

Suicide Prevention Strategy

To: Adults and Health Committee

Meeting Date: 14 July 2022

From: Director of Public Health

Electoral division(s): All

Key decision: No

Forward Plan ref: N/A

Outcome: To progress the Joint Cambridgeshire and Peterborough Suicide Prevention Strategy 2022-2025 to the Health and Wellbeing Board, or return to officers for review.

Recommendation: Adults and Health Committee is asked to:

discuss and agree the Joint Cambridgeshire and Peterborough Suicide Prevention Strategy 2022-2025, for final approval by the Health and Wellbeing Board.

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1. Background

- 1.1 The Joint Cambridgeshire and Peterborough Suicide Prevention Strategy 2022-2025 is a refresh of the Strategy of the same name that was operational between 2017 and 2020. The [National Suicide Prevention Strategy](#) outlines that *'Local responsibility for coordinating and implementing work on suicide prevention will become, from April 2013, an integral part of local authorities' new responsibilities for leading on local public health and health improvement.'*
- 1.2 The strategy outlines the approaches being undertaken by the local authority and its partners across Cambridgeshire and Peterborough to reduce the rate of suicide within the county and ensure people are receiving the support they need.

2. Main Issues

- 2.1 The Joint Cambridgeshire and Peterborough Suicide Prevention Strategy 2022-2025 seeks to update and combine a number of existing Suicide Prevention strategies, placing a greater emphasis on working collaboratively as a system. The primary strategies informing this work are the Joint Cambridgeshire and Peterborough Suicide Prevention Strategy 2017-2020 and the CPFT Suicide Prevention Strategy 2017-2020.
- 2.2 This work is informed by the National suicide prevention strategy 'Preventing suicide in England' and its subsequent progress reports, chiefly the fifth progress report released in 2021. Local data and collaboration with mental health services and people with lived experience have been employed in order to tailor the national approach to Cambridgeshire and Peterborough.
- 2.3 This strategy has determined a key ambition for suicide prevention work within Cambridgeshire and Peterborough over the next three years: *'Every person in Cambridgeshire and Peterborough has access to the right care and support, from both the mental health system and their communities, to ensure that they do not die by suicide'.*
- 2.4 The Suicide Prevention Strategy will sit within the Health and Wellbeing Strategy alongside a Public Mental Health Strategy and a Children and Young People's Mental Health Strategy under the priority area to *'promote early intervention and prevention measures to improve mental health and wellbeing.'*
- 2.5 Following agreement from the multi-partner suicide prevention implementation board in 2017, Cambridgeshire and Peterborough are pursuing a zero suicide ambition. We acknowledge that zero suicide is ambitious and will rely on many wider structural factors that lie outside of the scope of this strategy. However, as a system we have adopted this approach as we think it is important that we do everything in our power to prevent suicide. To this end, our zero suicide ambition translates practically in the following three outcomes:
 - 2.5.1 Achieve a significant reduction in inpatient suicides in inpatient care settings and no never-events by 2025
 - 2.5.2 Significantly reduce the number of patients in contact with mental health services dying by suicide by 2025
 - 2.5.3 Reduce the rates of suicide in Cambridgeshire and Peterborough in line with national averages by 2025

2.6 The Key Recommendations proposed by the strategies are as follows:

1. Identify local risk factors for suicide and ensure approaches are considerate of different needs
 - A) Identify emerging trends in suicide risk using Real-Time Suicide Surveillance and Mental Health Data Dashboard
 - B) Improve system learning from available data and adapt/escalate approaches where possible, taking into account intersectionality of factors that contribute to suicide
 - C) Deliver targeted interventions that take into consideration the different risk factors and sensitivities associated with people from diverse background
2. Provide high quality general and specialist support to people presenting with suicidal intent
 - A) Continue to deliver and expand Suicide Prevention Training to all healthcare professionals in Cambridgeshire and Peterborough
 - B) Ensure consistency between primary and secondary mental health provision
 - C) Promote the use of safety plans in all healthcare settings and raise awareness for individuals of how to develop their own, with the aim of keeping people safe until they can access mental health services
 - D) Support frontline workers, both emotionally and practically, to ensure that they are well-equipped to help patients facing suicidal thoughts, able to effectively refer people to appropriate support and not jeopardising their own mental health in the process
3. Protect people at a time of crisis and following de-escalation
 - A) Ensure that people are actively engaged with crisis care and able to address underlying issues
 - B) Expand the support networks and resources available to people following a mental health crisis
 - C) Reduce access to means within the home and in a digital world
4. Ensure the community is well-equipped to prevent suicide in non-clinical environments
 - A) Support the delivery of awareness raising campaigns, particularly through the introduction of data-informed tailored approaches
 - B) Promote delivery of suicide prevention training to members of the community
 - C) Offer greater support to families and friends of people affected by suicidal thoughts to better equip them to keep their loved one safe and protect their own mental health
5. Improve understanding of self-harm and support the promotion of healthy coping strategies
 - A) Improve data collection to gain a better understanding of self-harm beyond crisis care
 - B) Understand and address self-harm in children and young people
 - C) Ensure those presenting to services with self-harming behaviours have their mental health concerns treated appropriately
6. Ensure that appropriate steps are taken following a suicide to support the community

- A) Expand the existing suicide bereavement support offer to accommodate those more widely affected by a suicide and encourage peer support
- B) Ensure that professionals in contact with someone who has died by suicide are adequately supported
- C) Rapidly respond to incidents of suicides that may have a greater impact on the wider community and ensure that information shared is accurate, sensitive, and guiding people towards support

3. Alignment with corporate priorities

3.1 Environment and Sustainability

There are no significant implications for this priority.

3.2 Health and Care

The report above sets out the implications for this priority.

3.3 Places and Communities

There are no significant implications for this priority.

3.4 Children and Young People

The following bullet points set out details of implications identified by officers:

- This is an all-age strategy, but will sit alongside a Children and Young People's Mental Health Strategy as part of the wider Health and Wellbeing Strategy.
- Recommendations take into consideration the impact of children and young people and tailor approaches where appropriate

3.5 Transport

There are no significant implications for this priority.

4. Significant Implications

4.1 Resource Implications

There are no significant implications within this category.

4.2 Procurement/Contractual/Council Contract Procedure Rules Implications

All procurement activity will be compliant with the Council's Contract Procedure Rules.

4.3 Statutory, Legal and Risk Implications

There are reputational implications for CCC not to own a suicide prevention strategy as this is expected, although not a statutory requirement, as outlined in the National suicide prevention strategy. Suicide prevention contributes to the council's general duty to improve the health of the public.

4.4 Equality and Diversity Implications

Priority Area 1 of the strategy outlines the plans in relation to ensuring that those in society deemed more at-risk of suicide, many of whom fall under protected characteristics, are adequately supported.

An Equality Impact Assessment has not been completed as part of this overall strategy, but will be taken into consideration when work affecting specific communities is undertaken.

4.5 Engagement and Communications Implications

Consultation with those with lived experience of suicide and suicide bereavement has been sought. Two consultation events with members of the public have been held and their views have been reflected in the strategy. A survey of frontline workers supporting those with mental health difficulties has been conducted and results from this also shared within the strategy. The strategy has been agreed by the suicide prevention strategy implementation group with key representatives in the mental health system, both within the local authority and with partners including the CCG, CPFT, police and third sector.

4.6 Localism and Local Member Involvement

There are no significant implications within this category.

4.7 Public Health Implications

The report above sets out the implications for Public Health

4.8 Environment and Climate Change Implications on Priority Areas (See further guidance in Appendix 2):

4.8.1 Implication 1: Energy efficient, low carbon buildings.

Positive/neutral/negative Status: Neutral

Explanation: No changes to buildings proposed

4.8.2 Implication 2: Low carbon transport.

Positive/neutral/negative Status: Neutral

Explanation: No changes to transport proposed

4.8.3 Implication 3: Green spaces, peatland, afforestation, habitats and land management.

Positive/neutral/negative Status: Neutral

Explanation: No changes to green spaces proposed

4.8.4 Implication 4: Waste Management and Tackling Plastic Pollution.

Positive/neutral/negative Status: Neutral

Explanation: No changes to waste proposed

4.8.5 Implication 5: Water use, availability and management:

Positive/neutral/negative Status: Neutral

Explanation: No changes to water proposed

4.8.6 Implication 6: Air Pollution.

Positive/neutral/negative Status: Neutral

Explanation: No changes that would impact air pollution proposed

4.8.7 Implication 7: Resilience of our services and infrastructure, and supporting vulnerable people to cope with climate change.

Positive/neutral/negative Status: Positive

Explanation: Improvements to the mental health system will lead to greater support to those with anxiety regarding climate change

Have the resource implications been cleared by Finance? Yes

Name of Financial Officer: Justine Hartley

Have the procurement/contractual/ Council Contract Procedure Rules implications been cleared by the Head of Procurement? Yes

Name of Officer: Clare Ellis

Has the impact on statutory, legal and risk implications been cleared by the Council's Monitoring Officer or LGSS Law? Yes

Name of Legal Officer: Fiona McMillan

Have the equality and diversity implications been cleared by your Service Contact?

Yes

Name of Officer: Jyoti Atri

Have any engagement and communication implications been cleared by Communications?

Yes

Name of Officer: Matthew Hall

Have any localism and Local Member involvement issues been cleared by your Service Contact? Yes

Name of Officer: Jyoti Atri

Have any Public Health implications been cleared by Public Health?

Yes

Name of Officer: Jyoti Atri

If a Key decision, have any Environment and Climate Change implications been cleared by the Climate Change Officer?

Yes

Name of Officer: Emily Bolton

5. Appendix

5.1 Appendix 1 – Draft Suicide Prevention Strategy.

6. Source documents guidance

6.1 Source documents

- Joint Cambridgeshire and Peterborough Suicide Prevention Strategy 2022-2025
- Preventing Suicide in England (National Suicide Prevention Strategy)
- September 2014 report to Cambridgeshire County Council Health Committee relating to the 2014 draft of the Suicide Prevention Strategy
- Cambridgeshire and Peterborough Health and Wellbeing Strategy

5.2 Location

- Joint Cambridgeshire and Peterborough Strategy is not yet published but is available to members on request. A summary of this document is attached as an appendix to this report.
- Preventing Suicide in England can be found [on the UK Government website](#)
- The September 2014 report to the CCC Health Committee can be found [on the Cambridgeshire County Council website](#)
- Cambridgeshire and Peterborough Health and Wellbeing Strategy still being drafted