

## Health and Wellbeing Board Meeting Date 4<sup>th</sup> July 2019

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### 1. Report

#### Public Mental Health

Public Health are supporting with the development of the Mental Health Strategy and as an advocate of the core public health principles that contribute both towards increasing wellbeing and addressing mental ill health. This includes giving people the best start in life, supporting people to make healthier choices, addressing the wider social issues that may be preventing someone from making a positive change.

We also recognise and continue to promote national programmes such as the five ways to wellbeing (making time to connect with others, being more active, taking notice of the things that can make you feel good, learning something new and providing a helping hand to others).

Initial learning from the Social Prescribing programme has identified that just under 40% of all concerns for those that have met with a social prescribing advisor related to a mental health difficulty (predominantly depression and anxiety) with many linked to isolation, being overweight and financial concerns. We continue to work with the social prescribing team to consider how we can both learn from what is happening in our communities and ensure the best appropriate support is being signposted.

#### Suicide Prevention

##### Support after suicide

A subset of the Shropshire Action Group are designing a model for supporting those bereaved by a suicide death utilising guidance from Public Health England and the National Suicide Prevention Alliance as well guidance from local intelligence and formal/voluntary services.

The intent is to ensure a co-ordinated package of individualised care can be offered/signposted to immediately following a suicide (utilising the expertise of our Coroner's Office and Police colleagues who are partners with this workstream) and to develop a model which co-ordinates an offer of longer term support (for up to 2 years) where required. This is important as those affected by a suicide death are at significantly higher risk themselves of taking their own life/self-harm or experiencing a mental health crisis.

Although a proposed model is still being developed, national funding to support the process is available from NHS England for localities with a real time surveillance system for suicide is in place. Both the Shropshire and the Telford Suicide Prevention Action Groups are now working with West Mercia Police to discuss what data we can access to identify targeted support to those bereaved by a suicide death, as well as to utilise learning from

completed/attempted suicides for future prevention actions (such as identification of hotspot locations/emerging trends etc). We are proposing that a suicide review panel is formed to assist with this purpose.

### Prevention

A credit card sized brief advice and intervention z-card has been designed by the Shropshire and Telford Suicide Prevention Network to target those who may be having suicidal thoughts or who may be concerned about someone else. The tag line for the card is “pick up the phone, you’re not alone” and provides some guidance and contacts of a primary contact for support when required. We intend to do a pilot print run of these cards and target them in areas of high footfall of the public/higher risk individuals. Although there is no budget allocated to suicide prevention currently, we are currently in the process of collecting quotes and working with our partners to help fund this. The intention will also be to have an electronic copy linked to the Council website and ideally make use of digital technologies in the future.

### Training

Joint Training designed a new suicide prevention course in 2018 which is free to access for those working within health and social care in Shropshire and provides understanding and awareness of suicide and risks, addresses some of the myths and stigma as well as how to have difficult conversations. The courses have been consistently oversubscribed.

The Shropshire and Telford STP were successful in accessing funding from Health Education England to upskill the workforce on mental health conditions. Part of this funding has been used to organise six additional suicide awareness training for those who would not usually be able to access the Joint Training course. These have proved to be very popular with many currently on a waiting list to access and is an important part of our Strategy to broaden understanding of suicide, not just for those who are likely to encounter high risk people within formal services but for wider agency and community services. This is important as we know from the evidence that roughly a third of people who take their lives in England have had no contact with formal services (mostly a male population), so influencing the wider contacts they may have should help with improved identification of risk, signposting and reach.

Organisations that have attended include the RAF, Ministry of Defence, Probation, Police, Fire, University Centre Shrewsbury, University of Wolverhampton (Telford Campus), Social Care from Telford as well as A&E staff from both RSH and PRH.

Public Health and TAMHS are continuing the STORM self harm mitigation training for anyone/organisation that works with children and young people. The amount of training available however is limited by the finite number of trainers currently within the system. We have requested that future bids should include a focus on training additional trainers to have a wider impact.

## **2. Recommendations**

For the Board to read and support current activities.

For feedback from the Board of any additional considerations.

For feedback from the Board to support the suicide prevention z-cards.

## **3. Risk Assessment and Opportunities Appraisal**

(NB This will include the following: Risk Management, Human Rights, Equalities, Community, Environmental consequences and other Consultation)

## **4. Financial Implications**

Printing of Suicide Prevention Z-Cards (aiming for print of roughly 50,000 to distribute across Shropshire/Telford)

**5. Background**

As above

**6. Additional Information**

None

**7. Conclusions**

None

<b>List of Background Papers (This MUST be completed for all reports, but does not include items containing exempt or confidential information)</b>
<b>Cabinet Member (Portfolio Holder)</b> Cllr. Dean Carroll Portfolio Holder for Adult Services, Climate Change, Health and Housing
<b>Local Member</b>
<b>Appendices</b>