

Cambridgeshire Health & Wellbeing Board

Suicide Prevention Action Plan – Mapping of local activity

Background

The Cambridgeshire HWB members received an updated report on the Suicide Prevention Strategy at the meeting on 1st February 2018. Board members supported the current progress reported in the action plan. Further support was given to taking the action plan forward at an organisational level. Board members agreed to report back at a future meeting the individual organisational responses to the Suicide Prevention action plan.

The following responses are from organisations which are not members of the Suicide Prevention Implementation Board, but are doing relevant work to support this agenda, plus a specific response from Cambridgeshire and Peterborough NHS Foundation Trust (CPFT), the main NHS provider of specialist mental health services in the area. They update on the six priority areas for suicide prevention. It is recognised that in some of the priority areas the actions will not necessarily be relevant for all organisations.

Part A - Table showing responses from HWB member organisations who are not members of the Suicide Prevention Implementation Board

Priority Area in Suicide Prevention Action Plan	Organisational Response	Further Notes
<p>Zero Suicide Ambition This is an overarching theme that covers all the priority areas. Key to this ambition is the commitment of partner organisations to sign up to the Zero Suicide Alliance and promotion of the free online ZSA training to all employees.</p>	<p><u>East Cambridgeshire District Council</u></p> <p>East Cambs DC are happy to become involved in the Zero Suicide Alliance, who can also do some publicity under Community Safety and the Eyes and Ears Campaign.</p> <p>East Cambs DC tenancy support officers and housing officers have often talked to their suicidal clients and offered ongoing support.</p>	

	<p>East Cambs DC would always contact police to request a safe and well check if they were concerned that a client was likely to attempt suicide.</p>	
<p>1. Reduce the risk of suicide in high risk groups</p> <ul style="list-style-type: none"> - Implement the STOP Suicide local awareness raising campaign, website and pledge - Provide training in suicide prevention – ASIST, MHFA - Continue to implement Lifeline – provides listening support and information to someone experiencing mental distress - Work with partners to support the continuation of 111 (2) FRS and Sanctuaries for people in mental health crises 	<p><u>Huntingdonshire District Council</u></p> <p>HDC has trained a number of staff in Mental Health First Aid and all are identifiable by a yellow badge and through the website. They are now known as Mental Health First Aid Champions.</p> <p>HDC also has had for a number of years staff trained to be a ‘First Contact’ for people experiencing circumstances that would benefit from an ‘independent’ ear.</p> <p>HDC provides a staff wellbeing service and counselling for staff who need it.</p> <p><u>Cambridge City Council</u></p> <p>Cambridge City Council has worked hard to ensure that people with mental health problems get support they need. We have celebrated World Mental Health Day and Mental Health Awareness Week each year. Activities included mindfulness sessions for staff members, a tea dance in 2015 at Ditchburn Place in partnership with Cambridge Arts Salon, a free arts and crafts session at the Grafton Centre in 2016 on relationships and mental health, and, in 2017, a market stall raising awareness about where people can go to seek support for mental health problems. We have also provided move-on</p>	<p>There are gaps in provision between services for the very high risk groups who misuse substances and have in addition MH conditions.</p>

accommodation for up to 40 people recovering from mental ill health each year in partnership with Cambridgeshire County Council and Metropolitan Housing Group.

Our Single Equalities Scheme 2018 – 2021 (<https://www.cambridge.gov.uk/media/6721/single-equality-scheme-2018-to-2021.pdf>) highlights some of the actions we will be taking over the next 3 years to help address mental health issues including:

- Continue to provide a trusted single point of contact for people who need additional support from our customer contact centre because of mental health issues. Continue to help these service users to seek support they may need from other agencies through signposting or (with their permission) making referrals.
- Housing Services to improve support services for those with mental health issues or a dual diagnosis with mental health as a primary issue, including:
 - Monitor the efficacy of the Dual Diagnosis Street Team (DDST) through ongoing evaluation.
 - Establish a monitoring system to assess the efficacy of the County Council's dual diagnosis strategy.
- Continue to provide holistic support to City Council tenants with mental health issues to remain in their tenancies via the tenancy sustainment service, and

	<p>help link people to meaningful activities and groups in order to help reduce social isolation.</p> <ul style="list-style-type: none">● Continue to provide 17 units of move-on accommodation for people receiving support under the mental health team to help them to help them to move onto living independent living.● Working together with partners in Cambridgeshire and Peterborough to support people with hoarding behaviours, who can be especially prone to mental health issues such as anxiety.● Continuing to fund an expanded 'Advice on Prescription' project, to provide outreach support for residents experiencing mental health issues due to low income, debt or addiction at East Barnwell Health Centre, Nuffield Road Medical Centre, Arbury Road Surgery, and Trumpington Medical Centre.● In its enforcement policy, have regard to the Crown Prosecution Service public policy statements on dealing when taking enforcement action which involves victims and witnesses who have a learning disability or mental health issues.● Identify opportunities to support work of Mental Health Recovery and Community Inclusion Service – in terms of referrals/ signposting, and also making sure grants to VCS complementary with partners' efforts to support people with mental health issues in the community. <p>In addition Cambridge City Council has been working with its partners to help combat loneliness and is looking to:</p>	
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	<ul style="list-style-type: none">● Analyse results from the annual survey of residents within our sheltered housing schemes and users of the 65+ service and identify any additional support that can be provided to address loneliness and isolation.● Support Cambridgeshire County Council and use findings from their survey of new communities in order to identify needs that are specific to the different new communities in Cambridgeshire that we can meet.● Continue to use the Community Chest, consisting of developer contributions, to provide small pots of funding (up to £250) to help kick start community projects in and around new communities that support them to develop social networks and reduce social isolation.● Continue to provide holistic support to City Council tenants with mental health issues to remain in their tenancies via the tenancy sustainment service, and help link people to meaningful activities and groups in order to help reduce social isolation.● Explore the feasibility of letting hard-to-let sheltered housing units to students at reduced rents with the requirement that they undertake 30 hours volunteer work per month to support older tenants with support needs, including helping to combat social isolation.● Provide funding for an outreach service to women who have experienced domestic abuse in the City. The key aims of the service are to prevent homelessness and provide an on call service 24	
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	<p>hours a day/365 days a year, help improve the housing security and safety of service users in their homes, and tackle social isolation and exclusion via a programme of therapeutic, creative and practical activities.</p> <ul style="list-style-type: none">● Support older people's groups and active lifestyles group● Identify any further actions we might undertake as a Council to help combat loneliness by:<ul style="list-style-type: none">➢ Identifying opportunities for working with the Campaign to End Loneliness, which has received some funding to undertake research in Cambridgeshire➢ Gathering further evidence on impacts our policies, plans and procedures have related to loneliness in our Equality Impact Assessments <p>We have delivered two sessions a year (over two days) of Mental Health First Aid training to staff since 2015 and have run 10 Mental Health Awareness courses for frontline staff since 2014. Just over 100 staff participated in these courses to date.</p> <p>The City Council's Active Lifestyle Team prepared an Active Lifestyle Plan outlining projects that will be delivered over the next 3 years. One of the priority areas of the plan is to use physical activity as a tool to improve mental health and emotional wellbeing for residents, with a particular focus on older adults with dementia, adults with psychosis and young people of a secondary age.</p>	
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The Team are working with the NHS Cameo Early Intervention Service to deliver a SHAPE programme and an Invigorate programme includes activity for both mental health service users and homeless community users in Cambridge. As part of this programme mental health service users can also apply for a free BETTER card, when applying for Invigorate membership. A BETTER card provides a **50% discount** on facilities across all of the GLL managed facilities in the city, which includes Abbey Sports Centre, Parkside Pools, Kings Hedges Learner Pool, Jesus Green Lido and Cherry Hinton village centre.

Our Active Lifestyle Team also ran a W@W staff health and wellbeing survey during the summer of 2018, which covered three areas: physical activity, healthy lifestyles, and mental wellbeing. The anonymous information gathered from this survey was used to shape the team's 12-month calendar of staff health and wellbeing initiatives and campaigns. One initiative has been to promote "Tea and Talk" events for staff.

Hunts Forum of Voluntary Services

Support Cambridgeshire Partners have cascaded and will continue to periodically cascade information to the wider VCS.

South Cambridgeshire District Council

	<p>Grant funding - considerable funding is given to organisations to support vulnerable people, in particular the CAB who are able to help those who are vulnerable as a result of financial pressures</p>	
<p>2. Tailor approaches to improve mental health in specific groups</p> <ul style="list-style-type: none"> - Work with partners delivering the 'Emotional wellbeing and mental health strategy for children and young people, particularly around reducing stigma, resilience building, tackling self-harm and support after bereavement. - Support GP training in suicide prevention - focussed work to improve mental wellbeing in harder to reach groups such as middle aged men 	<p><u>Huntingdonshire District Council</u></p> <p>There is interest from services who come into contact with 'vulnerable' people (Housing) for further information and training if it is available.</p> <p>With the co-location of DWP and CAB within HDC Headquarters (Pathfinder House) there may also be wider opportunities for identifying and helping people at risk.</p> <p><u>Cambridgeshire City Council</u></p> <p>The City Council has resettled 100 refugees, to date, under the Home Office VPR and VCR schemes. All the individuals that have been resettled have been through traumatic experiences, whether it has been the issues they faced in the country of war, in refugee camps or the travel and process to settle in the UK. Many individuals we deal with, as a result, suffer from poor mental and physical health. This restricts their ability to integrate into a new culture and community life and find and maintain employment or education.</p> <p>The City Council works closely with the Refugee Council and partners to help resettled families with their integration and to improve their health and wellbeing. We sourced a psychologist that specialised in cognitive behavioural psychotherapy with refugees who was able to</p>	

	<p>speaking Arabic and English. This was a considerable help in building trust and in encouraging people to accept referrals to more specialised services, including where people are having suicidal thoughts. The City Council has also commissioned an art therapist to work with the refugees to help improve their wellbeing and is looking to its active lifestyle team and Children and Young People's Service to tailor programmes to encourage participation in physical activity and other community events.</p> <p>Staff in our Customer Services Centre received over 57,000 face-to-face enquiries last year. We ensure that all staff in the centre have regular safeguarding training and mental health awareness training so they can look out for signs of distress/abuse and take the appropriate action, including calling ambulances for customers who are obviously in need of intervention. Referrals are also made to partner organisations such as Street Outreach and CAB for example.</p> <p>Our Tenancy Sustainment Service and Visiting Support Service (for those 65+) supports council and temporary housing tenants that are at risk of losing their housing due to mental health issues, antisocial behaviour, a history of homelessness, or complex support needs. Following assessment, client needs are addressed through the joint creation of a tailored support plan. From April 2018 to date the TTS has supported over 60 individuals.</p> <p>The Visiting Support Service (65+ in age) works with any resident of Cambridge City to make choices regarding their independence. Following assessment personalised</p>	
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	<p>support is offered in regard to mental health, care needs, housing advice, networking and social activities, and help for carers and family. Since April 2018 the Visiting Support Service has worked with over 150 clients.</p> <p>Clients of the TSS, Visiting Support Service and tenants of City Homes are routinely made aware of emergency provision during times of mental health crisis, including the Cambridgeshire and Peterborough First Response Service (FRS) 111 option 2 and The Sanctuary (Mind CPSL).</p> <p>Cambridge City Council also runs a substantial Community Grants programme that targets residents in the most need in the City. During the year we funded, to the value of £900,000, 114 voluntary and community groups who delivered over 150 services and activities to support vulnerable people living in Cambridge. Many people receiving services supported by our grants programme have mental health issues. Some examples of projects that have been supported in the past have been led by organisations focused on mental health issues and included <u>Life Craft</u> , <u>Richmond Fellowship</u> , Cambridge Women's Resources Centre, Centre33, The Junction Disability Arts Programme and Cambridge Ethnic Community Forum, to name but a few.</p> <p>In particular the City Council supports the work of Cambridge Citizens Advice Bureau in providing advice to vulnerable people or people facing debt, relationship breakdown or employment issues, from our community grants budget. In 2017/18 the year we provided</p>	
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	<p>significant grants to Cambridge CAB of £260,000 core grant + various project grants.</p> <p>Through the City Council's Anti-Poverty Strategy we have spent over £300,000 on over 25 additional projects to date to help improve the lives of people living on low incomes in the City, many of whom are finding it difficult to make ends meet and facing the mental distress and low levels of wellbeing these circumstances can bring. Many people in Cambridge City find it difficult to buy food and the City Council is actively supporting the Cambridge Food Poverty Alliance in the development of its action plan.</p> <p>The City Council continues to support customers affected by recent national welfare reforms such as the benefit cap, employing a financial inclusion officer to help vulnerable households maximise their incomes and improve their long-term circumstances, and work closely with Cambridge Jobcentre and Citizens' Advice Bureau to triage and help local people affected by Universal Credit. Last year we awarded 6,440 low income households in the city a council tax reduction as a part of our Council Tax Scheme. Discretionary housing payments were also awarded to 330 people with no other recourse to funds and supported a project to assist housing benefit claimants move from hostel accommodation in to their own private tenancy.</p> <p>The City Council works closely with the Dual Diagnosis Street Team (DDST), which is a pilot service (running to April 2019) provided by Cambridgeshire and</p>	
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	<p>Peterborough Foundation Trust. The team covers Cambridge City only. This is a two-year pilot project and provides personalised assessment, short-term intervention and support plans to people who are homeless with a serious mental illness and substance misuse. In addition to providing a direct mental health service, the team aims to improve access to all mainstream social and health services for those entrenched rough sleepers as defined by the Homelessness Partnership in Cambridge.</p> <p>In conjunction with partners, the City Council also works hard to prevent homelessness in the City and in the last year handled just over 650 direct approaches from households requiring advice and referred people to the Single Homeless Service, which rehoused 108 people in the year and removed the risk of rough sleeping for these individuals. The total number of households prevented or relieved from homelessness by the City Council and its partners was 1,240 last year. People facing homelessness are often distressed and anxious about their plight, which can affect their longer-term mental health and wellbeing, or have prior mental health and substance misuse issues that may have led them to these difficult circumstances.</p> <p>The City Council supports Cambridge Street Aid, a fund where every penny that is donated goes directly into helping to end the waste and misery of a life spent on the streets. This is in addition to the help provided by <u>statutory and charitable organisations</u>. Support workers, homelessness charities and other community groups can</p>	
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bid into the fund for things that will make a real difference to people's lives; the only limitation being that it must help a person get off, or stay off, the streets. The aim is not to dictate to individuals what we think they need, but to empower them to come up with solutions themselves. So far we have had applications for money to fund hobbies such as fishing and crafts, training courses and travel expenses to reconnect with family members. All these things contribute to someone's wellbeing. Many of the individuals with a street homeless background have mental health issues.

South Cambridgeshire District Council

CDRP - Scams prevention: awareness raising around spotting and stopping scams.

CDRP - Domestic Abuse / Sexual Violence: we raise awareness and feed into delivery groups at County level.

CDRP - Domestic Homicide Reviews: the recommendations coming from these are collated countywide and might impact on those vulnerable as a result of DA.

CDRP / PSG: the problem solving group has members (RSLs and the like) who work with vulnerable people as a result of ASB (there was one case recently of someone trying to take their own life because persistent ASB impacted on / heightened her own MH issues).

	CDRP - Hate Crime: raising awareness and encouraging people to report it as opposed to suffering in silence.	
<p>3. Reduce access to the means of suicide</p> <ul style="list-style-type: none"> - Monitor hotspots for suicides and work with the police, BTP, highways England to reduce access to means via bridges, high buildings and railway tracks. 	<p><u>Huntingdonshire District Council</u></p> <p>The question has been raised about possible for signage for locations such as Hinchinbrooke Country Park but this has yet to be pursued as to whether it would be a positive action or not.</p>	
<p>4. Provide better information and support to those bereaved or affected by suicide</p> <ul style="list-style-type: none"> - Implement a bereavement support service and pathway for those affected by suicide 	See information in cover paper	
<p>5. Support the media in delivering sensitive approaches to suicide and suicidal behaviour.</p> <ul style="list-style-type: none"> - Continue to work with local media to encourage reference to and use of guidelines for the reporting of suicide 	<p><u>Cambridge City Council</u></p> <p>Cambridge City Council signed up to STOP Suicide in order to mark mental health awareness week (14th May to 20th May) 2018. We helped raise awareness of this by sending out a press release, arranging a related photoshoot that included staff members who had signed up to the pledge individually, and through internal communications (intranet and staff newsletter).</p> <p>During Mental Health Awareness Week we also raised awareness of the first response service number by having a stall for the public on the market square over two lunchtime days, and encouraging Council managers to share the information in their team meetings. We provided guidance to staff through internal communications on how to cope with stress. For World</p>	

	Mental Health Day (10 th October) 2018 we shared our e-learner module on stress with staff.	
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Part B - Additional information on suicide prevention work by CPFT

<p>Zero Suicide Ambition This is an overarching theme that covers all the priority areas. Key to this ambition is the commitment of partner organisations to sign up to the Zero Suicide Alliance and promotion of the free online ZSA training to all employees.</p>	<p>CPFT is fully signed up to the Zero Suicide Alliance and has attended the launch in Westminster. Many of our staff have undertaken the online training, including our CEO.</p> <p>Tracy Dowling has also written to the CEOs of other NHS organisations in C&P and asked that they consider signing up to the ZSA too.</p> <p>We have in house training including training for staff regarding sharing information with friends and family – jointly produced with Steve Mallen from the ZSA. This is specifically to make sure staff are confident to share information with families and friends as it may protect the service user from suicide.</p>
<p>1.Reduce the risk of suicide in high risk groups</p>	<p>CPFT has a zero suicide strategy that reports progress to the board every 6 months. The task and finish group is chaired by the CEO.</p> <p>There are a number of workstreams which address suicide risk, access to means, dual diagnosis, working with carers, CYP actions to prevent suicide, actions for older people.</p> <p>CPFT has mandatory training for staff regarding suicide risk. The FRS service continues and is now substantively funded.</p>
<p>2. Tailor approaches to improve mental health in specific groups</p>	<p>CPFT is fully engaged with workstream to improve emotional health and wellbeing for CYP</p> <p>We undertake focussed work with the homeless as part of a local authority funded project. This is demonstrating really effective outcomes.</p>

3. Reduce access to the means of suicide	This is part of the CPFT Zero Suicide strategy action plan for patients using our services and facilities.
4. Provide better information and support to those bereaved or affected by suicide	CPFT has employed a family liaison officer to specifically support those bereaved by suicide.
5. Support the media in delivering sensitive approaches to suicide and suicidal behaviour.	The communications team at CPFT continues to work with the County team and to promote guidance to prevent suicide and inspire confidence to talk about the risk of suicide
6. Support research, data collection and monitoring	CPFT collects data and monitors this as part of the Trust Zero Suicide action plan. There is room to improve system wide data sharing regarding suicide to ensure a full, accurate and near real time understanding.