

# **Argyll & Bute's Suicide Prevention Action Plan v1.1**

**24 March 2021(draft)**

# Document Control

<b>Title</b>	Suicide Prevention Action Plan
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<b>Version</b>	<b>Comments</b>
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## Foreword by the Chair



It has been a privilege to be the chair of the Argyll & Bute Suicide Prevention Group and to deliver this plan to the public in Argyll & Bute. This is an ambitious group of people representing a large number of organisations who work with people who may encounter those feeling suicidal, who work with the bereaved and indeed educate our young people on how to cope when life feels too hard.

After a year living through social restrictions and a pandemic it has never been a better time for a whole community to start talking about suicide and how we can all play a part in reducing stigma, supporting community members and approaching this with understanding and compassion.

The majority of people in Argyll & Bute completing suicide are not known to mental health services. The action plan wants to ensure that we can all, as citizens, respond to our loved ones, as a neighbour and possibly as a stranger to prevent suicide or support those affected by suicide.

Argyll & Bute will seek to become a Suicide Safe Community. We will be asking each member of the community to help us attain this and make Argyll and Bute a place that seeks to prevent suicide and support those impacted by it.

The plan is a working document and we will ask our partners to hold us accountable to delivering on our ambitious goals.

I am inviting you to be an advocate for this plan, to support us talking about suicide and work towards a safer community for all age groups.

A handwritten signature in black ink that reads "J Macdonald". The signature is written in a cursive, flowing style.

Joanna Macdonald  
Chief Officer Argyll & Bute Health and Social Care Partnership  
Chair Suicide Prevention Group

# Introduction

Argyll & Bute Suicide prevention group is a multi-agency and multi-disciplinary group committed to delivering a local action plan supporting the delivery of *Every Life Matters*, Scotland's Suicide Prevention Action Plan (SPAP) 2018 - 2021 (Scottish Government, 2018). As noted within the plan it seeks to reduce the suicide rate by 20% by 2022 from the 2017 baseline.

The vision is for a Scotland where suicide is preventable and help and support is available to those contemplating suicide and those who have lost a loved one. Suicide prevention is everyone's business and this plan seeks to localise the approach in Argyll & Bute and make it a Suicide Safer Community.

The suicide rate nationally has been on the rise in since 2017 with no gender specific difference. 23.3 per 100,000 in 2019 and the highest rate since 2013. We are aware of who is most vulnerable but there is a marked rise in our younger and older male population. In 2015 there were 8 suicide deaths among women aged 15-24 years; in 2019 this number increased to 33.

Covid-19 interrupted the planning and scoping phase of the action plan but as part of the remobilisation of the group it wishes to offer the action plan as a statement of intent and to provide accountability in completing the identified actions. The group has established working sub groups to deliver the plan taking into account both children's and adult's needs. Further lived experience consultation is also taking place and this will add to and support our plan to meet the needs of people in Argyll & Bute.

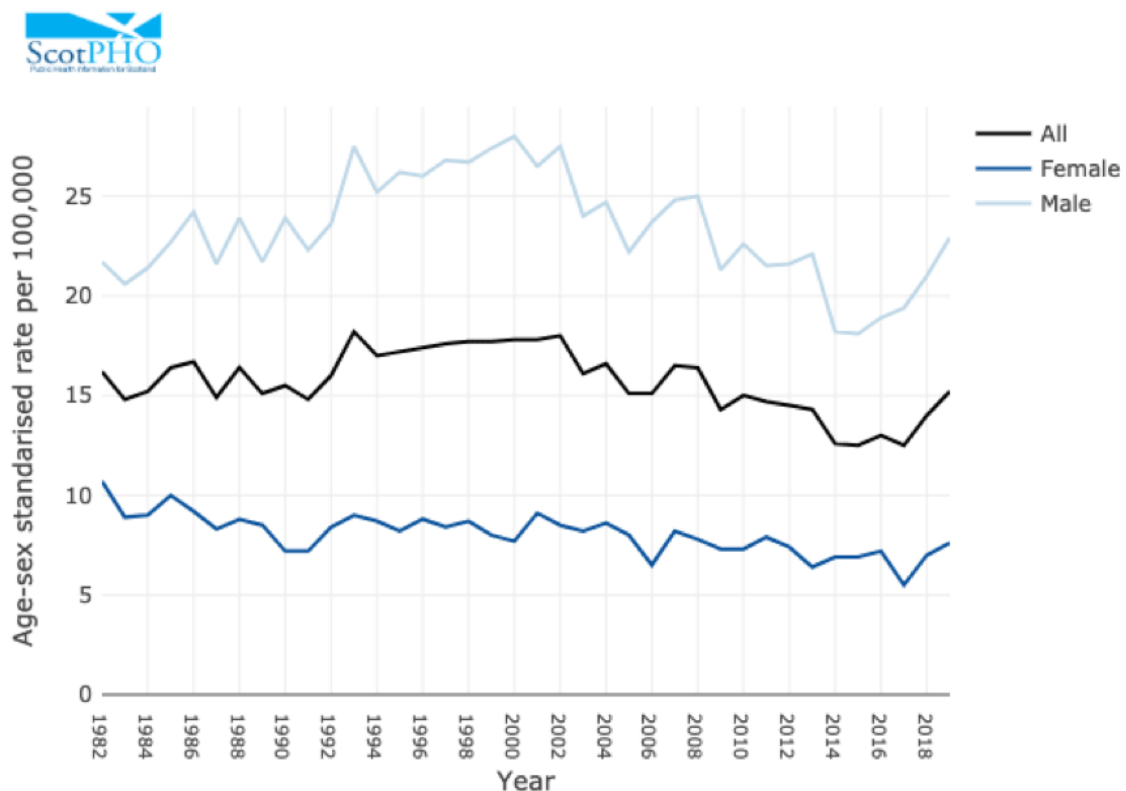


Figure 1 Suicide rates Scotland all ages,

## A National Overview

***Strategic Aim: to reduce the number of suicides in Scotland by 20% by 2022***

**Our vision:**

**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. Our vision is supported by our key strategic aims of a Scotland where:**

- **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; and**
- **through learning and improvement, we minimise the risk of suicide by delivering better services and building stronger, more connected communities.**

Source: 'Every Life Matters', - Scotland's Strategy for Suicide Prevention, published 2018.

**Four suicide risk factors** have been identified by Public Health Scotland which are contributed to, and compounded by existing health inequalities, **likely to be exacerbated by the Covid-19 Pandemic:**

- **pressures within communities including stigma, poor social cohesion, deprivation and lack of safety;**
- **pressures within Scottish society including inappropriate reporting and representation of suicidal behaviour by the media;**
- **the quality of response from services including insufficient focus on the prevention, identification and assessment of needs;**
- **pressures on individuals including family breakdown, low educational qualifications, insecurity of employment and alcohol and substance misuse.**

Source: Public Health Scotland 2020.

# Summary of Actions – Every Life Matters

(Pandemic priorities highlighted in yellow)

## Action 1

The Scottish Government will set up & fund a **National Suicide Prevention Leadership Group (NSPLG)** by September 2018, reporting to Scottish Ministers – and also to 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 £3million\* funding over the course of the current Parliament.

\* In addition to the existing £2million already available each year to services to support people who may be at risk of suicide.

## Action 2

The Scottish Government will fund the creation and implementation of **refreshed mental health and suicide prevention training by May 2019**. The NSPLG (established under Action 1 above) 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.**

## Action 3

The Scottish Government will work with the NSPLG and partners to encourage a **coordinated approach to public awareness campaigns, which maximises impact.**

## Action 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**

## Action 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.**

## Action 6

The NSPLG will **work with partners to develop and support the delivery of innovations in digital technology that improve suicide prevention.**

## Action 7

The NSPLG will **identify and facilitate preventative actions targeted at risk groups.**

## Action 8

The NSPLG will **ensure that all of the actions of the Suicide Prevention Action Plan consider the needs of children and young people.**

## Action 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.**

## Action 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 upon.**

## Argyll & Bute Overview

### Areas of increased risk of suicide in Argyll & Bute, as a result of COVID-19:

- **Financial** – short term and long term economic consequences
- **Employment issues** – tourism, third Sector Organisations reduced funding, redundancy, job insecurity, those employed but shielding
- **Housing** – requirements for self isolation, lack of refuge space for people fleeing domestic violence; reduced income, job insecurity
- **Support and wellbeing** - Support services being unable to operate or changing to a less effective model of delivery
- **Isolation** – rurality, disruption of social contacts, those shielding or in self isolation
- **Clinical and Support Services** - Disruption to treatment support services such as alcohol and drug services, social work, mental health etc

### Argyll & Bute Short Term Priorities:

1. Establish a multi-disciplinary steering group under the Community Planning Partnership.
2. Mental health improvement of people requiring formal mental health services by proactively providing support for those with poor mental wellbeing (staff and the public).
3. Utilising the opportunity to train staff in mental health, suicide prevention and trauma awareness while they are operating under capacity.
4. Building upon improved joint working practice established to put in place new long-term operating systems.
5. Support put in place for those at most risk based on evidence such as Mental Health Clients, those who self-harm, those experiencing domestic abuse, (economic impact?), etc.

### ACTIONS TO BE PRIORITISED DUE TO PANDEMIC (highlighted in yellow in local plan):

- **ACTION 2:** mental health and suicide prevention training
- **ACTION 3:** public awareness campaigns
- **ACTION 5:** models of crisis support
- **ACTION 6:** innovations in digital technology
- **ACTION 9:** data, evidence, monitoring and guidance

Source: COVID-19 Statement, National Suicide Prevention Leadership Group (NSPLG), Scottish Govt. July 2020.



# Argyll & Bute - a Suicide Safer Community

Argyll & Bute will seek to work towards evidencing itself as a **Suicide Safer Community** through the Living Works Suicide Safer Communities Award.

[https://www.google.com/search?q=suicide+safer+communities+living+works&safe=active&gws\\_rd=ssl](https://www.google.com/search?q=suicide+safer+communities+living+works&safe=active&gws_rd=ssl)

The award has 10 pillars which provide a structure for reviewing actions and accomplishments in achieving a suicide-safer community designation:

## **The 10 Pillars of a Living Works Suicide Safer Community**

1. Leadership/Steering Committee
2. Community Needs Assessment and Action Plan
3. Mental Health and Wellness Promotion
4. Suicide Prevention Awareness
5. Training
6. Suicide Intervention Services
7. Clinical and Support Services
8. Suicide Bereavement
9. Evaluation and Dissemination
10. Capacity Building and Sustainability

Argyll & Bute will seek to take a localised approach to suicide prevention engaging with whole communities to ensure that suicide is everybody's business and a shared responsibility for the whole community.

Argyll & Bute will seek to take a human rights approach and work to ensure all citizens have access to support and resources working in partnership to make the community suicide aware, prevent, and provide support both at the time for individuals and for bereaved loved ones.

## Action 1

The Scottish Government will set up & fund a **National Suicide Prevention Leadership Group (NSPLG)** by September 2018, reporting to Scottish Ministers – and also to 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 £3million\* funding over the course of the current Parliament.

\* In addition to the existing £2million already available each year to services to support people who may be at risk of suicide.

Objective	Action	Timescale	Progress	Lead (s)
<p><b>1.1</b> Incorporate &amp; deliver upon recommendations issued by the NSPLG (National Suicide Prevention Leadership Group) on supporting the development and delivery of local prevention action plans.</p> <p><b>1.2</b> Work inside <u>existing</u> planning arrangements and workplans in a way that makes specific activity on suicide prevention <u>clearly visible</u>, embedding SP as a natural part of the conversation around Public Health;</p> <p><b>1.3</b> Work in conjunction with stakeholders across Argyll &amp; Bute to maximise awareness and embed suicide prevention across roles, sectors &amp; communities (including Locality Action Plans, etc.).</p>	<ul style="list-style-type: none"> <li>➤ Establish the governance, membership, &amp; attendance to support the delivery of the plan and measure progress against it.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Oct-Mar 21</li> </ul>	<ul style="list-style-type: none"> <li>➤ Suicide Prevention Group established with relevant sub groups to action themes</li> </ul> <p>Present to IJB</p> <p>Community Safety Partnership monitoring</p> <p>Wide stakeholder membership of Suicide prevention group</p>	Chief Officer HSCP
	<ul style="list-style-type: none"> <li>➤ Ensure representation and diversity within membership and provide guidance and coordinate the strategic activity.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Ongoing</li> </ul>		
	<ul style="list-style-type: none"> <li>➤ Formalise the A&amp;B SP Group's engagement with the HSCP IJB to increase awareness and stakeholder promotion of the work.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Mar 21</li> </ul>		
	<ul style="list-style-type: none"> <li>➤ Formalise our schedule with the area partnership and community planning. Ensuring we have a standardised presentation and range of speakers able to present.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Mar 21</li> </ul>		
	<ul style="list-style-type: none"> <li>➤ Liaise across stakeholder groups and represent Argyll &amp; Bute Suicide Prevention at the following meetings, specifically: <b>National SPLeadership Group Meetings</b> (qtrly) ; <b>Mental Health Planning Group(?)</b> (Argyll &amp; Bute HSCP), (every 2 months); <b>Community Planning Partnership (CPP) Meetings</b> (Outcome 6), (qtrly); <b>Others (to</b></li> </ul>	<ul style="list-style-type: none"> <li>➤ Ongoing</li> </ul>		
		<ul style="list-style-type: none"> <li>➤ Implement</li> </ul>		

<p><b>1.4 Engage in the Living Works Suicide Safer Communities Award assessment process.</b></p> <p><b>1.5 Work to reduce deaths by suicide at locations of concern (LOCS) and access to means of committing suicide.</b></p>	<p><b>specify), etc.</b></p> <ul style="list-style-type: none"> <li>➤ Develop strategic connection across the NHS Highland Board Area aligning common goals to work effectively together to meet the needs of communities.</li> <li>➤ Establish Argyll &amp; Bute's SP Local Action Plan</li> <li>➤ Create &amp; publish local strategy document to accompany Action Plan.</li> <li>➤ <b>Implementation of Argyll &amp; Bute's SP Local Action Plan</b></li> <li>➤ Apply to Living Works for Suicide Safer Communities Award</li> <li>➤ Review Living Works feedback post assessment &amp; incorporate into future planned activities</li> <li>➤ No 'officially defined' Locations of Concern in Argyll &amp; Bute, but can work with Community Safety Partnership to minimise access to known means where possible.</li> </ul>	<p>through strategic planning</p> <ul style="list-style-type: none"> <li>➤ March 21</li> <li>➤ June 21</li> <li>➤ Ongoing</li> <li>➤ Led by communication Sub group</li> <li>➤ Spring 2022 on basis of monthly review of data</li> </ul>		<p>A&amp;B SP Group</p> <p>All</p>
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## Action 2

The Scottish Government will fund the creation and implementation of **refreshed mental health and suicide prevention training by May 2019**. The NSPLG (established under Action 1 above) 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**.

Objective	Action	Timescale	Progress	Lead (s)
<p><b>2.1</b> Promotion and availability of Suicide Prevention training</p> <p><b>2.2</b> Promotion and availability of Mental Health Training</p> <p><b>2.3</b> Promotion and availability of Trauma Awareness Training</p> <p><b>2.4 Identify</b> other key gatekeepers (medical practitioners, social workers, volunteers, teachers/tutors, and other key community roles, etc.) who would benefit from receiving Suicide Prevention training and assess capacity to deliver training to these numbers across various locations;</p>	<ul style="list-style-type: none"> <li>➤ Continued promotion of face-to-face &amp; online SP programmes. (Increased numbers of SafeTALK, ASIST and SuicideTALK sessions available across Argyll &amp; Bute and to a wider audience).</li> <li>➤ Pilot the use of Living Works Start e-module (<a href="http://livingworks.net/start">livingworks.net/start</a>).</li> <li>➤ Education supporting all school staff to attend <u>online</u> trauma training (ACEs)</li> <li>➤ Expand number of trained 'gatekeepers' across all sectors of community to create culture of supporting suicide prevention</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>2.1 &amp; 2.2</b> May – Oct; planning for training to resume 2021?</li> <li>➤ <b>2.3</b> April – July 2020</li> <li>➤ <b>2.4</b> Nov-Mar2021</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>2.1 &amp; 2.2</b> - Paused as of Mar2020 (No face-to face training allowed as of Mar2020 – pending ...)</li> <li>➤ <b>2.3</b> - Delayed due to Covid-19 lockdown – resumed?</li> <li>➤ <b>2.4</b> – To be completed. (see mapping)</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Training sub group</b></li> </ul>

## Action 3

The Scottish Government will work with the NSPLG and partners to encourage **a coordinated approach to public awareness campaigns, which maximises impact.**

Objective	Action	Timescale	Progress	Lead(s)
<p><b>3.1</b> Ensure the public have access to information about health and wellbeing during COVID</p> <p><b>3.2</b> Promote appropriate local and national support services during COVID</p> <p><b>3.3 Continue to work towards reducing stigma around suicide</b>, raising public awareness of suicide and support services &amp; contacts available to them through daily work, but also through incorporating calendar of <b>key dates of campaigns coordinated by the NSPLG &amp; local events</b>. (The needs of <b>children &amp; young people</b> should be explicitly included).</p>	<ul style="list-style-type: none"> <li>➤ Caring for People Communications Campaign directed by the Communications Plan.</li> <li>➤ Examples, promotion of vulnerable adults service; Caring for People Mail Drop; promotion of Caring for People Helpline and Emotional Support service</li> <li>➤ Suicide Prevention Week 2020 (Theme: 'Talking Saves Lives')</li> <li>➤ Launch of Scotland's new social movement brand of 'United Against Suicide'.</li> <li>➤ Create a <b>Communications sub-group</b></li> <li>➤ Create system to gather recovery stories &amp; promote widely.</li> <li>➤ <b>'10 Pillars of Living Works Suicide Safer Communities'</b> (SSC) - Create &amp; promote signups through promotion across local partnerships, Third Sector forums, private sector &amp; communities' network (a single resource pack similar to 'See Me' campaign). (Measure: <b>%Increase</b> in the number of organisations engaged and aware of the 10 Pillars; <b>%Increase</b> in the number of organisations signed up with Argyll &amp; Bute to the SSC 10 pillars).</li> <li>➤ Include <b>Third Sector Suicide Prevention Reference</b></li> </ul>	<ul style="list-style-type: none"> <li>➤ March 2020- ?</li> <li>➤ April 2020 - ?</li> <li>➤ Monday 7<sup>th</sup>-13<sup>th</sup> Sept 2020</li> <li>➤ Thursday 10<sup>th</sup> Sept 2020</li> <li>➤ Feb 2021</li> <li>➤ TBC</li> <li>➤ March 21 onwards</li> <li>➤ March 21</li> <li>➤ Onwards</li> </ul>	<ul style="list-style-type: none"> <li>➤ Paused as of Aug2020</li> <li>➤ Paused as of Aug2020</li> <li>➤ Social media campaign completed.</li> <li>➤ National omni-media launch led by Scottish Govt, shared locally.</li> <li>➤ Feb 2021</li> <li>➤ TBC</li> <li>➤ initiation</li> <li>➤ Not started.</li> <li>➤ Ongoing</li> </ul>	<p>Communications sub group</p>

	<p><b>Group's work &amp; related actions in A&amp;B SP Plan, to improve visibility of work led by Third Sector.</b></p> <ul style="list-style-type: none"> <li>➤ Improve connection &amp; collaboration of group's work across network of community link workers, Third Sector, primary mental care &amp; peer support workers, and lived experience individuals/groups. (a new network?)</li> <li>➤ Survey Third Sector services to establish map of suicide prevention work &amp; service development to enable more collaborative working (see also ADP/TSI's PaPa tool).</li> <li>➤ Establish a 'Suicide Prevention Campaign Calendar'; Identify and attend (post lockdown, Covid-secure) key events with an opportunity to raise awareness and discussion with public &amp; others;</li> <li>➤ Maximise positives &amp; reach of digital technology (e.g. social media, Apps, online training &amp; info.), wherever possible; Active social media and inclusion in documents &amp; directories, etc.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Onwards</li> <li>➤ Mar-Apr21</li> <li>➤ Ongoing</li> <li>➤ Ongoing</li> <li>➤ Feb-Mar21</li> <li>➤ Frequency: quarterly (?) and as major campaigns occur, incl. SPWk)</li> <li>➤ 2021</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not started.</li> <li>➤ Started - to be completed (See local events calendar post lockdown, but start planning from now).</li> <li>➤ Started (specific apps &amp; websites to be confirmed. see NHS Highland Suicide Prevention app, other national apps, NHS Highland social media campaign calendar, websites providing info &amp; support, etc.)</li> <li>➤ To be completed.</li> </ul>	
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	<ul style="list-style-type: none"> <li>➤ Promotion of available Apps, websites &amp; regular social media activity.</li> <li>➤ <b>Update ChooseLife website</b> with: Argyll &amp; Bute contacts; Summary of local plan &amp; directory of contacts, once available;</li> <li>➤ Continue to communicate through traditional media avenues as appropriate. (including Press releases/adverts in local papers across Argyll &amp; Bute.)</li> <li>➤ Develop a comprehensive multi-channel communication plan to: raise public awareness; help erase any stigma around the topic; improve public dialogue; &amp; encourage supportive culture within communities. Incorporate best practice &amp; informed media guidelines.</li> </ul>		<ul style="list-style-type: none"> <li>➤ To be confirmed.</li> <li>➤ Not started.</li> </ul>	
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## Action 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\*\*.**

\* A person's family & friends; their dependents; those who care for them; staff involved in their care and treatment; first responders at the time of the suicide attempt.

\*\* Across statutory & non-statutory bodies to include a common set of standards and referral pathways for trauma-informed support).

*(‘The NSPLG will review good practice in this area – including the community triage model of support, which provides police with direct access to mental health professionals – with a view to ensuring support pathways are in place across Scotland by end of 2019’).*

Objective	Action	Timescale	Progress	Lead(s)
<p><b>4.1</b> Development and delivery of support services for people who need mental health and wellbeing support.</p> <p><b>4.2</b> Access to information and support for income/budget</p>	<ul style="list-style-type: none"> <li>➤ Keeping in Touch befriending service</li> <li>➤ Emotional Support Service</li> <li>➤ Cool2talk service (for 12-26yr olds only)</li> <li>➤ A&amp;B Council generic helpline</li> <li>➤ Caring for People Helpline (currently only for people contacting Test &amp; Protect who are needing support post lockdown).</li> <li>➤ Create a user-friendly directory of services available for support.</li> </ul>	<ul style="list-style-type: none"> <li>➤ April - ?</li> <li>➤ April - ?</li> <li>➤ Apr17- Mar23</li> <li>➤ March 2020</li> <li>➤ March 2020 - ?</li> </ul>	<ul style="list-style-type: none"> <li>➤ Paused</li> <li>➤ Ongoing</li> <li>➤ Ongoing</li> <li>➤ Ongoing</li> <li>➤ Ongoing (Considering building upon work previously done on creation of ADP's PaPa tool already established – but will need to go through it to confirm organisations providing suicide prevention support. Could</li> </ul>	<p>Suicide Prevention Group/Training sub group</p>



			also use it to identify training opportunities).	
<b>4.5 Map out a referral pathway for trauma informed support for those affected by suicide</b>	<ul style="list-style-type: none"> <li>➤ A clear referral pathway</li> </ul>	<ul style="list-style-type: none"> <li>➤ March 2021</li> </ul>	<ul style="list-style-type: none"> <li>➤ Dates to be confirmed by sub group update reporting to the IJB</li> </ul>	Bereavement and Support sub Group
<b>4.6 Ensure support available for those bereaved by suicide</b>	<ul style="list-style-type: none"> <li>➤ Develop a 'pack'/response specifically for those bereaved by suicide (incl. <a href="http://suicide.supportarounddeath.scot.nhs.uk">suicide   Support Around Death (scot.nhs.uk)</a>, and respond to Mental Health Foundation recommendations and pilots on bereavement services)</li> <li>➤ Create a Bereaved by Suicide sub-group (? TBC)</li> <li>➤ Review learning from the Bereavement Sub Group with the Police to develop enhanced responses/service for those bereaved by suicide.</li> <li>➤ Share case study/ies and evidence base with key stakeholders within Emergency Services to influence practice change.</li> <li>➤ Targeted training, support, capacity and pathways for support to those in need (care givers, etc.)</li> <li>➤ Promotion of self-harm and self-harm training within the Alcohol and Drug Recovery Services and with Criminal Justice services</li> </ul>	<ul style="list-style-type: none"> <li>➤ Started March 2021</li> </ul>		

## Action 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.**

Services & integration authorities should consider how to **reach and engage** those traditionally least likely to engage with statutory services (see Equality Act 2010).

Particular risks and needs of those in **remote & rural settings** should be considered (see National Rural Health Forum).

**Use of technology-enhanced care** (video conferencing, etc.) should be optimised.

Objective	Action	Timescale	Progress	Lead(s)
<p><b>5.1 Review other interventions known to work elsewhere, and consider whether they could be applied locally. (Models of crisis support)</b></p>	<ul style="list-style-type: none"> <li>➤ Distress Brief Interventions (DBIs) (including opening up DBI training to Police Scotland 'pilot area' within Argyll &amp; Bute as part of COVID-19 response)</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>March 2021</b></li> </ul>	Ongoing?	Suicide Prevention Group
	<ul style="list-style-type: none"> <li>➤ Adverse Childhood Experiences (ACEs)</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>March 2021</b></li> </ul>	➤ Ongoing?	
<p><b>5.2 Review existing local data recorded around suicide and suicidal self harm;</b></p>	<ul style="list-style-type: none"> <li>➤ A local 'data' pack, comparing local to national data, highlighting any trends, etc. Latest data available 2019 (pre-pandemic).</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Feb-Mar21</b></li> </ul>	<ul style="list-style-type: none"> <li>➤ Draft completed</li> </ul>	Police Scotland
	<ul style="list-style-type: none"> <li>➤ Review scope of suicide within Argyll &amp; Bute. 'Has the landscape changed?'                             <ul style="list-style-type: none"> <li>• Confirm map of data requirements, sources, governance and resource to analyse; including closing the gap of who is missing and not involved</li> <li>• Identify how and why people engage with different types of services to inform future services</li> <li>• Identify how services are measured (limit</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>➤ In progress.</li> </ul>	

<p>5.3 Improve engagement with local communities, groups, service users &amp; carers;</p>	<p>duplication)</p> <ul style="list-style-type: none"> <li>• Capture of both completed and attempted suicide (how?)</li> <li>• Capture training numbers and school interventions</li> <li>• Review demographics where available to understand where any gaps or increased risk that require additional interventions. As part of this link up with organisations that may already hold trend data that we can utilise.</li> <li>• Create a quality assurance framework and calendar as a way of managing the data work-stream. Including the need for sharing agreements and a formal reporting cycle.</li> </ul> <ul style="list-style-type: none"> <li>➤ Regular local data reports from Emergency Services. <ul style="list-style-type: none"> <li>- Received monthly from Police Scotland;</li> <li>- Reviewed at least quarterly.</li> </ul> </li> <li>➤ Establish a collaborative system- wide Pathways Sub Group to clarify existing services and improve pathways, communicate these across the CL partnership and to staff and communities across the whole system including public, clinical services, 3<sup>rd</sup> sector and private.</li> <li>➤ Ensure collective clarity of pathways and connections via OOHs</li> <li>➤ Research &amp; develop further funding opportunities to support this work.</li> <li>➤ Ensure this work connects to the wider strategy work at HSCP and with partners</li> </ul>	<ul style="list-style-type: none"> <li>➤ March 2021</li> <li>➤ Monthly</li> </ul>	<ul style="list-style-type: none"> <li>➤ In progress</li> </ul>	<p>Police Scotland</p> <p>Strategic Planning Group</p>
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## Action 6

The NSPLG will **work with partners to develop and support the delivery of innovations in digital technology that improve suicide prevention.**

- If used **positively, the internet & other technologies can be used to positively influence suicide prevention both locally & nationally**, e.g.:
  - online support to those at risk of suicide;
  - raising awareness of sources of support;
  - facilitating individuals' ability to manage themselves & develop resilience;
  - encouraging digital inclusion & safe use of the internet.
- Need to **maximise the positive influence of social media** & it's potential for key messaging, working with NHS24, NHS Health Scotland & other interested partners to **develop a strong online suicide prevention presence** across Scotland, that caters **for all ages**.

Objective	Action	Timescale	Progress	Lead(s)
<p><b>6.1 Provide residents with access to support using digital technology</b></p> <p><b>6.2 Work with Technology Enabled Care (TEC) team to optimise any funds available to develop and support the delivery of innovations in digital technology that improve suicide prevention (digital inclusion);</b></p> <p><b>6.3 Optimise existing presence on digital web (backlinks, social media, digital directory, etc.).</b></p>	<ul style="list-style-type: none"> <li>➤ Cool2talk</li> <li>➤ Opportunity to utilise staff involved with TEC contact?</li> <li>➤ Promotion of NHS Highland SP app (&amp; others TBC)</li> <li>➤ In planning</li> </ul> <p><i>(See Action 3 above)</i></p>	<ul style="list-style-type: none"> <li>➤ April 2017 – March 2020</li> <li>➤ To be scoped</li> <li>➤ To be scoped</li> </ul>	<ul style="list-style-type: none"> <li>➤ Ongoing</li> <li>➤ In planning</li> </ul>	<p>Suicide Prevention Group &amp; Communications Sub Group</p>

## Action 7

The NSPLG will **identify and facilitate preventative actions targeted at risk groups.**

A complex range of factors can contribute to people contemplating suicide. **Many are not to do with mental ill-health**, but are related to stressful life circumstances, events or changes in a person's life, where there are **prevention opportunities** for public bodies & communities.

Objective	Action	Timescale	Progress	Lead(s)
<p><b>7.1</b> Act upon preventative actions targeted at risk groups, identified and facilitated by NSPLG.</p> <p><b>7.2</b> Services have adapted service delivery to ensure some contact is maintained by phone/email</p> <p><b>7.3 Gap analysis of services</b></p> <ul style="list-style-type: none"> <li>➤ <b>Review mapping of existing services (local and national) across geographical areas &amp; equality groups, etc.</b></li> </ul> <p><b>7.4 Effective communication &amp; raising awareness of services</b></p> <ul style="list-style-type: none"> <li>➤ <b>Develop effective way of sharing professional &amp; public awareness of services, and linking with key network coordinators, etc.</b></li> </ul>	<ul style="list-style-type: none"> <li>➤ Proactive communications of service and support available – Caring for People Communications Plan – inequalities work</li> <li>➤ Social Work?</li> <li>➤ Educational Psychology?</li> <li>➤ A robust directory/map of local &amp; national services available (potential to leverage Argyll &amp; Bute ADP &amp; TSI Pathways &amp; Partnerships (PaPaTool)?)</li> <li>➤ Professional: creation of a 'KnowledgeHub'-type group board? (TBD)</li> <li>➤ Public: Develop a positive, dynamic relationship with the public around suicide prevention themes, including focus on information, support options, dialogue, and strengthening partnership approaches. (Positive updates around progress on SP &amp; support services available).</li> </ul>	<ul style="list-style-type: none"> <li>➤ March 2020 – 21?</li> </ul> <p>Preliminary results January 2021, further exercise required.</p>	<ul style="list-style-type: none"> <li>➤ Ongoing</li> </ul>	<p>Suicide Prevention Group &amp; Communications Sub Group</p>

<p><b>4.7 Develop better support to community level and community-led responses to distress. E.g. Psychological wellbeing of care givers.</b></p> <p><b>4.8 Support staff to be able to better identify and intervene to reduce suicidal behaviour in people who have substance misuse issues attending Alcohol and Drug Recovery Services</b></p> <p><b>4.9 Identify other at risk groups from evidence base</b></p>	<ul style="list-style-type: none"> <li>➤ Public: Opt-in for 'updates' on service provision &amp; developments (?)</li> <li>➤ To be scoped</li> <li>➤ To be scoped</li> <li>➤ To be scoped</li> </ul>			
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## Action 8

The NSPLG will **ensure that all of the actions of the Suicide Prevention Action Plan consider the needs of children and young people.**

**The NSPLG to engage with young people** to prevent suicide. (For example, Youth Commission on Mental Health established in partnership with Young Scot & Scottish Association for Mental Health (SAMH), composed of people aged 14-22yrs).

Suicide rates have been falling (pre-2019) in children & young people, but concerning evidence emerging of their **worsening self-reported mental wellbeing**, especially in teenage girls. 2018-19 has seen an increase in completed suicides amongst young people.

Early education for children & young people is critical – **focusing on suicide prevention, emotional intelligence & resilience.**

The Scottish Youth Parliament working with young people to develop resource to **support transition from child (CAMH) services to adult services.**

Objective	Action	Timescale	Progress	Lead(s)
<p><b>8.1</b> Ensure needs of children and young people are embedded in local suicide prevention action plan;</p> <p><b>8.2</b> Engage with stakeholders working with children &amp; young people throughout the plan.</p>	<ul style="list-style-type: none"> <li>➤ A local data report specific to risks, etc. faced by children &amp; young people</li> <li>➤ <i>(see also Cool2Talk above)</i></li> <li>➤ Participate in 'TSI's Children, Young Person &amp; Families Thematic Group (details TBC)</li> <li>➤ Highlight Services working with children &amp; young people in directory.</li> <li>➤ Integrate suicide awareness training for students to into the curriculum (Measure: feedback from Secondary School Health &amp; Wellbeing Coordinators)</li> <li>➤ Provide ASIST Training to have at least 2 ASIST trained staff in each</li> </ul>	<ul style="list-style-type: none"> <li>➤ March 2021</li> <li>➤ Feb/March 2021</li> <li>➤ March 2021</li> </ul>	<ul style="list-style-type: none"> <li>➤ To be scoped for timescale and engagement requirement</li> <li>To be scoped and benchmarked</li> </ul>	<p>Suicide Prevention Group/Training sub group</p>

	<p>mainstream secondary school (Measure: Number of ASIST course delivered. Audit of ASIST trained staff.)</p> <p>➤ SafeTALK Training will be offered to Senior Phase pupils in secondary schools on a rolling basis. This will prepare them for leaving school with an awareness of suicide prevention and signposting. (Measure: Number of SafeTALK courses delivered. Feedback from pupils.)</p>		➤ Dates TBC	
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## Action 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.**

The NSPLG will promote continuing use and **application of latest evidence base of effective interventions, locally**, whilst applying all the **principles of Realistic Medicine\***, but in particular to **reduce unwarranted variation** in practice and outcomes.

*\* Realistic Medicine: How we can build a personalised approach to care; change our style to shared decision making; understand and manage medico-legal risk; value our workforce; tackle unwarranted harm and waste; share knowledge; and take a Realistic approach to population healthcare.*

<http://www.gov.scot/Publications/2018/04/6385>

Objective	Action	Timescale	Progress	Lead(s)
<p><b>9.1</b> Work with partners to ensure data, evidence and guidance is used to maximise impact.</p> <p><b>9.2</b> Work with emergency services (via CPP Outcome 6) to develop data capture (demographics, method, most recent contact with services, related call outs, etc.).</p> <p><b>9.3</b> Monitor local practice &amp; outcomes with improvement methodology approach to minimise unwarranted variation in</p>	<ul style="list-style-type: none"> <li>➤ Opportunity to access additional support from National Suicide Prevention Coordinator (Haylis Smith) <b><i>has been offered</i></b> to Argyll and Bute (Sept2020) as part of a pilot along with Grampian, and potentially The Borders, to help develop an improved evidence base system to improve process of gathering information around possible completed suicides in Argyll and Bute; helping to build a more efficient and effective system in identifying data, any developing locations of concern and developing profiles of people at risk of suicide, etc.</li> <li>➤ Police Scotland report of localised real time data to A&amp;B SPG mtgs.</li> <li>➤ TBD</li> </ul>	<ul style="list-style-type: none"> <li>➤ Oct2020 – Mar2021</li> <li>➤ ASAP (Mar21 onwards?)</li> <li>➤ ASAP (Apr21 onwards?)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Decision taken that Argyll &amp; Bute accepts offer of potentially being part of the pilot (capacity issues to be discussed).</li> <li>➤ Yet to be initiated.</li> <li>➤ To be established.</li> <li>➤ To be established.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Suicide prevention Group/communications sub group</li> </ul>

practice & outcomes.				
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## Action 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**.

- Deaths by suicide where the person has been in contact with statutory services should **ALL** be subject to investigation.
- **Nature of these investigations will depend on the particular circumstances of the incident** e.g.
  - local adverse event reviews/critical incident reviews by NHS Boards;
  - investigations by the Mental Welfare Commission for Scotland (under Section 11 of Mental Health Act 2003); fatal accident inquiry initiated by the Procurator Fiscal.

Objective	Action	Timescale	Lead(s)	Progress
<p><b>10.1</b> Raise awareness of the requirement for appropriate review into all deaths by suicide;</p> <p><b>10.2</b> Ensure process is developed, and acted upon, to trigger appropriate review into all deaths by suicide;</p> <p><b>10.3</b> Ensure lessons from reviews are captured locally in an appropriate and consistent format;</p> <p><b>10.4</b> Ensure lessons from reviews are shared with NSPLG &amp; partners &amp; acted upon.</p>	<ul style="list-style-type: none"> <li>➤ Identify appropriate Review Group membership &amp; establish TOR &amp; trigger(s) for mtg</li> <li>➤ Establish process and pathways to be followed by Review Group.</li> <li>➤ Establish secure (confidential) review report format, filing &amp; access rights.</li> <li>➤ Ensure lessons from reviews are shared and ACTED UPON.</li> </ul>	<ul style="list-style-type: none"> <li>➤ March 2021</li> </ul>	<ul style="list-style-type: none"> <li>➤ Police Scotland/NHS Highland</li> </ul>	<ul style="list-style-type: none"> <li>➤ Benchmarking exercises have started</li> </ul>