

Agenda Item	10.
Report No	CPB/23/21



**Highland Community Planning Board – 20 December 2021**

**Highland Suicide Prevention Action Plan**

**Report on behalf of the Highland Suicide Prevention Steering Group**

**Summary**

Highland Suicide Prevention Steering Group Terms of Reference, Highland Suicide Prevention Action Plan and Highland Suicide Prevention Structure.

<b>1.</b>	<b>Background</b>
1.1	The Highland Suicide Prevention Steering Group in line with National Suicide Prevention Leadership Group (NSPLG) recommendations has prepared the Highland Local Area Suicide Prevention Action Plan.
1.2	The key aims/objectives of the action plan have been identified as: <ul style="list-style-type: none"> <li>1. Reduce the risk of suicide in key high risk groups.</li> <li>2. Provide timely information and support to those bereaved or affected by suicide.</li> <li>3. Deliver targeted prevention approaches.</li> <li>4. Support research, data collection &amp; monitoring.</li> <li>5. Develop sensitive communication approaches to suicide &amp; suicidal behaviour.</li> </ul>
1.3	These link directly to the Terms of Reference for the Highland Suicide Prevention Group.
1.4	Documents have been prepared which have now been circulated to and agreed by the members of the Mental Health Delivery Group.
1.5	These documents are now presented to the Highland Community Planning Board for approval.

**Recommendation:**

The CPP Board is asked to approve the Highland Suicide Prevention Steering Group Terms of Reference, Highland Suicide Prevention Action Plan and Highland Suicide Prevention Structure, as appended to the report.

**Author: Supt Tulloch, Partnerships, N Division, Police Scotland**

**Date: 15.12.21**

**Appendices:**

- 1. Highland Suicide Prevention Steering Group – Terms of Reference**
- 2. Highland Suicide Prevention Action Plan**
- 3. Highland Suicide Prevention Structure**

## Highland Suicide Prevention Steering Group

### Terms of Reference

May 2021

<b>Aim/Objectives</b>
<p>As a multi-agency group, within the local authority area of Highland, this steering group will focus on the delivery of a local action plan which will seek to deliver key identified outcomes for Highland:</p> <ol style="list-style-type: none"> <li>1. Reduce the risk of suicide in key high risk groups and locations.</li> <li>2. Provide timely information and support to those bereaved or affected by suicide.</li> <li>3. Deliver targeted prevention approaches.</li> <li>4. Support research, data collection &amp; monitoring.</li> <li>5. Develop sensitive communication approaches to suicide &amp; suicidal behaviour.</li> </ol> <p>Ultimately, supporting the Scottish Government's vision of a Scotland where suicide is preventable; where help and support is available to anyone contemplating suicide and to those who have lost a loved one to suicide.</p>
<b>Responsibilities</b>
<p>To oversee strategy and action planning for Suicide Prevention in Highland, ensuring the delivery of local objectives identified through stakeholder engagement and analysis and in line with the Scottish Government's Suicide Prevention Action Plan 'Every Life Matters'.</p>
<b>Membership</b>
<p>Membership of the steering group will be sought from:</p> <ul style="list-style-type: none"> <li>• Highland Council- (Local Authority Senior Officers within e.g. social care, education, housing etc.)</li> <li>• NHS Highland- (primary care, mental health, addictions &amp; public health)</li> <li>• Police Scotland</li> <li>• Scottish Fire and Rescue Service</li> <li>• Scottish Ambulance Service</li> <li>• Highland Third Sector Interface</li> <li>• Distress Brief Intervention</li> <li>• Criminal Justice</li> <li>• People with lived experience of suicide attempt, suicidal thoughts and bereavement by suicide &amp; carers.</li> <li>• Adult Support &amp; Protection.</li> </ul> <p>(2 Representatives per organisation)</p> <p>There is an expectation that members will be an active participant and support the delivery of the action plan by committing their time (or that of their organisation), to promote the suicide prevention agenda.</p>

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The position of Chairperson shall be held for 2 years with a rolling cycle of organisations holding this position.

**Accountability & Governance**

The steering group will report to:  
Highland Suicide Prevention Forum (Bi-Annually)  
Highland Mental Health Delivery Group (Quarterly)

**Meetings/ Administrative Arrangements**

Administrative support will be provided by Public Health Directorate, NHS Highland.

Papers, minutes of the previous meeting and calls for agenda items will be sent out one week in advance of the meeting.

**Terms of Reference Approval & Review Date**

12/05/2021  
Reviewed Annually

**Frequency of Meetings**

Meetings will take place on a 6 weekly basis.

## HIGHLAND SUICIDE PREVENTION ACTION PLAN

### Context

The national Every Life Matters action plan aims to further reduce suicide by 20% by 2022 from the 2017 rate. The vision is of a Scotland *where suicide is preventable; where help and support is available to anyone contemplating suicide and to those who have lost a loved one to suicide. Suicide prevention is everyone's business.*

The key strategic aims are:

- People at risk of suicide feel able to ask for help, and have access to skilled staff and well-coordinated support;
- People affected by suicide are not alone;
- Suicide is no longer stigmatised;
- We provide better support to those bereaved by suicide;
- Through learning and improvement, we minimise the risk of suicide by delivering better services and building stronger, more connected communities.

The action plan details 10 actions to deliver this vision and meet these aims detailed in **Appendix A**.

In Highland our key aims/objectives have been identified as:

1. Reduce the risk of suicide in key high risk groups.
2. Provide timely information and support to those bereaved or affected by suicide.
3. Deliver targeted prevention approaches.
4. Support research, data collection & monitoring.
5. Develop sensitive communication approaches to suicide & suicidal behaviour.



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ACTION NUMBER	LOCAL STRATEGIC OUTCOMES	NATIONAL DELIVERY ACTIONS	LOCAL DELIVERY ACTIONS	ACTION LEAD	TIMESCALE	RAG	COMMENTS / FURTHER INFORMATION
1.1	Reduce the risk of suicide in key high risk groups and locations.	2, 7, 8	<ul style="list-style-type: none"> <li>Map areas of higher risk through information on locations of deaths and attempts.</li> </ul>	Data Collection and Review SG			
			<ul style="list-style-type: none"> <li>Take preventative action with relevant agencies to reduce risk in line with established evidence base.</li> </ul>	Campaigns and Comms. SG			
			<ul style="list-style-type: none"> <li>Utilise training as a means to support (workplaces, support organisations).</li> </ul>	Training SG			
			<ul style="list-style-type: none"> <li>Further develop Highland Wellbeing Toolkit to include Suicide prevention tools and resources</li> </ul>	Training SG			
1.2			<ul style="list-style-type: none"> <li>Seek assurance from partners to ensure timely and effective intervention / assessment of individuals who may be subject to suicidal ideation.</li> </ul>	Data Collection and Review SG			
			<ul style="list-style-type: none"> <li>Support the identification of potential contagion and suicide clusters within Highland communities and respond accordingly.</li> </ul>	'After A Suicide' SG			

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2.1	Provide timely information and support to those bereaved or affected by suicide.	4, 5, 7, 8	NSPLG (National Suicide Prevention Leadership Group) Suicide Bereavement Support Service Pilot:				
			<ul style="list-style-type: none"> <li>Establish local pilot oversight group with appropriate membership from relevant parties.</li> </ul>	'After A Suicide' SG			
			<ul style="list-style-type: none"> <li>Utilise the service evaluation to establish gaps in provision and wider societal and economic impacts.</li> </ul>	'After A Suicide' SG			
			<ul style="list-style-type: none"> <li>Map current provision of bereavement support services to identify gaps to address.</li> </ul>	'After A Suicide' SG			
2.2			<ul style="list-style-type: none"> <li>Develop a Community Tragic Events protocol for responding to a death by suicide and providing support to those bereaved.</li> </ul>	'After A Suicide' SG			
			<ul style="list-style-type: none"> <li>Develop a support pack for distribution to families/NOK following a suicide including appropriate materials such as, 'After a Suicide' booklet.</li> </ul>	'After A Suicide' SG			

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2.3			<ul style="list-style-type: none"> <li>Support community response in settings such as schools, colleges and workplaces.</li> </ul>	'After A Suicide' SG			
			<ul style="list-style-type: none"> <li>Develop approaches for anyone identified at being at risk of contagion, including rapid referral for community mental health support if needed.</li> </ul>	'After A Suicide' SG			
003	Delivered targeted prevention approaches	2, 3, 6, 7, 8	<ul style="list-style-type: none"> <li>Deliver community-based awareness campaigns which aim to improve the mental health of many and to reduce stigma and discrimination which can make it difficult for people experiencing mental health problems or suicidal ideation to seek help.</li> </ul>	Campaigns and Comms. SG			
			<ul style="list-style-type: none"> <li>Provide tailored training for frontline staff in occupational groups where required. Encourage organisations to plan for staff skill mix to ensure capacity built in agencies to respond.</li> </ul>	Training SG			
			<ul style="list-style-type: none"> <li>Targeted workplace suicide prevention to take place, particularly those who employ a younger / identified 'high-risk' demographic.</li> </ul>	Training SG			



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			<ul style="list-style-type: none"> <li>Develop and deliver workplace Suicide Prevention Guidance for employers.</li> </ul>	Training SG			
			<ul style="list-style-type: none"> <li>Provide signposting support to community groups including sporting clubs, social clubs etc.</li> </ul>	Campaigns and Comms. SG			
			<ul style="list-style-type: none"> <li>Work with the Highland Suicide Prevention Forum to consider the key messages/priorities for communities in Highland</li> </ul>	Highland Suicide Prevention SG Chair			
			<ul style="list-style-type: none"> <li>Continue to promote and update the Highland Suicide App.</li> </ul>	Training SG			
4.1	Support research, data collection & Monitoring.	8, 9, 10	<ul style="list-style-type: none"> <li>Consider a Suicide Prevention Needs Assessment for Highland.</li> </ul>	Data Collection and Review SG			
			<ul style="list-style-type: none"> <li>Establish methods for reviewing all relevant local health intelligence by the steering group and relevant sub-groups, including:                             <ul style="list-style-type: none"> <li>➤ Office for National Statistics</li> <li>➤ Procurator Fiscal Records</li> <li>➤ Police and other Emergency Services.</li> </ul> </li> </ul>	Data Collection and Review SG			

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			<ul style="list-style-type: none"> <li>Improve systematic and timely collection of and access to data on suicide and deliberate self-harm through joint working with local and national partners</li> </ul>	Data Collection and Review SG			
4.2			<ul style="list-style-type: none"> <li>Establish a Suicide/Self-Harm Surveillance Group with relevant partners to review intelligence.</li> </ul>	Data Collection and Review SG			
			<ul style="list-style-type: none"> <li>Establish methods for feeding learning into future action planning.</li> </ul>	Data Collection and Review SG			
4.3			<ul style="list-style-type: none"> <li>Ensure that national two-way pathways are established and embedded including sharing of key research and national guidance.</li> </ul>	Data Collection and Review SG			
5.1	Develop sensitive communication approaches to suicide and suicidal behaviour.	3, 8	<ul style="list-style-type: none"> <li>Work with local media to ensure that coverage of methods and sites associated with suicide are restricted.</li> </ul>	Campaigns and Comms. SG			
			<ul style="list-style-type: none"> <li>Ensure that local media are aware of, and encouraged to follow Samaritans' guidance on responsible media reporting and encourage them to provide information about sources of support and contact details of helplines when reporting mental health and suicide stories.</li> </ul>	Campaigns and Comms. SG			

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			<ul style="list-style-type: none"><li>• Ensure that local media have access to a designated suicide prevention lead/corporate communications channel so they can engage prior to running any story.</li></ul>	Campaigns and Comms. SG			
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APPENDIX A

Table 1

1	The Scottish Government will set up and fund a National Suicide Prevention Leadership Group (NSPLG) by September 2018, reporting to Scottish Ministers and COSLA on issues that sit within the competence of local government and integration authorities. This group will make recommendations on supporting the development and delivery of local prevention action plans backed by £3 million funding over the course of the current Parliament.
2	The Scottish Government will fund the creation and implementation of refreshed mental health and suicide prevention training by May 2019. The NSPLG will support delivery across public and private sectors and, as a first step, will require that alongside the physical health training NHS staff receive, they will now receive mental health and suicide prevention training.
3	The Scottish Government will work with the NSPLG and partners to encourage a coordinated approach to public awareness campaigns, which maximises impact.
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.
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.
6	The NSPLG will work with partners to develop and support the delivery of innovations in digital technology that improve suicide prevention.
7	The NSPLG will identify and facilitate preventative actions targeted at risk groups.
8	The NSPLG will ensure that all of the actions of the Suicide Prevention Action Plan consider the needs of children and young people.
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.
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.

# Highland Suicide Prevention Structure

Appendix 3.

