

Agenda Item	4.
Report No	CPPB/17/23



Highland
Community
Planning
Partnership

Com-pàirteachas
Dealbhadh
Coimhearsnachd

na Gàidhealtachd

Highland Community Planning Partnership Board – 5 December 2023

Suicide Prevention Action Plan – Creating Hope Together in Highland

Report by: Jen Valentine, Chair of the Suicide Prevention Steering Group

Summary

This report commends the contents of the Highland Suicide Prevention Action Plan to the members of the Community Planning Board. The action plan has been developed over a ten month period, through development events, consultations and data from the National Suicide Prevention Strategy and the Highland Director of Public Health's Reports.

1.	Background
1.1	Since the early 2000's suicide prevention has been a strategic priority in Scotland. The 'Choose Life' strategy and action plan laid the groundwork for suicide prevention in Scotland. Specifically, the strategy and action plan established an identified suicide prevention lead in every area of Scotland with responsibility for developing and implementing a local action plan.
1.2	Creating Hope Together in Highland action plan is the third developed in Highland. A lot has been achieved since the last Highland suicide prevention action plan (2017-2022). Key pieces of work have included more timely information and support to those bereaved or affected by suicide, and increasing suicide prevention training provision throughout Highland.
1.3	This reviewed action planning coincided with a number of other influencers; <ul style="list-style-type: none"> • The review of the mental Health Delivery Group model, as previously reported • The launch of <i>Creating Hope Together -Scotland's Suicide Prevention Strategy 2022-2032 and subsequent action plan for 2022-2023.</i> • The Annual Report of the Director of Public Health 2021 – Suicide and Mental Health
2.	Creating Hope Together in Highland
2.1	The plan has been developed following a ten-month period of engagement with partners and stakeholders to review the priorities and organisation of the Highland Community Planning Partnership work on mental health improvement and suicide prevention.
2.2	This consultative period has allowed stakeholders to consider and identify priorities for suicide prevention, review the key people, organisations and services required to support delivery of action to prevent suicide and refresh the remit of the Suicide Prevention Steering Group.

2.3 Creating Hope in Highland’s priority actions align with the four outcomes and priorities of the national strategy and action plan (see image 1 below). However, Creating Hope Together in Highland takes a local prospective and considers local data and needs for suicide prevention in Highland.



2.4 3 year Objectives

- We will identify groups most at risk of suicide and seek to work to reduce the risk.
- We will ensure timely and effective intervention/assessment of people expressing suicidal thoughts.
- We will ensure that people in Highland have consistent access to crisis services.
- We will identify places of concern and develop actions to make them safer.
- We will ensure that people bereaved by suicide in Highland have opportunities to access timely support.
- We will ensure Highland workforces and communities are suicide aware and can respond appropriately.
- We will develop communications work to inform and to increase public knowledge on suicide and distress.
- We will work collaboratively with media outlets to provide guidance, information, sources of support, and stories of hope and recovery.

2.5 Overarching Principles

- We take an inclusive approach to suicide prevention work. We endeavour to reduce stigma for people experiencing mental health and wellbeing concerns and people affected by suicide.
- We take a Time Space Compassion approach, to improve the way people are supported and cared for when they are suicidal.
- We address suicide throughout the life course, and ensure that prevention and help seeking is prioritised.
- We ensure suicide prevention work is based on need, evidence and is data informed.
- We communicate with each other and the public.
- We ensure that work/ actions are informed by lived experience, and will advocate to reduce the wider inequalities related to suicide (e.g. poverty, housing).

	<ul style="list-style-type: none"> • We have clearly defined actions and objectives and will regularly review these. • We take responsibility for the actions in this plan.
3.4	<p>Delivery - The current Mental Health Delivery Group (MHDG) Structure represents a whole systems approach to mental health and suicide prevention work. Rather than treating mental health and suicide prevention has two separate entities, the structure acknowledges that actions need to be looked at in the bigger picture rather than in isolation. Different steering groups will look at themed areas of work across mental health and suicide prevention. This will ensure more a more efficient way of working.</p>
3.5	<p>Within the Steering group are two sub groups of the Suicide Prevention Steering group who meet regularly and report to the steering group. Both subgroups will have responsibilities around priority actions.</p> <ul style="list-style-type: none"> • Location of concern- This group will be responsible for objective 4. • After a suicide- This group will be responsible for objective 5. <p>There are other steering groups within the MHDG structure with overlapping responsibilities around some of the suicide actions plans. These groups will have shared responsibility to deliver suicide prevention priority actions.</p> <ul style="list-style-type: none"> • Data and Intelligence group will have some responsibility for delivering objective 1. • Crisis Intervention Recovery and Support group will have some responsibility for objectives 2 and 3. • Learning and Resilience group will have some responsibility for priority action 6. • Communication and Engagement group will have some responsibility for priority actions 7 and 8. • Children and young people subgroup will also have input across all 8 objectives.
4.0	Launch Event
4.1	<p>A launch event was held on Wednesday 25 October 2023 at Inverness Rugby Club which was well attended with the media positively reporting. Scottish Government also supported the event, bringing a media group to the event who have developed comms material for the group and our work moving forward.</p>

Recommendation:

The Board is asked to:

- i) Note the content of the action plan and ensure that all agencies support the delivery of their relevant elements.

Author: Jen Valentine, Police Scotland

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