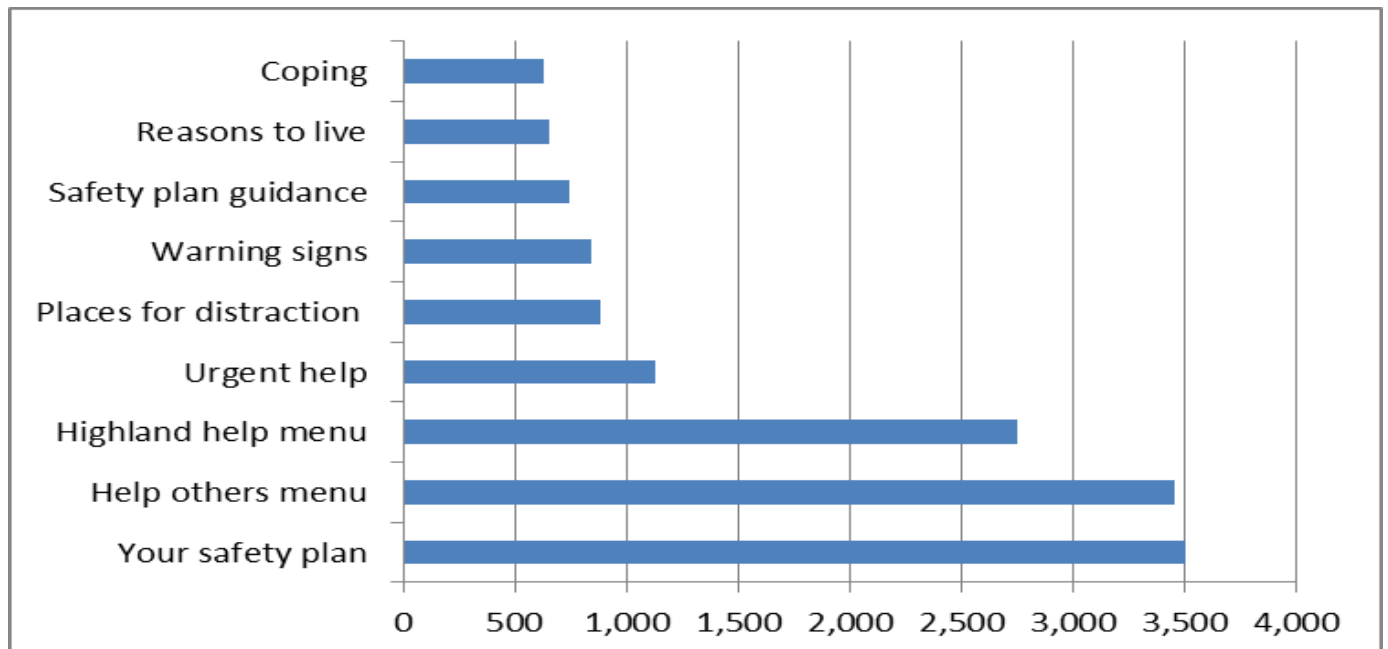


3. Prevent Suicide – Highland App ¹

The Highland app was developed with input from various support organisations. It was based on an app originally developed in Angus Council, then adopted within Dundee City and Perth and Kinross Local Authorities, and adapted for use in Aberdeen City and Aberdeenshire Local Authorities. Between its launch in November 2018, to the end of September 2019, the App has been downloaded 1,200 times, and has been used in 2,800 sessions. The maximum session duration was just over 30 minutes; average was 2 minutes. 66.9% of users were new, 33.1% were returning.



Top page views



3.1 What went well?

- The course met its aims of helping people to recognise and support people at risk of suicide.
- Participants felt confident or very confident to ask about suicide after training
- Participants used the other skills taught, feeling confident or very confident to do so
- Delivering together across the partnership, backing the national message “suicide prevention is everyone’s business”
- Mixed groups of trainees enriched learning
- Ongoing demand for places and agreement to continue to deliver
- Plans for our own “training for trainers” courses
- The App is being used by new and existing users.

3.2 What could be improved?

- Ensuring time allows enough opportunity to practice “asking the question”
- Geographical spread of trainers
- Geographical spread of courses delivered

“People know about the course now and are asking for places. We can’t stop now.” (trainer).

3.3 The way forward

- At its last meeting, the Highland CPP supported continued delivery of SIPP
- Trainers will be offered a refresher session, and new trainers will be recruited.
- Additionally trainers will be recruited to increase capacity, and to cover geographical gaps e.g. Lochaber, West, North-West.
- Trainers will be asked to self select, due to the sensitive nature of the subject. Partners should offer support for those who do deliver courses, both to provide time to deliver and to support trainers’ wellbeing.
- Trainers will be asked for a commitment to deliver *a minimum* of two courses per year, and attend at least one trainer network session. Partners are asked to release staff for this.
- The Training for trainers course will be adapted to reflect feedback from the first cohort of trainers, e.g. “more practical tips for the reality of delivery” and “a bit too unstructured”.
- Co-delivery is required for the wellbeing of trainers and attendees. A mix of trainers and attendees from different organisations is encouraged. “Within organisation” delivery will sit out with the support of current admin arrangements, but demographics and evaluation data should still be submitted centrally.
- The CPP agreed that it would be helpful to broaden delivery of SIPP training to small businesses and public facing organisations and professions such as Department of Work & Pensions, Taxi Drivers and Hairdressers/Barbers.

4. Conclusion

People were keen to attend the training, which confirms the need for awareness raising and skills to prevent suicide. The SIPP training instilled confidence in participants to recognize someone at risk of

suicide, and confidence to ask if someone felt suicidal. Post-training evaluation showed some people had taken the opportunity to use the skills learned. Combining this with the evidence of the app being downloaded and used, the Breakthrough Achievement has met its aims, and we can anticipate that both could contribute to a reduction in deaths by suicide in Highland.

The CPP Board is asked to:

Note achievements of the suicide prevention breakthrough achievement for 2018/19

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