Option 1 a) Suicide Safer Communities for Young People

Laura Marrs, Young Project Volunteer, PAPYRUS
Karen May, Regional Development Manager, PAPYRUS
Jamie Tones, Young Project Volunteer, PAPYRUS

This session will present the **Suicide Safer Communities for young people project**, an innovative new community project that has been designed and piloted by PAPYRUS and is now being delivered across several communities. The workshop will share the project model and pilot evaluation and allow participants to hear first-hand from project young volunteers how and why they have embraced suicide prevention within their own communities.

Option 1 b) The Story of local collaboration and collective action to prevent suicide

Ian Cummins, Senior Lecturer in Social Work, University of Salford
Elysabeth Williams, Public Mental Health and Suicide Prevention Lead, Stockport Council Public Health

This session will tell the story of a local suicide prevention group which came together 18 months ago, motivated primarily by joint concerns and which has since:

- Agreed a vision that encapsulated the shared ambition and underpins action.
- Listened to the experiences of its service community and people with lived experiences of suicidality so that it is guided by local need, and local resources as well as strategic direction.
- Hosted an event; in the local art gallery. 160 people attended from all sectors to raise awareness and kick start social change.
- Developed resources the community are asking for which includes:
  - A web resource to provide accessible easy to reach support, information and resources for those experiencing suicidality, those concerned about someone else and those bereaved by suicide
  - A local training package to support and empower all frontline staff to feel able to play their part in recognising and responding to suicidal distress.

Option 1 c) Reducing suicide on the railway: An industry approach to intervening in suicide attempts and shaping the programme for the future by commissioning new research

Dr Lisa Marzano, Senior Lecturer in Psychology, University of Middlesex
Ola Rzepczynska, Strategic Programme Manager – Network Rail, Samaritans
Ian Stevens, Programme Manager (Suicide Prevention), Network Rail

This session will present the programme between Network Rail, Samaritans, British Transport Police and the wider rail industry which aims to reduce suicide on the railway. It will outline recent key programme activities to allow attendees to learn from the rail industry’s endeavours in this area,
including an overview of The Learning Tool, which was designed to increase the number of interventions in suicide attempts being made on the GB rail network.

The session will also show how we are shaping the programme for the future by commissioning new research with the Universities of Middlesex and Westminster, which is funded by Network Rail. The research will be outlined and preliminary findings will be presented. The session will demonstrate how evidence will be used to inform future development of the programme.

**Option 1 d) AMPARO support following suicide. Learning from developing and implementing a Suicide Liaison Service across Cheshire and Merseyside**

*Richard Brown, Chief Executive, Listening ear, AMPARO service provider*

*Katie Donnelly, Health Improvement Specialist, Warrington Council*

*Christine Hurst, Senior Coroner’s Officer, The Coroner’s Office Warrington*

The session will highlight key themes of need, inspiration, champions, partnerships, learning and collaboration, It will describe the impact on those bereaved and include perspectives from partners involved in the process, e.g. police, coroners, SOBS (Survivors of Bereavement by Suicide).

It will provide an overview of the process through all the stages of development of the AMPARO service from the initial idea to implementation and evaluation, as well as providing lessons learnt that could be adopted by other areas.

**Option 1 e) The STITCH project: Services and Trusts Integrating To improve Care in self Harm: how and why we set up a Health Integrated Team for self-harm in Bristol**

*Sal Ball, Patient Representative, Self-Injury Self Help (SISH) group*

*Dr Robert Carroll, NIHR Doctoral Research Fellow*

*Salena Williams, Senior Nurse Liaison Psychiatry, University Hospital Bristol NHS Trust*

This session will explain the rationale for self-harm focus and the relationship to suicide prevention, and how we are working with commissioners, 3 local Trusts, patients, universities and care providers to improve self-harm care.

It will explain how we set up the Self harm Surveillance Register: the database capturing self-harm A&E attendance throughout the city, and outline the research that has been achieved from the project regarding paracetamol overdose, and other studies including self-harm and internet/self harm in the context of recession.

The session will focus on two projects:

- Improving Emergency Departments (A+E) Bristol Royal Infirmary and Southmead hospital’s self-harm care
- A pilot of Bristol GP’s giving out medication lethal in overdose to self-harm patients
Option 1 f) Risk and resilience: identifying and supporting men

Claire Bennett, Senior Researcher, NatCen Social Research
Klaudia Lubian, Statistician, NatCen, Survey Research Centre

This session will discuss findings from an independent study funded by the Department of Health’s Policy Research Programme which explored risk factors for suicide attempts and self-harm in the UK through quantitative and qualitative analysis.

We draw on twelve national, general population probability sample surveys conducted in the UK between 1993 and 2013 and in-depth interviews with mid-life men (aged 30-60) with lived experience of suicidal thoughts and/or attempted to take their own life and bereaved families.

By bringing quantitative and qualitative analysis together, this session examines triggers and risks associated with suicide and addresses how the evidence can be used to inform suicide prevention strategies in the UK.
Afternoon Sessions: 13:30 – 14:30

Option 2 a) Men’s Sheds: A community suicide prevention programme co-production evaluation

Catherine Richardson, Public Mental Health Lead, Durham County Council Public Health
Dr Grant McGeechan, Research associate, University of Teesside

This session will share the co-production evaluation of Men’s Sheds (Cree) programme and will include ‘a shed or Cree’ (should space allow). This service was developed in response to a suicide cluster in the area and is based on an Australian initiative.

The model in County Durham (42 sheds in place) is led by the community in relation to how their sheds develop and the activities they undertake. A key element is around addressing wider determinants of health and their impact on mental health including relationship and financial advice.

Key findings:
- In general men see the Shed programme as an opportunity to interact with other men who have had similar experiences to them.
- Majority of those surveyed see the ‘shed’ as a place to make friends, and to engage in leisure or hobby activities.
- It highlighted the social element of the programme as a common theme related to how the men support each other through difficult times.

Option 2 b) Developing a Zero Suicide ambition: experiences from two pilot sites

Dr Caroline Dollery, Clinical Director, East of England Strategic Clinical Network
Rob Gough, Mental Health Advisor, Zero Suicide Collaborative

Representatives from the East of England Strategic Clinical Network and the South West Zero Suicides Initiative will present aspects of their work and their evaluations so far.

The East of England has four areas participating in a zero suicide project, based on the Perfect Depression Initiative in Detroit. This session will set out the principles behind the initiative, highlight the multi-disciplinary, whole-community approach to suicide prevention, present evaluation findings so far and plans to develop the work.

Representatives from the South West Zero Suicides Collaborative will introduce Wellness Recovery Action Planning; illustrating how it can be a very powerful tool in the national drive to prevent suicides.

Option 2 c) Suicide and the media: working with local and national press to prevent suicides by improving standards of coverage

Professor David Gunnell, FMedSci is Professor of Epidemiology at the University of Bristol (UK) School of Social and Community Medicine
Lorna Fraser, Press Manager, Samaritans
Global research consistently demonstrates links between media portrayal of suicide and imitative suicidal behaviour. Consequently suicide prevention strategies around the world, including the UK, contain the objective of promoting responsible portrayal of suicide in the media.

Approaching this sensitive topic is clearly a difficult area where journalists must balance the pressure to report ‘of the moment’ stories which are in the public interest, with the responsibility not to publish potentially harmful information, or intrude into the grief and shock of those affected.

Because of the proven link between sensationalist or detailed coverage and ‘copycat’ suicides, Samaritans works in partnership with the media to improve standards of coverage, both in news and non-factual programmes. The charity first published its *Media Guidelines for Reporting Suicide* in 1994.

If handled appropriately the media can play a vital role in preventing suicides, by educating the public about the issues, such as the signs which may indicate a person is at risk. It can also encourage help-seeking behaviour, by promoting the value of talking and signposting support services which are available.

This session will provide an overview of:

- findings from global research on suicide in the media
- the main issues surrounding so-called ‘copycat’ suicidal behaviour and social contagion
- the positive work being carried out to improve standards of media portrayal of suicide.

**Option 2 d) The geographic and demographic specific sensitivities of delivering suicide bereavement services. An exploration of two models**

*Anne Embury, Suicide Liaison Service Lead, Outlook South West*
*Caroline Harroe, Chief Executive, The Tomorrow Project*
*Clare Heslop, Suicide Liaison Worker, Outlook South West*
*Dr Sara Roberts, Consultant in Public Health, Cornwall Council*

This session will explore two models of delivering suicide bereavement services, presenting a range of data including the outcome findings from evaluation, the impact with relevance for practice and the practical barriers to delivery.

*Outlook South West* is Cornwall’s Suicide Liaison Service, funded by the local NHS CCG. This session will include looking at the referral pathway, referral to and liaison with other services, support with the inquest process and the development and delivering of an 8-week grief education programme.

*The Tomorrow Project* is a community based, 3 tier intervention delivered after a suicide has occurred, within the community. We will explore the clinical findings and experiences of delivering a clinical service within communities directly affected by suicide, often multiple suicides.
Option 2 e) How the voluntary sector collaborates to help people get the right help in a crisis

Grazina Berry, Director of Performance, Quality and Innovation, Richmond Fellowship
Christine Lawrence, East Midlands Locality Manager, Richmond Fellowship part of Recovery Focus

A person who has used services locally

This session will give an overview of Richmond Fellowship’s recent experience of collaborating with partners to develop models of support for individuals in crisis, many of whom express intentions to commit suicide or self-harm. This includes:

- Working with the police and NHS in Sussex to pilot an alternative place of safety for people detained under section136 – this is the first time a voluntary sector organisation has provided this sort of facility
- Working with the NHS in Derbyshire to provide a crisis house as an alternative to hospital admission.

Our work suggests that people benefit from being supported in non-clinical, non-custodial environments where a recovery focussed approach helps individuals develop coping strategies which reduce the chances of relapses.

Option 2 f) Suicide and offenders: reducing the risk for a population with multiple and complex needs

Dr Graham Durcan, Associate Director, Criminal Justice, Centre for Mental Health
Jessica Stubbs, Researcher, Centre for Mental Health

People in contact with the justice system are at significantly higher risk of suicide than are the general population. This includes those in prison, those in the first few weeks after leaving prison, but also those in contact with probation and the police. People in contact with the justice system have significantly higher psychiatric morbidity but also tend to have multiple and complex needs. Centre for Mental Health will present the findings from work on prison suicides conducted in partnership with the Howard League for Penal Reform, funded by The Monument Trust, along with recent review work on criminal justice and mental health commissioned by the Department for Health, Welsh Assembly, Ministry of Justice and the Home office. The presentation will provide an overview of the issues, findings from the reviews and will present possible solutions for discussion.