

## **REPORT OF THE DIRECTOR OF PUBLIC HEALTH**

### **SUICIDE PREVENTION IN NOTTINGHAMSHIRE**

#### **Purpose of the Report**

1. The purpose of this report is to update on progress made on the approach to suicide prevention in Nottinghamshire, and seek support for suicide prevention activities and approval for the suicide prevention action plan refresh 2021.

#### **Information**

##### **Background**

2. Suicide has a significant, lasting and often devastating impact - economically, psychologically and emotionally - on individuals, families, communities, and the wider society. Suicide is preventable and suicide prevention remains a national and local priority.
3. Therefore, our aim is to reduce the rate of suicide and self-harm in Nottinghamshire County by proactively improving the population mental health and wellbeing, and by responding to known risk for suicide.
4. Suicide rates are reported as 3 year rolling averages as annual rates for suicide can fluctuate widely from year to year. The England average rate for suicide increased from 10.1 to 10.4 per 100,000 people between 2018 and 2020<sup>1</sup>.
5. Certain groups of people are known to be at a higher risk of suicide than the general population including<sup>2</sup>:
  - Men aged 35-59 years
  - People in the care of mental health services
  - People with a history of self-harm, untreated depression, alcohol misuse, facing economic difficulties, going through divorce or separation or have long-term physical illnesses
  - People in contact with the criminal justice system
  - Children and young people who have experience of abuse and/or neglect
  - Specific occupational groups such as doctors, nurses, veterinary workers, farmers and agricultural workers

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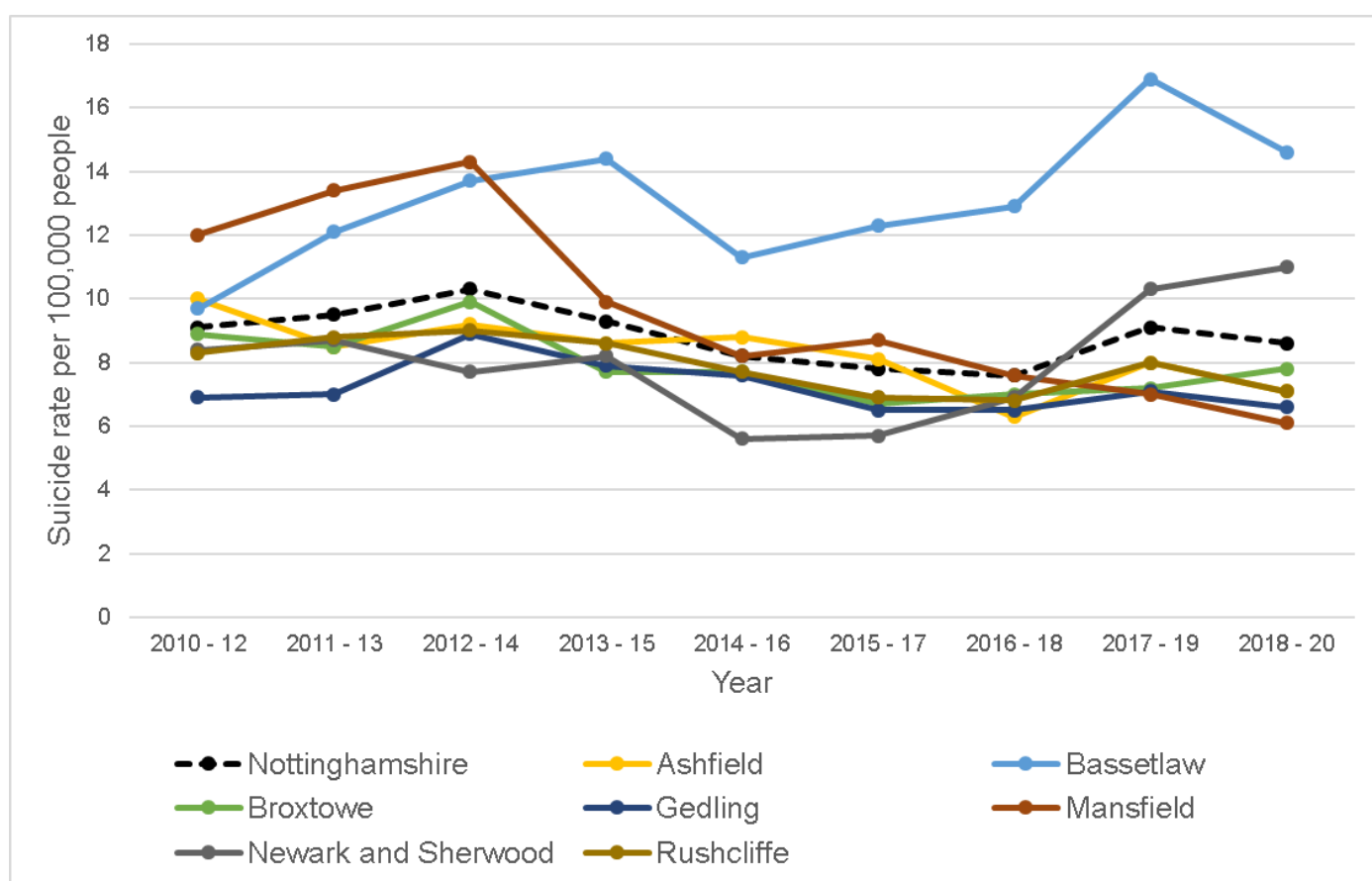
<sup>1</sup> Public Health Profiles: Suicide Prevention Profile, Public Health England. <https://fingertips.phe.org.uk/profile-group/mental-health/profile/suicide>

<sup>2</sup> Nottinghamshire County Council. Suicide Prevention Joint Strategic Needs Assessment. 2016.

- Lesbian, gay, bisexual or transgender people
- Older people aged 65+ experiencing social isolation and loneliness

6. There is a strong relationship between suicide and socio-economic deprivation. Those in the poorest socio-economic group are 10 times more at risk of suicide than those in the most affluent group<sup>2</sup>.
7. In Nottingham and Nottinghamshire, the latest data demonstrates average suicide rates<sup>3</sup> between 2018 and 2020 have reduced compared to the time period 2017 and 2019. The average suicide rate has reduced to 8.6 from 9.1 in Nottinghamshire, and reduced to 11.5 from 12.7 in Nottingham per 100,000 population as shown in Figure 1. In Nottinghamshire, the number of suicide deaths has decreased to 188 between 2018 and 2020, compared to 199 between 2017 and 2019.

**Figure 1:** Suicide rate per 100,000 people in Nottinghamshire and Nottinghamshire districts. Source: Public Health England. Suicide Prevention Profile (2021)



8. **Figure 1** shows the suicide rate per 100,000 people between 2010 and 2020 for Nottinghamshire and districts and boroughs. It shows variation in suicide rates between districts with higher rates of suicide in Bassetlaw and Newark and Sherwood. **Table 1** shows the number of suicide deaths in Nottinghamshire and districts between 2018 and 2020.

<sup>3</sup> Public Health Profiles: Suicide Prevention Profile, Public Health England. <https://fingertips.phe.org.uk/profile-group/mental-health/profile/suicide>

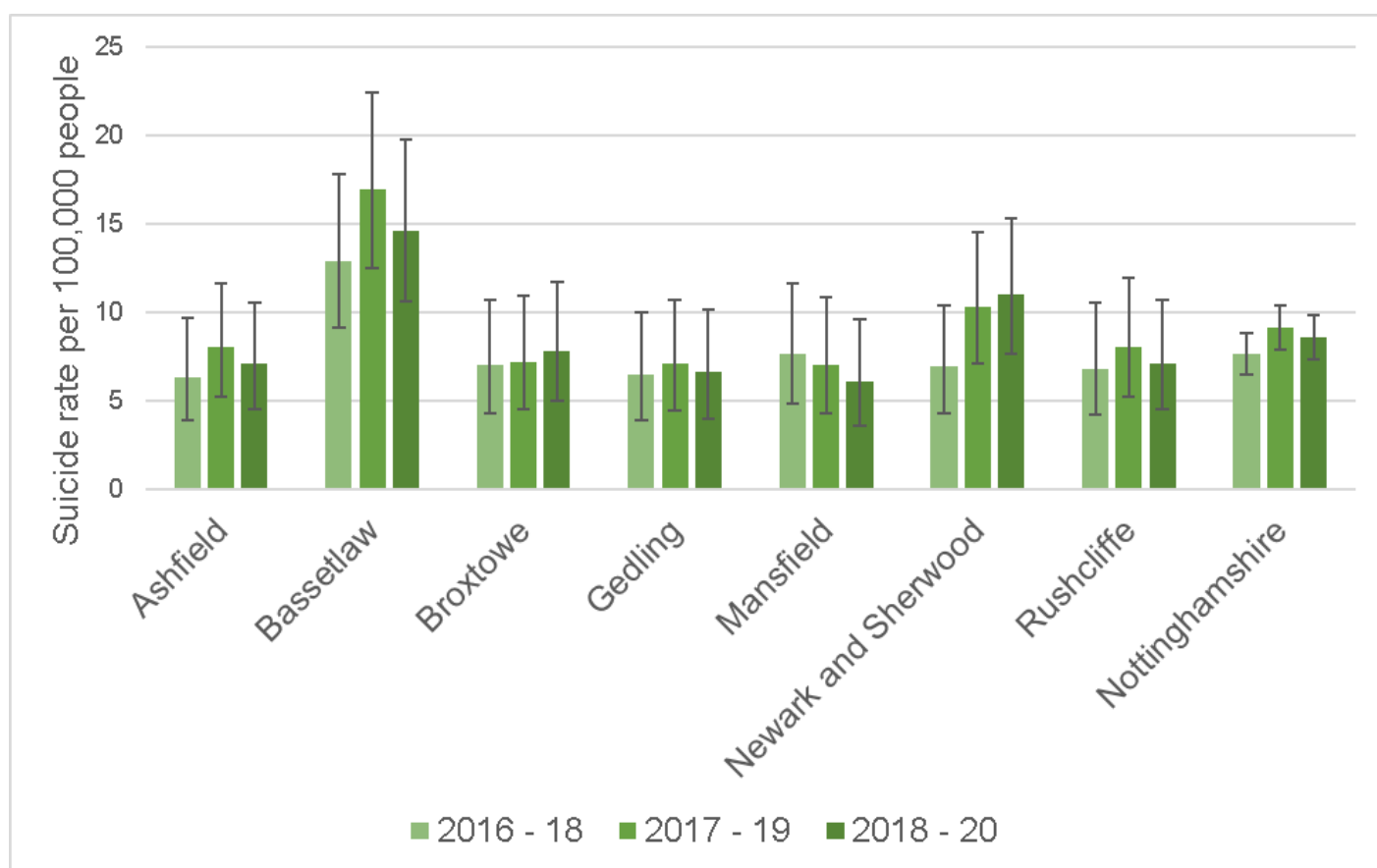
9. **Figure 2** shows the suicide rate per 100,000 people between 2016 and 2020 for Nottinghamshire and districts and boroughs.

10. Understanding trends in suicide rates both locally and nationally allows targeting of support and services. In addition to nationally collected data, Nottinghamshire has a Real Time Surveillance system which allows real time monitoring of suspected suicides, allowing rapid targeted responses to prevent further suicides and clusters.

**Table 1:** Number of suicide deaths in Nottinghamshire and Nottinghamshire districts between 2018 and 2020. Source: Public Health England. Suicide Prevention Profile (2021)

District	Number of suicide deaths
Ashfield	24
Bassetlaw	44
Broxtowe	24
Gedling	20
Mansfield	18
Newark and Sherwood	35
Rushcliffe	23
Nottinghamshire (total)	188

**Figure 2:** Suicide rate per 100,000 people with 95% confidence intervals in Nottinghamshire and Nottinghamshire districts 2016 - 2020. Source: Public Health England. Suicide Prevention Profile (2021)



## **Suicide Prevention Strategic Steering Group (SPSSG)**

11. The Suicide Prevention Strategic Steering Group (SPSSG) has been constituted by the Nottingham City and Nottinghamshire County Integrated Care System (ICS) Mental Health Board and Health and Wellbeing Boards (Nottinghamshire County and Nottingham City). The SPSSG is responsible for the development and implementation of a suicide prevention strategy and plans across Nottinghamshire and Nottingham City.
12. The Terms of Reference for the SPSSG have recently been reviewed and the revised Terms of Reference signed off by the ICS Mental Health Board. The revised Terms of Reference ensure the SPSSG has a clear strategic and governance focus, and will be supported by a new Suicide Prevention Stakeholder Network. Further information on this network is set out in paragraphs 16 – 19 of this report.
13. The SPSSG develops an understanding of local patterns and trends around suicide and self-harm to inform local suicide prevention strategy and action, and monitors delivery of system wide suicide prevention activity.
14. The SPSSG manages the Wave 4 Suicide Prevention Programme (2021-2024), as described in paragraph 20 – 22, and works with other programmes to ensure alignment and reduce duplication within the suicide and self-harm prevention agenda. In addition, the SPSSG will bid for external funding to support strategy and plans.
15. The SPSSG oversees the work of the Real Time Surveillance Group (as set out in paragraph 10 and 39) and, where appropriate, will establish time-limited Task and Finish Groups to undertake specific work identified within the Suicide Prevention Action Plan.
16. Suicide prevention is everyone's business and effective delivery of the Suicide Prevention Action Plan requires a whole system approach. The SPSSG is developing the new Nottinghamshire and Nottingham City Suicide Prevention Stakeholder Network to provide a forum to engage, work with and support a wide range of stakeholders to implement the Nottingham and Nottinghamshire Suicide Prevention Action Plan and to deliver the required outcomes.
17. Stakeholders include a broad range of NHS and non-NHS providers of mental health and suicide prevention services and support and a wide range of other non-mental health providers and system partners who have contact with people who may be at risk of suicide.
18. The Suicide Prevention Stakeholder Network will enable sharing of good practice, cross-organisational collaboration and partnership working to improve outcomes for the population and can alert the Steering group to any trends or issues within services and communities.
19. The Network will also contribute expertise to Task and Finish Groups, when submitting any bids for external funding and business cases for internal resources. The Network will also be a key mechanism for promoting suicide prevention campaigns and can disseminate communications within own and partner organisations and to the public.

## **Wave 4 Suicide Prevention Programme**

20. Led by Nottinghamshire County Council Public Health Team, the Suicide Prevention Strategy Group for Nottingham and Nottinghamshire ICS were successful in obtaining funding from NHS England Wave 4 Suicide Prevention Funding in November 2020. The Wave 4 suicide prevention programme is a three year programme utilising new NHSE funding on the Nottingham and Nottinghamshire ICS footprint.
21. A Public Health and Commissioning Manager (Suicide Prevention Programme) started in post in October 2021 to deliver and oversee the programme. The programme will be underpinned by a clear evaluation framework, and co-production and participation of people with lived experience. The Stakeholder Network will further support the role out and sustainability of the programme across the wider system.
22. The Wave 4 programme is grouped into four themes aligned with the priorities within the Nottingham and Nottinghamshire Suicide Prevention Strategy (2019 – 2023). Work is ongoing throughout all themes which include: competency, compassion, knowledge and skills; communications and public awareness; prevention support for high risk groups; and real time surveillance (RTS).

### **Competency, compassion, knowledge and skills**

23. The Wave 4 Programme will include a clear focus on training for a range of audiences including primary care and other statutory services, non-statutory services, the voluntary and community sector and community champions.
24. Nottinghamshire County Council will be working with local partners to commission a provider to undertake a mental health and suicide awareness training needs assessment across the system. It is anticipated this will take place in quarter 4 of 21/22 and will be used to make recommendations to system partners and providers in relation to training and to inform the commissioning of some training provision.
25. It is anticipated that some training will be commissioned via procurement of a Framework Agreement contract. Training may also be commissioned for the wider community and to support the development of a network of community champions for suicide prevention
26. Nottinghamshire County Council continue to commission suicide prevention and mental health awareness training that is free to access for the community and voluntary sector.

### **Communications and public awareness**

27. New communications and awareness raising materials have been developed which include targeted communications for students and older adults, and a comprehensive suicide prevention document for frontline workers.
28. As part of the Wave 4 programme, there is ongoing work to develop a recognisable brand and campaign with the whole population and targeted approaches to raise awareness and reduce stigma around suicide. Communications will be developed with co-production groups to ensure service users, people with lived experience and service providers work together to produce effective resources and campaigns.

29. World Suicide Prevention Day is 10<sup>th</sup> September. For 2021, a communications campaign was developed in collaboration with system partners with social media posts running on Nottinghamshire County Council social media channels including Facebook, Twitter, Instagram and LinkedIn. Social media posts promoted this year's international theme of 'creating hope through action' and included links to key support services, training and wider information around suicide prevention. The social media campaign planner was distributed through the SPSSG to allow wider distribution of campaign materials and for individual organisations to use if required.
30. Social media posts ran from 3<sup>rd</sup> to 10<sup>th</sup> September 2021. Reach, defined as the extent of the audience who come across the communications campaign content, was 489,900 and 175 links were clicked. The highest engagement was with the social media post promoting Child and Adolescent Mental Health Services.

### **Prevention support for high risk groups**

31. There is ongoing targeted delivery of support to people at risk of suicide including crisis and wider suicide prevention services.
32. The 24/7 Mental Health Crisis Line, offers immediate help to people of all ages experiencing a mental health crisis across Nottingham and Nottinghamshire. The Crisis line is available 24 hours a day, seven days a week and ensures that people get the help they need when they need it most.
33. Nottinghamshire Crisis Sanctuaries provide mental health crisis support to communities across Nottinghamshire. The sanctuaries were developed after extensive consultation and engagement with a wide range of stakeholders, partners and people with lived experience. The Crisis Sanctuaries are delivered through a partnership of Framework, Harmless, Turning Point and Mind. The Crisis Sanctuaries are open to anyone over 18 who are near, or at mental health crisis who need a safe space to talk. Each Crisis Sanctuary has 3 trained Crisis Intervention Workers who provide recovery-focused crisis support in a trusted and consistent space for people who require out of hours mental health support. Support can be provided in person, or if preferred via telephone or through video calling platforms.
34. The local postvention suicide bereavement service continue to work with people who are affected by a suicide. This service was evaluated in July 2021.
35. A Further Education and Higher Education suicide prevention network has been established to share learning and best practice for suicide prevention.
36. A small grants process to support community groups with small scale but high impact projects has been developed and the first wave of bids for community funds will be launched before December 2021.
37. Funding within the Wave 4 programme has been set aside for the provision of specialist and targeted suicide prevention and crisis support and also self-harm. Nottinghamshire County Council Public Health Team are working closely with Nottingham City Council and the CCGs to develop the best model and commissioning approach, and identify any opportunities for joint commissioning. A self-harm pathway mapping exercise and a suicide crisis pathway mapping

exercise are being finalised and will inform the model for support, as will engagement with people with lived experience.

### **Real time surveillance (RTS)**

38. The local Real Time Surveillance System (RTS) was established in February 2019. Potential suicide deaths are reported into the RTS and the system is monitored fortnightly and reviewed to identify any potential clusters or linked cases and to identify changes in trends to inform our local suicide prevention responses. Nottinghamshire County Council Public Health chair a multi-agency RTS working group who meet monthly to review RTS data and feed into other local intelligence. The local RTS data was reviewed over an 18-month period and findings used to inform the suicide prevention plan. The local Suicide Cluster Response Plan Guidance was developed to ensure the system is able to respond swiftly if any potential clusters are identified.
39. There is ongoing preparation to tender for a Real Time Surveillance Information System including market engagement and service specification which will be advertised in October 2021. This is to enable easier production of routine and bespoke reports, reducing reliance on manual data analysis for real-time reporting of potential suicide deaths.

### **Suicide Prevention Action Plan Refresh: 2021**

40. The Suicide Prevention Action Plan has been refreshed. The refresh has been informed by a progress review against the current plan, in addition with the review of recently published documents and reports on suicide prevention at both local and national levels.
41. The key updates to the action plan include actions related to governance and equality, Real Time Surveillance, service delivery and populations. The full Suicide Prevention Action Plan refresh is included in **appendix 1**.

### **Priorities for 2021/22**

42. Aligned to the priorities brought forward to the Health and Wellbeing Board in September 2021 our suicide prevention priorities for the partnership are:
- 43. Action 1: Support consistent approach to suicide prevention including endorsing the Suicide Prevention Action Plan refresh as part of the joint Health and Wellbeing strategy.**
- 44. Action 2: To support the continued delivery of the Wave 4 suicide prevention programme and suicide prevention activities.**
- 45. Action 3: Commit to further improving the knowledge, competencies and skills of the workforce in relation to suicide prevention**
46. Nottinghamshire County Council will be working with local partners to commission a provider to undertake a mental health and suicide awareness training needs assessment across the system. It is anticipated this will take place in quarter 4 of 21/22.
47. It is recommended that Board Members support their organisation to engage with the training needs assessment. Recommendations from the training needs assessment will be shared with Board Members to support improvements in training across their organisations.

48. Some mental health and suicide awareness training will be commissioned to address gaps in training across the system where this cannot reasonably be provided by organisations. Information on training will be shared with Board Members who may wish to promote uptake of training where appropriate.

### **Other Options Considered**

49. Alternative options would be not to deliver on the Suicide Prevention Action Plan.

### **Reason/s for Recommendation/s**

50. The recommendations have been chosen to ensure that we continue to reduce suicide rates across Nottinghamshire.

### **Statutory and Policy Implications**

51. This report has been compiled after consideration of implications in respect of crime and disorder, data protection and information governance, finance, human resources, human rights, the NHS Constitution (public health services), the public sector equality duty, safeguarding of children and adults at risk, service users, smarter working, sustainability and the environment and where such implications are material they are described below. Appropriate consultation has been undertaken and advice sought on these issues as required.

### **Financial Implications**

52. There are no financial implications arising directly from this report.

## **RECOMMENDATION/S**

The Health and Wellbeing Board are asked-

- 1) To identify a named mental health champion within each organisation who can assist with co-ordinating engagement with the Suicide Prevention Stakeholder Network, facilitate participation in the mental health and suicide prevention training needs assessment, and support embedding the suicide prevention activities outlined in this report across the system.
- 2) To endorse the Suicide Prevention Action Plan refresh for 2021.

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**Constitutional Comments (EKH 04/11/2021)**

53. This report is appropriate to be considered by the Health and Wellbeing Board and the power to make any resolution resultant upon the recommendation.

**Financial Comments (DG 05/11/2021)**

54. There are no direct financial implications arising from this report.

**Background Papers and Published Documents**

Except for previously published documents, which will be available elsewhere, the documents listed here will be available for inspection in accordance with Section 100D of the Local Government Act 1972.

NHS Long Term Plan 2019

<https://www.longtermplan.nhs.uk/publication/nhs-long-term-plan/>

Nottinghamshire County Council. Suicide Prevention Joint Strategic Needs Assessment. 2016.

[Suicide prevention \(2016\) - Nottinghamshire Insight](#)

Public Health Profiles: Suicide Prevention Profile, Public Health England.

<https://fingertips.phe.org.uk/profile-group/mental-health/profile/suicide>

Nottingham City and Nottinghamshire Suicide Prevention Strategy 2019 – 2023.

[An approach to public mental health promotion to improve and maintain mental wellbeing in Nottinghamshire](#)

Report to Nottinghamshire Health and Wellbeing Board (September 2021)

[NHS England Wave 4 Suicide Prevention funding](#)

Report to Nottinghamshire Adult Social Care and Public Health Committee (March 2021)

**Electoral Division(s) and Member(s) Affected**

- All