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Date: Tuesday, 10 July 2018

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Dear Member

**HEALTH AND WELLBEING BOARD - THURSDAY, 12 JULY 2018**

I am now able to enclose, for consideration at the Thursday, 12 July 2018 meeting of the Health and Wellbeing Board, the following reports that were unavailable when the agenda was printed.

<b>Agenda No</b>	<b>Item</b>	<b>Page</b>
<b>4.</b>	<b>Urgent items</b>	<b>(Pages 2 - 33)</b>
	<ul style="list-style-type: none"><li>• Torbay Suicide and Self-harm Prevention Plan – to endorse the plan and recommend its approval to the Elected Mayor.</li></ul>	

Yours sincerely

Lisa Antrobus  
Clerk

**(FINAL DRAFT)**



## Devon-wide Suicide Prevention Strategic Statement

Working together to make all communities in Devon, Plymouth and  
Torbay suicide safer communities



# 1 Vision

The Wider Devon Sustainability and Transformation Partnership (STP) includes the local authority areas of Devon, Torbay and Plymouth and sets out ambitious plans to improve health and transform care services. A key theme across the STP is an increased focus on prevention, and specifically prevention of mental ill-health, supported by the recent publication of the '*PHE Better Mental Health Prevention Concordat*'.

Partners across Devon, Torbay and Plymouth are committed to working together to reduce suicides. This strategic statement gives an overview of the strategic intent across the STP area. We recognise that each local authority area has its distinct make up of population demographics, environmental and social economic factors, therefore, more detailed local implementation plans will be developed for each area, detailing how organisations will work in partnership to reduce suicide among respective populations.

In 2016, there were **29 deaths** in Wider Devon as a result of **land transport accidents**

In the same year, **115 people** died as a result of **suicide or unintentional injury**

We believe that suicide is preventable and each of these deaths could potentially have been avoided. We aim to ensure that the whole of Devon is a place where people do not consider suicide as a solution to the challenges they face. We will aspire to make Devon a place that supports people in times of personal crisis and builds individual and community resilience to improve lives.

# 2 Introduction

Local Health and Wellbeing Boards provide the governance for suicide prevention and leadership of suicide prevention work is the responsibility of local authority public health teams. This leadership is provided through local strategic partnerships.

Suicide is a traumatic event; the impact is felt not only by immediate family and friends, but by people in workplaces, communities and wider society. It is estimated that every suicide costs the economy £1.67 million. This estimate includes direct costs which are involvement of the emergency services, healthcare interventions and investigations carried out by the police and coroner. There are additional indirect costs attributed which include the lost opportunity to contribute productively to the economy, including paid work, voluntary activities and looking after children or parents. Arguably though, the most fundamental impact of all is the loss of the opportunity to experience all that life holds as a result of suicide. The pain and grief that suicide can have on immediate family members and friends can be immense and long lasting. These very personal impacts are known by economists as '*intangible costs*' because they are often hidden and difficult to value. It is these intangible costs that make-up approximately 70% of the total costs of suicide.

Suicide can often be the end of a complex history of risk factors and stressing events, and the risk for suicide reflects wider inequalities in social and economic circumstances. Suicide is preventable; however, the prevention approach must address the complexity of the issue. There are many effective ways in which individuals, communities and services can help to prevent suicide and this strategic statement is intended to recognise the contributions that can be made across all sectors of society.

This document sets out the local suicide prevention statement and implementation plans which are supported by national guidance. The *'Cross-Government Suicide Prevention Strategy'*, published in 2012 and subsequently updated in 2015 and 2017, sets out the Government's priorities for addressing suicide and self-harm. The national strategy fits with the aim of the *'Five Year Forward View for Mental Health'* and sets the ambition to reduce the number of people who take their own lives in 2020/21 by 10% compared to 2016/17 levels.

It is acknowledged that, although there are some risk groups emerging through national trend data that require a focus for population approaches (eg middle-aged men and those with undiagnosed depression), there is great variation between local areas, therefore, the national ambition is for local delivery of suicide prevention with the target for every local area to have in place a multi-agency suicide prevention strategic partnership and action plan. To aid in this, Public Health England published *"Guidance for developing a local suicide prevention action plan"* in 2016 which provides specific guidance to Local Authorities to develop local plans and ambitions.

## 3 Why are we doing this?

### 3.1 The national picture

The most recent figures for suicide in the United Kingdom (2016 registrations) were published by the Office for National Statistics on 7<sup>th</sup> September 2017. The National Statistics definition of suicide (updated in 2016) includes all deaths from intentional self-harm for persons aged 10 and over, and deaths where the intent was undetermined for those aged 15 and over.

A reduction in suicide rates will only be achieved if prevention is prioritised by the NHS, local government, charities, British Transport Police and others, and a population approach is taken.

#### The headlines:

In 2016, there were **5,688** suicides among people in Great Britain. This is **202 less** than in 2015 and represents a reduction of **3.4%**.

There has been a fall in the age-standardised suicide rate for both males and females in England from 2015 to 2016. The overall suicide rate has fallen from **10.1 in 2015 to 9.5 per 100,000** people in 2016.

Suicide continues to affect more males than females. Suicide is the leading cause of death in men under 50 years old and across all broad age groups, the suicide rate for males is around **3 times** higher than for females.

The highest suicide rate is seen in middle-aged men. Males aged 40 to 44 have the highest rate at **23.7 per 100,000 people**. In females, the highest rate is seen in the 50 to 54 age group who have a rate of **8.1 per 100,000 people**.

The most common suicide method in the UK in 2016 was hanging, accounting for **59%** of male suicides and **43%** of female suicides respectively.

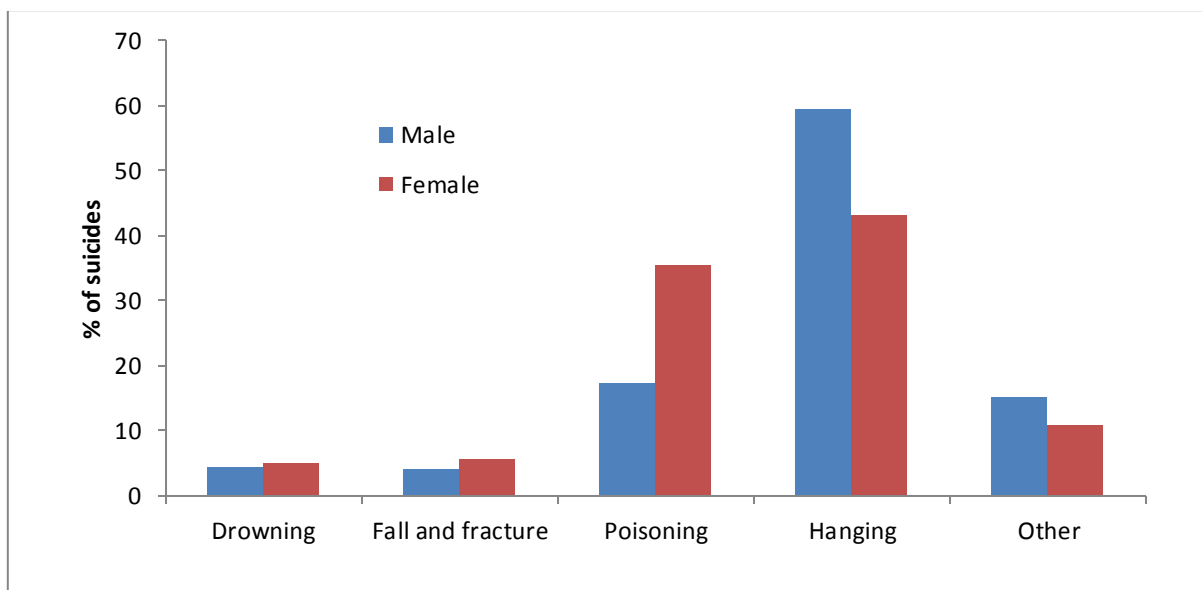


Figure 1. The proportion of suicide by method and sex, Great Britain, registered in 2016 (Office for National Statistics, National Records of Scotland)

In 2016, the South West had the highest age-standardised suicide rate for any English region at **11.2 per 100,000 people**. London has the lowest at **7.8 per 100,000 people**.

As well as gender and age, other known risk factors for suicide include self-harm, mental illness, employment status, marital status and physical ill-health.

It is estimated that around a **third of people** who die by suicide are in current or recent contact with **mental health services**.

It is also estimated that around a **third of people** who die by suicide have had contact with their **GP** in the lead up to their death, and around a **third of people** are not known to any **health or care services**.

### 3.2 Local Picture

The Wider Devon STP area includes the local authority areas of Plymouth, Torbay and Devon. Each local authority area holds mortality data for its resident population, including data on deaths from suicide and undetermined injury.

Since 2014, there have been **339** deaths from suicide or unintentional injury Devon-wide (*Suicides in England and Wales by Local Authority: Office for National Statistics: 2017*). Of these, over **three-quarters** of deaths occurred in **males**.

There are suggestions that, following a peak in 2014, the directly age-standardised suicide rate is decreasing Devon-wide but there is local variation. (see Appendix 1).

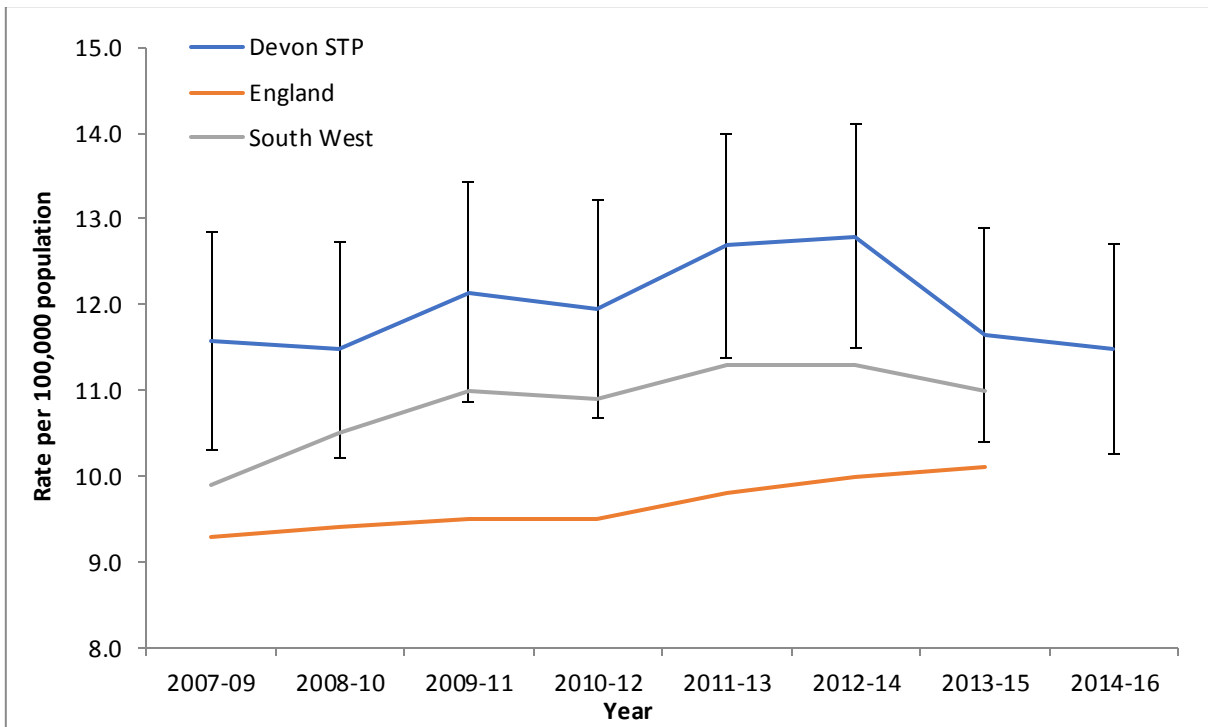


Figure 2. Trend in mortality from suicide and injury of undetermined intent Devon-wide. PHE Suicide Prevention Profiles - <https://fingertips.phe.org.uk/profile-group/mental-health/profile/suicide>

However, presenting the overall picture may mask any trends occurring within specific risk groups.

Most deaths occur in the home (Figure 3). Deaths that are recorded as occurring in a hospital or communal establishment include those where the suicide attempt was made at home and the death occurred later in time.

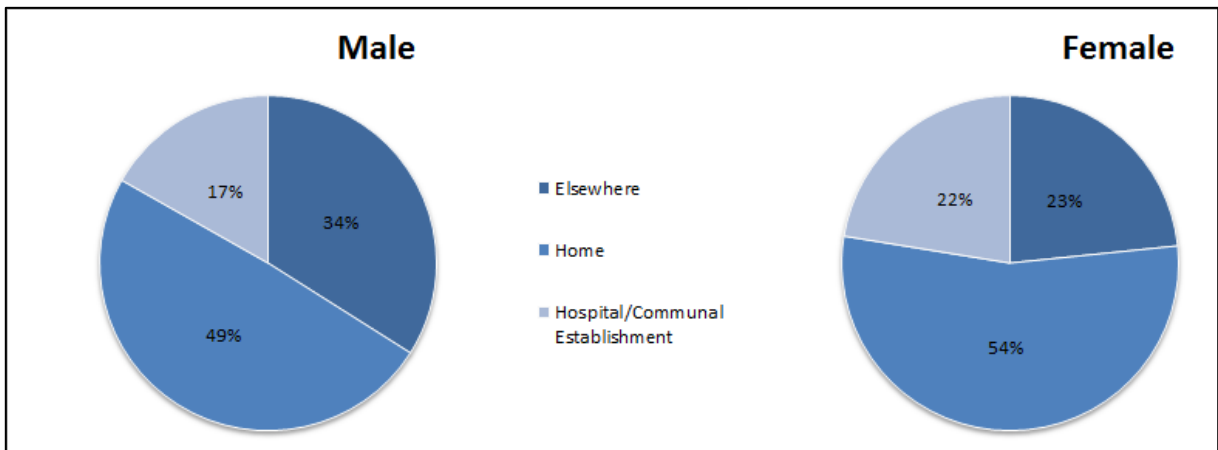


Figure 3. Place of death by gender, Devon-wide, 2014-2016 (Primary Care Mortality Database; Residents of Devon, Plymouth and Torbay)

Similarly, to the national picture the most common method of suicide Devon-wide was **hanging**, accounting for **55% of all male deaths** and **36% of female deaths**. Also reflecting the national picture, poisoning is the next most common method used, accounting for **37% of female deaths** and **16% of male deaths** (Figure 4).

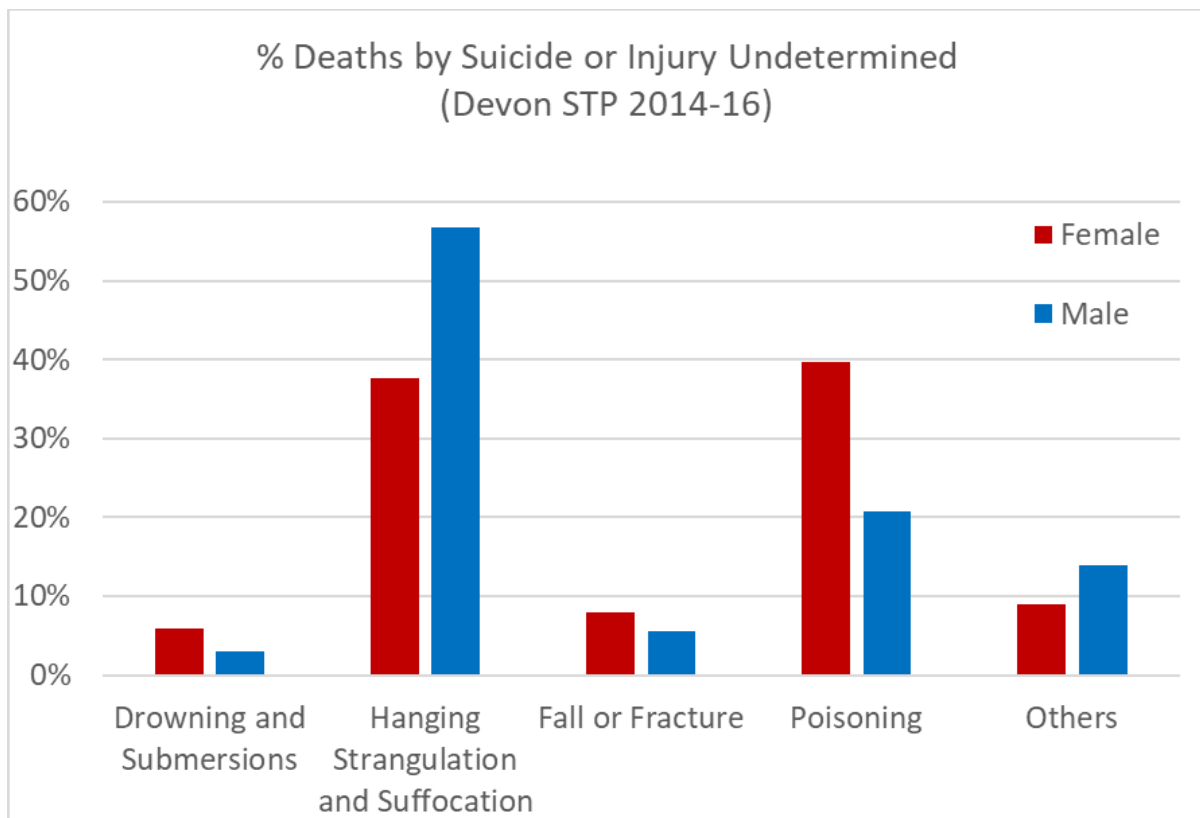


Figure 4. Method of suicide by gender, Devon-wide, 2014-2016 (Primary Care Mortality Database; Residents of Devon, Plymouth and Torbay)

The financial cost of a death by suicide is estimated at **£1.67 million** in terms of care and lost productivity. This means that the **115 suicides** Devon-wide in 2016 cost the local economy **£192 million**.

## 4 What is the ambition?

The aim of this strategic statement is to set a bold target for suicide prevention, based upon local, regional and national ambitions. In 2014, the South West Regional Zero Suicide Collaborative set the highly ambitious target to reduce suicides across the South West to zero by October 2018. This was followed by national publication of *'The Five Year Forward View for Mental Health'* in 2016 which sets the ambition that the number of people taking their own lives in 2020/21 will be reduced by 10% nationally compared to 2016/17 levels.

Devon-wide, we are committed to work in collaboration to reduce the number of suicides to zero. To start this process by 2020/21, we aim to reduce the number of people who take their own lives by 10% based on 2016/17 levels.

To achieve this reduction in suicide rates there needs to be a much stronger focus on suicide prevention and commitment from system leaders to make suicide prevention a priority.

*“Working together to make all communities in Devon, Plymouth and Torbay suicide safer communities”*

## 5 How do we aim to achieve this?

Suicide must be recognised as avoidable and therefore preventable. There are many effective ways that individuals, communities and services can work together to support people differently so that they do not see suicide as their only option.

Devon-wide partners will recognise the important contribution they can make and take a whole-community approach, recognising the contributions that can be made across all sectors of society. The approach will cover two tiers of action:

- **Level 1 Universal Interventions:** to build resilience and promote wellbeing at all ages for residents of Devon, Plymouth and Torbay.
- **Level 2 Targeted and vulnerable population groups:** targeted prevention of mental ill-health and early intervention for people at risk of mental health problems.

Improving the mental health of the population will support a reduction in suicide rates and this will be supported in ongoing work, at a local and strategic level, in support of the PHE Prevention Concordat for Better Mental Health.

To deliver the stated ambition, we will adopt the National Suicide Prevention Strategy which identifies seven key areas for actions. These are:

1. Reducing the risk of suicide in high risk groups
2. Tailoring approaches to improve mental health in specific groups
3. Reducing access to the means of suicide
4. Providing better information and support to those bereaved or affected by suicide
5. Supporting the media in delivering sensitive approaches to suicide and suicidal behaviour
6. Supporting research, data collection and monitoring; and
7. Reducing rates of self-harm as a key indicator of suicide risk.

The national strategy will be implemented locally in two ways:

The **two multi-agency suicide prevention groups** will bring together the statutory and voluntary organisations necessary to support the development and implementation of the local suicide prevention implementation plans. One group will cover Devon and Torbay local authority areas and one will cover Plymouth.

There will be **localised suicide prevention implementation plans** based on the national strategy and local intelligence on suicide risk. Each local authority area (Plymouth, Torbay and Devon) will be responsible for developing and delivering their own local implementation plan that best suits the needs of their population.

## 6 Developing local implementation plans:

We intend to adopt the national strategy and using local data and knowledge, produce a set of local priorities for suicide prevention. The implementation plans will be developed following the steps set out below:

1. Review the national evidence base, best practice from other areas and local data to inform local priorities
2. Collate and review the current prevention activities in place and identify gaps in provision



3. Draft implementation plans with full engagement from stakeholders through the local strategic partnerships
4. Develop monitoring and evaluation plans for the suicide prevention groups.

The plans will be co-owned by a range of statutory and voluntary agencies, which will all participate by incorporating organisations’ actions into the plans and working collaboratively to identify priority areas.

Once complete, the implementation plans will be made available on the local authority websites and will undergo annual review. A Devon-wide review of the data will be undertaken with sharing of best practice and, where it is appropriate, work will be undertaken on a Devon-wide level.

## 7 References

Office for National Statistics. Statistical Bulletin, 2016. Suicides in the UK: 2015 registrations. Available at:

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/2015registrations>

Public Health England. Prevention Concordat for Better Mental Health. 2017. Available at: <https://www.gov.uk/government/publications/prevention-concordat-for-better-mental-health-planning-resource>

HM Government: Preventing Suicide in England. A cross-government outcomes strategy to save lives. 2012. Available at: <https://www.gov.uk/government/publications/suicide-prevention-strategy-for-england>

HM Government: Preventing Suicide in England. Third Progress report of the cross-government outcomes strategy to save lives. 2017 Available at: <https://www.gov.uk/government/publications/suicide-prevention-third-annual-report>

Mental Health Taskforce to the NHS in England. The Five Year Forward View for Mental Health. 2016. Available at: <https://www.england.nhs.uk/wp-content/uploads/2016/02/Mental-Health-Taskforce-FYFV-final.pdf>

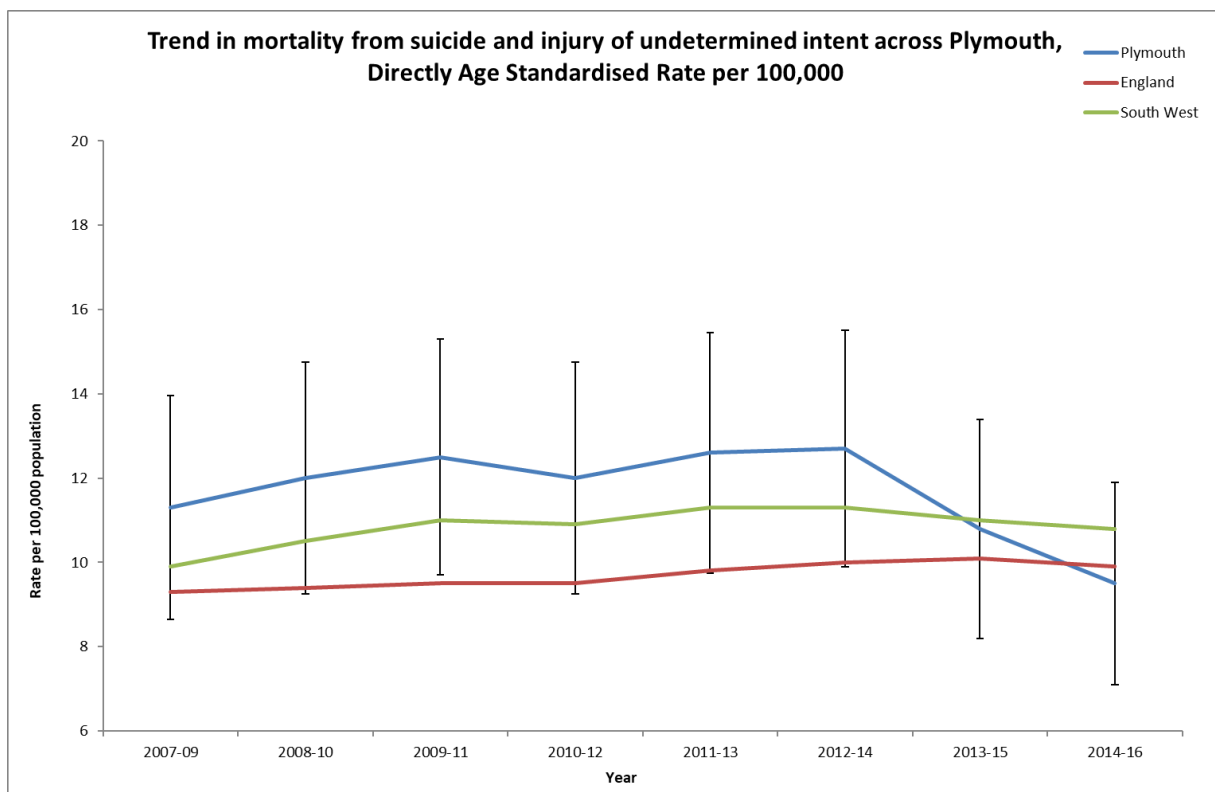
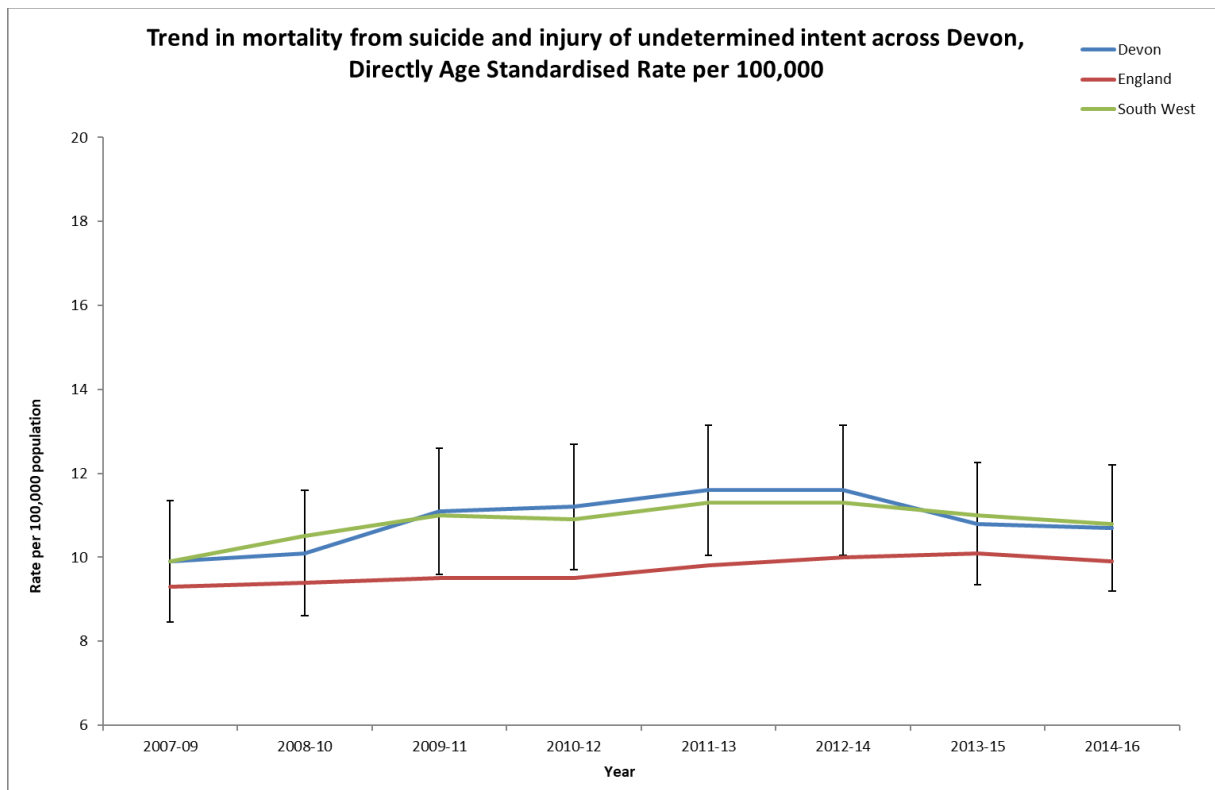
Platts, McClean J, McCollam A, et al (2006) Evaluation of the first phase of ‘Choose Life’: The national strategy and action plan to prevent suicide in Scotland. Scottish Executive Social Research. Edinburgh

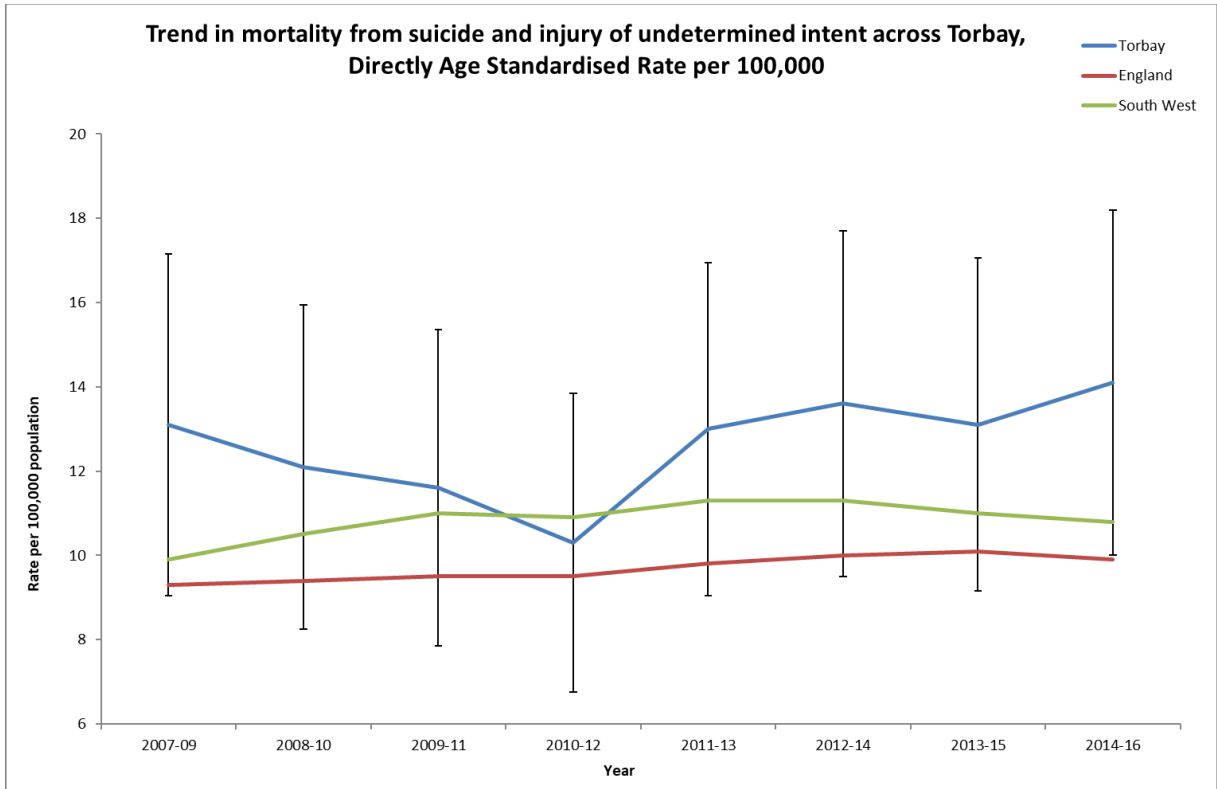
## 8 Glossary

STP	Sustainable Transformation Partnership
PHE	Public Health England
LA	Local Authority
OPCC	Office of the Police and Crime Commissioner

Public Health England – Suicide Prevention Profiles

<https://fingertips.phe.org.uk/profile-group/mental-health/profile/suicide>







## Torbay Suicide and Self-harm Prevention Plan

2018-2019

## 1. Background

### 1.1 National Context

The government's national strategy for England, [Preventing suicide in England: Third progress report of the cross-government outcomes strategy to save lives](#) and the Mental Health Taskforce's report to NHS England, [The Five year forward view for mental health](#), recommends that local areas should develop multi-agency suicide prevention strategies and action plans in order to help reduce local suicides. In England, responsibility for the suicide prevention strategy and action plan usually lies with local government through health and wellbeing boards<sup>1</sup>.

The national strategy outlines two principle objectives: reduce the suicide rate in the general population and provide better support for those bereaved or affected by suicide. The following are the six areas of action:

1. Reduce the risk of suicide in key high-risk groups
2. Tailor approaches to improve mental health in specific groups
3. Reduce access to the means of suicide
4. Provide better information and support to those bereaved or affected by suicide
5. Support the media in delivering sensitive approaches to suicide and suicidal behaviour
6. Support research, data collection and monitoring
7. Reducing rates of self-harm as a key indicator of suicide risk

### 1.2 Local Context

Locally the **suicide prevention strategy** is a collaborative document produced and shared by Devon County Council, Plymouth City Council and Torbay Council: *Devon-wide Suicide Prevention Strategic Statement*. This aligns to the Devon Sustainability Transformation Partnership (STP).

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<sup>1</sup> [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/585411/PHE\\_local\\_suicide\\_prevention\\_planning\\_practice\\_resource.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/585411/PHE_local_suicide_prevention_planning_practice_resource.pdf)

Locally the **suicide prevention action plan** is produced and owned by each local authority area. Devon County Council and Torbay Council plans are closely aligned due to the multi-agency Devon and Torbay Suicide Prevention Strategy Group (DTSPSG) who collectively contribute towards each plan. Both action plans are framed around the seven national action areas outlined above and account for universal as well as targeted interventions as outlined in the *Devon-wide Suicide Prevention Strategic Statement*. Torbay and Devon share a Devon-wide suicide outcomes framework as shown in Appendix 1.

The plans will be co-owned by a range of statutory and voluntary agencies, which will all participate by incorporating organisations' actions into plans and working collaboratively to identify priority areas. Once complete the plans will be made available on the local authority's website and will undergo annual review. A Devon-wide review of the data will be undertaken with sharing of best practice and, where it is appropriate, work will be undertaken on a Devon-wide level.

Page 14  
Aim

There is no acceptable number of suicides in Torbay – the aim should be an aspiration of zero suicides. Realistically this action plans aims to reduce the age-standardised rate of suicides in Torbay by 10% by 2021, in accordance with the aspirations of the national strategy (see Section 1.1). This would be a reduction from the current baseline age-standardised rate of 14.1 suicides (2014-2016) to 12.7 suicides per 100,000 resident Torbay population by 2021 (2018-2021). See appendix 1 for the Devon-wide outcomes framework which includes additional related outcome measures.

## 1.4 List of abbreviations

List of abbreviations	
ASIST – Applied Suicide Intervention Skills Training	MECC – Making Every Contact Count (training)
CAMHS – Children and Adolescent Mental Health Service	MHFA – Mental Health First Aid (training)
CCG – Clinical Commissioning Group (commission most health services)	MOJ – Ministry of Justice
DPT – Devon Partnership Trust (adult mental health provider)	PHE – Public Health England
DTSPA – Devon and Torbay Suicide Prevention Alliance	SWAST – South West Ambulance Service Team
DTSPSG – Devon and Torbay Suicide Prevention Strategic Group	TCDT – Torbay Community Development Trust
DWP – Department of Work and Pensions	TLA – Torbay Local Authority
HMP – Her Majesty's Prisons	TLAPH – Torbay Local Authority Public Health
HIPSI – High Intensity Psychosocial Interventions	TSDFT – Torbay and Southern Devon Foundation Trust

## 2. Torbay Suicide Prevention Plan 2018-2019

### 2.1 Universal interventions

The following universal interventions relate to all seven national areas of action (see section 1.1) either directly or indirectly.

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
<b>Reduce stigma of mental health and suicide</b>  Page 15	Train key people to become mental health ambassadors through various courses such as: <ul style="list-style-type: none"> <li>• Mental Health First Aid (MHFA)</li> <li>• Making Every Contact Count (MECC)</li> <li>• Connect 5</li> <li>• Applied Suicide Intervention Skills Training (ASIST)</li> <li>• SafeTalk</li> <li>• SuicideTalk</li> </ul> Recent training includes MHFA and MECC to volunteers in Brixham who are concerned about suicide in their local community.	No collective database of trainers or trainees.	Support those trained to have a profile and become suicide prevention champions in their organisation or community.  Link with Torbay CVS to train further staff and volunteers to be trainers.	Database/web profile of individuals trained. Links to DTSPA database.	Devon and Torbay Suicide Prevention Strategic Groups (DTSPSG)/Torbay system
	Mental health awareness raising events:  “Time to Talk” – Torbay hospital	Future events need a more multi-agency audience focus.	“Suicide Prevention; Working Together in Devon – Event 2” – organised by Torbay Devon Suicide Prevention Alliance (DTSPA), led by Devon Partnership Trust (DPT)  Establish a Torbay multi-agency mental health prevention steering group.	Member sign up/attendance at steering group.	DTSPA/Torbay System
		No consistent universal health promotion offer to reduce stigma of mental health and suicide for the public sector or wider population.	Plan and deliver a place-based 5 Ways to Wellbeing campaign.	Awareness of 5 Ways to Wellbeing improves from baseline across target audiences.	Torbay Local Authority Public Health (TLAPH)
		Better promotion and sign up	Work on engaging key	Member sign	Public Health England

# Torbay Suicide and Self-harm Prevention Plan 2018-2019

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Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
		to the Mental Health Prevention Concordat across the system.	organisation representatives to be official advocates for positive mental wellbeing and suicide prevention.	up/attendance at steering group.  Councillor sign up to the Mental Health Prevention Concordat.	(PHE)/TLAPH
<b>Promote resilience</b>	CCGs, LAs, NHS trusts, schools, Children and Adolescent Mental Health services (CAMHS), South West Ambulance Service Trust (SWAST) and Devon third sector providers collaborating under the Devon-wide <a href="#">Support for Children and Young People's Emotional Health and Wellbeing Local Transformation Plan Refresh</a> (2017-2022). Resilience and 5 Ways to Wellbeing are promoted throughout with the following specific priority: 1B – Families, schools, colleges, local communities and services will be able to develop and support resilience.	Better linkage required across the system to support collaboration and promote resilience.	Two Anna Freud CAMHS and schools LINK events to be run in Torbay. A LA coordinated Wellbeing Outcome Network steering group will be established to ride on the momentum achieved from these events.	System progress towards CASCADE Anna Freud framework improves from baseline.	Torbay Local Authority (TLA) /TLAPH/Clinical Commissioning Group (CCG)
	Research, produce and review content for the emotional health and wellbeing section of the new Torbay Healthy Learning Website. This will provide information, resources and local/national support links to local schools and colleges to improve whole-school mental wellbeing.	The Torbay Healthy Learning Website was previously promoted to schools but due to capacity has not been completed. Trust will need to be regained for the resource to be used.	Work with the web design team to help launch the emotional health and wellbeing content of the website.  Promote the website through the Wellbeing Outcomes Network, Torbay Children's Safeguarding Board education sub-group and individual schools/college if required.	Website will be live.  Google Analytics hits on website pages. Completion of audit tool by schools – progress from baseline	TLAPH
	Dartington school survey research on emotional health and wellbeing has been completed.	Analysis for schools is difficult to understand and needs to be turned into intervention.	CCG to summarise key points, disseminate to partners and arrange an event for schools to establish next steps.	Summarised report and a plan for next steps.	CCG



Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
		Schools and colleges are identifying high levels of emotional distress in their pupils with a lack of local statutory support services. Many CAMHS referrals are returned due to pupils not meeting thresholds or multi-faceted issues that a single service cannot support.	Establish what emotional health and wellbeing/ additional support is currently available on a school-by-school basis.  Re-establish schools appetite for an online counselling resource such as KOOH or ZUMOS. Review evaluation of KOOH from Devon and Plymouth LAs.	Assets register of current school provision.  A clear yes or no to online counselling provision based on evaluation and schools appetite.	TLAPH/CCG
		Public sector staffs are reporting poor emotional health and wellbeing with high rates of absenteeism, presenteeism and high staff turnover.	Establish a multi-agency mental health prevention steering group.  Plan and deliver a place-based 5 Ways to Wellbeing campaign.  Mental health as a focus area for training (parity with physical first aiders) and campaigning via workplace wellbeing groups.	Member sign up/attendance at steering group.  Awareness of 5 Ways to Wellbeing improves from baseline across target audiences.  Numbers trained in MHFA.	TLAPH/CCG/Torbay and Southern Devon NHS Foundation Trust (TSDFT)
		Few free courses (other than online) offered on resilience building for adults in the community (outside of a workplace setting).	Step One Charity Daybreak Learning Community to run intro sessions to courses around resilience when practicing self-management.	Numbers attended and resilience outcome data.	Step One Charity
<b>Increase awareness of support available to people experiencing suicidal thoughts</b>	Continually promote the Samaritans and Mindline South Devon and Torbay helplines.	Inconsistent provision of "It's Safe to Talk About Suicide" referral leaflets. Some GPs have leaflets but no replenishment process in place.	Source funds for a print run of "It's Safe to Talk About Suicide" referral leaflets. Distribute to key people/venues.	Record of where leaflets have been distributed.	Torbay system

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
	Samaritans referrals from GPs to call patients back who require further support.	Low take up by practices currently	Continue to promote referrals via GP newsletter to all GP practices, highlighting the advantages experienced by other GPs.	Record number of referrals and successful referrals.	CCG/Samaritans
	Brixham Community Healthcare Working Group is established to support local people experiencing suicidal thoughts in Brixham.	Local interventions should complement support that is already available.	Produce referral beer mats using a local brand, local suicide prevention app with South Devon college and register 'safe places' with businesses in the Brixham community.	Beer mat, app and safe place registrations are completed. Record distribution and promotion channels.	TLA/Torbay Community Development Trust (TCDT)
<b>Community based approaches</b>	Links to 'Reducing Stigma, Raising Awareness' and 'Promote Resilience' sections above				
	Provision of ward and town based Joint Strategic Needs Assessment profiles to highlight local need and support third sector funding bids.	Ward and town profiles still to be disseminated to third sector.	Disseminate JSNA to third sector.	Record of networks/audiences shared with.	TLAPH
	South Devon and Torbay Community Grants Fund to develop opportunities for community-driven initiatives to improve the health and wellbeing of local populations within South Devon and Torbay.	Engagement in evaluation is inconsistent across projects.	Evaluation to be discussed and agreed with the funding panel upfront so applicants know what to expect.	Completed evaluations for all grant funded projects.	TLAPH/CCG/TCDT
	Ageing well/CDT community builders and Health and wellbeing coordinators continuing to support residents to improve their wellbeing and reduce mental ill health and suicide	A mix of skills and experience for delivering wellbeing intervention and agency/group referral to	Delivery of Connect 5 training including local signposting resources.	Numbers trained in Connect 5. Ongoing evaluation of community support	TCDT/TLAPH/TSDFT

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
	through community interventions and multi-agency referrals.	mental health services.		given.	
	Healthwatch continuing to support and escalate community health and social care issues and support the community and voluntary sector.		Support and expand the Croft Hall social prescribing model.	Social prescribing reduces GP appointments for non-medical problems (wider determinants of health).	Healthwatch/CAB
	The Torbay Orb asset database migrating to Devon Pinpoint live directory to provide a centralised web presence for related community initiatives and groups.	Launch campaign required to promote Devon Pinpoint.	Deliver a workforce and population facing communications strategy.  Secure funding to develop technical links between four main directories (Pinpoint, NHS DoS, Pod and DeVA)	Record of groups and web hits.	CCG/LAPH
	The Torbay Timebank works by allowing people to help each other volunteer within their communities. Timebank users can offer their own skills and benefit from the skills of others who've offered theirs. Examples of support include befriending.	Currently an underutilised resource.	Promote and encourage others to promote Timebank at every opportunity.	Record of users/successful exchanges	TCDT
	Community Partnerships - <a href="https://www.torbaycdt.org.uk/community-partnerships/">https://www.torbaycdt.org.uk/community-partnerships/</a>	Some groups particularly active, others not functioning well.	Better engage Community Partnerships with Torbay Healthy Towns approach.	Community Partnerships embedded within Health Towns model.	TCDT/TLAPH
	Step One Charity Daybreak Learning Community delivers free self-management courses and activities by staff and volunteers with lived experience. Courses include managing anxiety, depression and self-harm. They also offer community group support and a drop-in café for the community. <a href="https://www.steponecharity.co.uk/services/mental-health/daybreak/">https://www.steponecharity.co.uk/services/mental-health/daybreak/</a>	Some friction between NHS provided services and Daybreak approaches to supporting public mental health through risk minimisation.	Promote and encourage others to promote Daybreak Learning Community as a self-referral resource.  Better evidence and promote outcomes.	Increase in self-referrals.  Established evaluation framework.	Step One Charity
		Community approaches are	Growth of the Torbay	Awareness of Torbay	TLAPH

# Torbay Suicide and Self-harm Prevention Plan 2018-2019

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
		'siloed' across the system.	Healthy Towns model which aims to bring communities together to help create healthy happy towns.	Healthy Towns as a local community approach.	
		No consistent evaluation of third sector support.	Ensure outputs, outcomes and evaluation (where possible) are worked into future third sector delivery. Could be built up on South Devon and Torbay Community Grants fund evaluation format.		TLAPH/TCDT
Reduce social isolation	Links to community based approaches above				
	Geographically mapped persons living alone by output area (area of around 20 people) and Community Partnership Area to support TCDT Community Builders to identify potentially isolated individuals.	Unclear how this work has been used.	Follow up how Community Builders are engaging socially isolated individuals.	Clearer picture of social isolation initiatives in place.	TCDT/TLAPH
	Third sector specific initiatives: <ul style="list-style-type: none"> <li>Brixham Does Care – befriending charity</li> <li>Men in Sheds (Brixham Yes, Chelston Community Builders)</li> <li>TCDT community Builders</li> <li>Step One Charity Daybreak Learning Community (run friendship groups, cafes and weekly activities)</li> </ul>	No consistent evaluation of third sector support.	Ensure outputs, outcomes and evaluation (where possible) are worked into future third sector delivery.	Evaluation data available for initiatives.	TCDT/TLAPH
		Potential of using Funeral Directors and deaths registration as a contact point to identify recently bereaved or widowed.	Explore this as an option for leaflets and promotion of Devon Pinpoint and Timebank.	Definitive answer as to whether this is viable option or not.	TLAPH
	Potential of using the Fire Service to identify isolated individuals through standard	Explore using Fire Safety Checks as a mechanism for identifying the socially	Definitive answer as to whether this is viable option or not.		

# Torbay Suicide and Self-harm Prevention Plan 2018-2019

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
<b>Target a range of suicide first aid training to those likely to come into contact with high risk groups</b>  Page 21	Work with DTSPA to identify at risk groups and organisations to offer training to: Department of Work and Pensions (DWP), colleges, Blue light services, pharmacists, third sector, GPs and wider practice staff.	safety checks.	isolated.	DTSPA database of trainers and trainees.  Encourage trainees to report successful interventions/collect stories.	DTSPSG/DTSPA
		ASIST delivered to 189 participants from a number of statutory and voluntary organisations across Devon. Current number of local ASIST/safeTALK trainers and trainee numbers unknown in Torbay.	Promote suicide prevention first aiders in their organisations and in the community.  Ensure those trained have a profile and become suicide prevention champions in their organisations and in the community.  LIBOR funding awarded to train Blue Light Workers and families across the South West.  Look for opportunities for additional funding for ASIST, safeTALK, suicideTALK.		

## 2.2 Reduce the risk of suicide in high risk groups

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
<b>Reduce the risk of suicide in middle-aged men</b>	Barbertalk pilot has worked with 42 barbers/hairdressers locally	Barbertalk product needs to be investigated and evaluated in the Torbay context.	Support and evidence Barbertalk.	Number of Barber's trained. Number of referrals to services.	Lion Barber's Collective/TLAPH
		Work required to help identify males with mental health conditions who are not in touch with services or their community.	Target suicide awareness messages in traditional male settings, including sports clubs, pubs, betting shops, etc.  Explore Department of Work and Pensions Employment Support Allowance Claimants for	Numbers of venues where messaged have been distributed.  Definitive answer as to whether this is viable option or not.	Torbay System

# Torbay Suicide and Self-harm Prevention Plan 2018-2019

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
Reduce the risk of suicide in woman		More work required from suicide audit to profile woman.	Include woman as a key exploration priority in the refresh of suicide audit.	Utilise learning from suicide audit to better target suicide prevention for women.	TLAPH
		Work required to help identify females with mental health conditions who are not in touch with services or their community.	Target suicide awareness messages in traditional female settings, including hairdressers, gyms, nurseries, primary schools, hospitals (Links to Reduce the risk of suicide in those in specific occupational groups).  Explore Department of Work and Pensions Employment Support Allowance Claimants for mental health conditions or addictions and their service pathways.	Numbers of venues where messaged have been distributed.  Definitive answer as to whether this is viable option or not.	Torbay System
Reduce the risk of suicide in those that are in the care of mental health services	CAMHS - <a href="http://www.southdevonandtorbayccg.nhs.uk/about-us/commissioning/our-plans/Pages/camhs-transformation-plan.aspx">http://www.southdevonandtorbayccg.nhs.uk/about-us/commissioning/our-plans/Pages/camhs-transformation-plan.aspx</a>  Devon Partnership Trust - <a href="https://www.dpt.nhs.uk/resources/policies-and-procedures">https://www.dpt.nhs.uk/resources/policies-and-procedures</a>  Step One - <a href="https://www.steponecharity.co.uk/services/mental-health/">https://www.steponecharity.co.uk/services/mental-health/</a>				CCG/DPT/TSDFT/ Step One
	STP driven project: SD&T CCG developing				CCG

# Torbay Suicide and Self-harm Prevention Plan 2018-2019

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
	Single Point Of Access contract with NEW Devon CCG where any person with mental health problems (after crisis support) can dial 111 and will be transferred to a trained mental health worker.				
		Suicide audit does not currently cross-tab suicide deaths with mental health services.	Explore data links with TSDFT and DPT with coroner suicide deaths data.	Cross-tabbed suicide audit.	TLAPH
<b>Reduce the risk of suicide in those in contact with the criminal justice system</b> 23/06/23	Support for 'persistent' offenders when released from custody.			Number of persistent offenders supported	MOJ/HMP  Dorset, Devon & Cornwall Community Rehabilitation Company
	Community partnering to ensure seamless care and support when moving from custody back into the community.	More work required with youth offending.	Pete's Dragons to deliver ASIST training to all Youth Intervention Officers and Youth Offending Team Police Officers within Torbay and Devon.	Database of trainers and trainees. Links to DTSPA database. Encourage trainees to report successful interventions/collect stories.	Devon and Cornwall Police
<b>Reduce the risk of suicide in those with a history of self-harm</b>	See Section 2.8 of this document.				
<b>Reduce the risk of suicide in those who use drugs and/or alcohol</b>	Structured psychosocial interventions on a 1:1 and group work basis through drug and alcohol treatment services as standard. Consultants at Shrublands House are dual trained in psychiatry and addiction.  DPT sub-contracted to deliver treatment services for more complex clients. HIPS	Gaps exist in access to specialist mental health services, e.g. for those still using drugs, referred from primary care but don't meet the threshold or are too erratic to engage.  Low level mental health support (beyond psychosocial	Discuss and progress arrangements with primary care mental health services.	Clear pathways for clients falling through the gaps.	TSDFT/TLAPH/DPT

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
	available for those with trauma (sub-contracted to private therapists) doing residential rehab or if the mental health pathway fails.	intervention) is unavailable concurrently with treatment provision at the moment.			
	South Devon and Torbay Community Grants Fund to develop opportunities for community-driven initiatives to improve the health and wellbeing of local populations within South Devon and Torbay. One of the main objectives is to promote recovery from substance misuse.	Relative to other topics, there were fewer projects concerned with recovery from substance misuse.	At least one grant fund panel member with lived experience of recovery from substance misuse.  Further targeted promotion beneficial for this population group.	Panel member with lived experience.  Increase in the number of recovery focused projects.	TLAPH/CCG/TCDT
		Suicide audit currently only captures confirmed suicides. Overdose and drug and alcohol related deaths could be explored further.	Explore STP wider risk factor audit – deaths from overdose through addictive lifestyle	Definitive answer as to whether or not to produce an STP audit.	DTSPSG
<b>Reduce the risk of suicide in those in specific occupational groups</b>		Target men working in lowest-skilled occupations (align to middle aged men objective)  Target men working in low and skilled labouring roles (align to middle aged men objective)  Target health professionals – particularly female nurses (align to female objective)  Target those in media occupations  Target those who provide care for others (including older carers)	Use locally available data to identify occupational groups with a high risk in Torbay. Are they consistent with national findings.	Annual suicide audit findings	TDSPSG



Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
		Target females in nursery and primary school roles (align to female objective)			

## 2.3 Tailor approaches to improve mental health in specific groups

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
<b>Reduce the risk of suicide in children and young people</b>	Links to 'Supporting Resilience' in Section 2.1 of this document.				
	Suicide training delivered to Churston Grammar School Sixth Form (Brixham).	No standardised training school-based programme available.	Orchid Community Associates to research viability of children and young people specific training programme in Torbay.	Children and young persons training offer for suicide awareness.	TDSPA/TLA
	Brixham Youth Enquiry Service (YES) provides information and sustained support to young people aged 8-25 years.	No equivalent service in Paignton or Torquay.	Include all available service provision in the Torbay Healthy Learning Website to promote to school staff. Support additional provision.	Asset map local service provision	TLAPH/Torbay System
		Children and young people are not well captured by previous suicide audits.	Explore how to include children and young in suicide audit going forward.	Children and young peoples representation in annual suicide audit	TLAPH
<b>Reduce the risk of suicide in people with untreated depression</b>	Staff in SD&T CCG and the TSDFT are trained in MHFA which is designed to provide a support network for employees who are struggling with their mental health. Support could be providing a listening ear or signposting to services (see 2.1 Promote Resilience). Volunteers also benefitting from training locally (see 2.1 Reducing Stigma).	No standard MHFA training in Torbay Council.	Organise MHFA training for some Torbay Council staff.  Explore running more GP awareness raising sessions.	Numbers trained in MHFA.  GP masterclass training plan.	CCG/TSDFT/LAPH
<b>Reduce the risk of suicide in people with long-term</b>	GPs and the DPT depression and anxiety service (DAS) are aware that people with LTCs are more likely to require support with their mental	Unknown what signposting or support is offered in hospital Outpatient clinics.	Research what signposting or support is provided for people with long-term	Clearer picture of support and signposting provided	CCG/DPT/TSDFT

# Torbay Suicide and Self-harm Prevention Plan 2018-2019

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Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
<b>conditions</b>	health as well.		conditions.	across the system.	
<b>Survivors of abuse or violence (including sexual abuse)</b>	Torbay Domestic Abuse Service (TDAS) offer the following training courses: perpetrator, FREEDOM, Confidence First, Helping Hands.	Domestic abuse services in Torbay tend to focus on high-risk/crisis cases.  No family based provision. Focussed on victim and perpetrator.  No commissioned service to support victims of sexual violence.	Re-commissioning of TDAS service (Autumn 2018) with consideration for whole-family, coordinated, co-located, trauma informed, multi-agency service.  Raise awareness of prevalence and impact of sexual violence with commissioners. Work towards White Ribbon Accreditation.  Work with partners to produce more meaningful data to assist response and future planning.	TDAS is successfully re-commissioned.  Improved awareness and recognition from commissioners. White Ribbon Accreditation.  Data is able to be used to inform planning.	TLAPH/TDAS
	Develop and promote 'Are you OK?' as a single point of contact for all domestic abuse and sexual violence information in Torbay.		Continue to promote 'Are you OK' to partners across the system and link to other resources such as Torbay Healthy Learning Website (schools).	Google Analytics site usage.	TLAPH/TDAS
		Devon Partnership Trust (DPT) do not support domestic abuse related mental health problems. Insufficient capacity within current range of CVC support programmes.			
<b>Reduce risk of suicide in people who are especially vulnerable due to social and</b>	12 Food Banks supporting people in Torbay who are struggling to feed themselves and their families.	Food Bank staff and locations could be used to promote suicide prevention services.	Explore closer working with Food Banks.	Food Banks promoting suicide prevention literature and signposting users.	TLAPH
	SD&T CCG commission PLUSS Opportunities – a				CCG

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
<p>economic circumstances</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Page 27</p>	<p>service which supports people with mental health issues to achieve their aspirations towards work:  <a href="https://www.pluss.org.uk/sites/default/files/users/PlussAdmin2/Pluss%20opportunities%20V3.2_1.pdf">https://www.pluss.org.uk/sites/default/files/users/PlussAdmin2/Pluss%20opportunities%20V3.2_1.pdf</a></p>				
		<p>Universal Credit is likely to cause additional hardship to those who are already vulnerable.</p> <p>Torbay has a significantly higher proportion of residents on low incomes are living in a low income family.</p>	<p>SuicideTALK and Samaritans presentations to be delivered to Jobcentre staff (in South Devon) in anticipation of Universal Credit roll out.</p> <p>LA working party set up to support the potential impact of universal credit.</p> <p>Explore opportunities with DWP, particularly Employment Support Allowance claimants with a mental health condition.</p> <p>Ageing Well and Big Lottery Fund Financial Advice Information and Resilience (FAIR) project aims to address issues of poverty in old age. It will offer will offer advice and information about benefits, managing your money, getting the best utility deals and help for those getting into debt.  <a href="https://ageingwelltorbay.com/fair/">https://ageingwelltorbay.com/fair/</a></p>	<p>Number trained.                      Number of clients referred on as a result.</p>	<p>TLA/DWP/DTSPA</p>

## 2.4 Reduce access to the means of suicide

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
Reduce the means of suicide in public places		Data currently not supporting the location of local suicides.	Strengthen approach to suicide audit across STP. Trends over time.	Torbay suicide audit.	TLAPH
		Recent completed suicides have been associated with Berry Head Cliffs.	Multi-sector response to Berry Head cliffs via Brixham Community Healthcare Working Group.	Preventative steps are taken at Berry Head Cliffs in line with evidence based practice.	TLA
Reduce the means of suicide in 'at risk' groups	Lead CCG mental health GP requesting reduced use of Amitriptyline and careful monitoring of insulin from GPs.	Combinations of Amitriptyline, Tramadol, Metapazines and Oramorph regularly prescribed by GPs for pain relief and have been associated with completed suicides locally.	Continue to promote through CCG newsletter. Potential for a re-run of GP suicide masterclass events.  Follow up if CCG Meds Management has managed to advice police and scene of crime investigators to remove Oramorph from homes of deceased.	GP masterclass training plan.  Clearly picture from Meds Management.	CCG/TLAPH
Reduce the means of suicide in people in contact with mental health services	DPT inpatient ligature policy: <a href="#">DPT_S05_Environmental_Ligature_Policy_May_16.doc</a>	Some inpatient settings in older buildings with increased ligature risk (Wonford House). Mainly in rehabilitation settings as opposed to acute.	Plans to renovate or replace older inpatient settings.	Removal of ligature risks.	DPT/CCG
Reduce the means of suicide in people in contact with the Criminal Justice System	Continued 'Safer Cell' development and analysis.  Removing the means and opportunity; removal of razors etc.			Safety in custody statistics	HMP/MOJ
Rail and underground network	Network Rail has trained staff and British Transport Police in partnership with Samaritans.	Rail suicides in hotspots such as Dawlish, Totnes, Newton Abbot where visibility from the station is low.			Network Rail  Samaritans

2.5 Provide better information and support to those bereaved or affected by suicide

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
<p><b>Improve support for people bereaved by suicide</b></p>	<p>Step-by-step (Samaritans) programme support for schools and colleges post suicide.</p> <p>Pete's Dragons – Exmouth with some support in Brixham</p> <p>Potential support available:  <a href="https://www.torbayandsouthdevon.nhs.uk/uploads/25221.pdf">https://www.torbayandsouthdevon.nhs.uk/uploads/25221.pdf</a></p>	<p>No centralised resource detailing bereavement services that are available after suicide.</p>	<p>Provides schools with information on how to deal with bereavement from suicide in schools via the Torbay Healthy Learning Website.</p> <p>Explore the use of Devon Pinpoint as a centralised resource for bereavement support information.</p> <p>Improve signposting via the Torbay Public Health website mental health pages.</p>	<p>Increase in referrals to current agencies.</p> <p>Increase hits on Devon Pinpoint.</p> <p>Increase hits on Torbay Public Health pages.</p>	<p>DTSPA/TLAPH/CCG</p>
		<p>Minimal service provision for those specifically bereaved by suicide. Counselling generally not offered until someone is 3-months into the bereavement cycle which may be too late in the scenario of suicide.</p>	<p>Work in partnership to explore funding opportunities for Pete's Dragons or other suitable bereavement services.</p> <p>LIBOR funding secured to train Blue Light workers who come into contact with suicides.</p>	<p>Funding secured for more provision in Torbay.</p> <p>Numbers of Blue Light Workers Trained. Reduction of suicides in Blue Light Workers</p>	<p>DTSPA/TLAPH</p>

## 2.6 Supporting the media in delivering sensitive approaches to suicide and suicidal behaviour

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
<b>Improve sensitive reporting of suicide in printed and social media</b>  Page 30	Samaritans have developed 'Media Guidelines for the reporting of suicide' which all SW suicide leads have sent to editors of local newspapers (including internal communications).	No local collated examples of sensitive and less sensitive suicide media reporting.	Report potential media transgressions from guidelines to the Samaritans.  Collate examples of good and bad reporting. Prevention is possible!  Create a standard communications (including social media) protocol when a local suicide occurs and disseminate across system channels.	Number of positive communications opportunities built upon.	TLAPH/TLA/TDSPSG

## 2.7 Support research, data collection and monitoring

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
<b>Evidence the impact of suicide prevention initiatives</b>		No clear picture of what data is routinely collected across the system relating to incomplete/complete suicides.  Current suicide audit does not link with other data sources such as mental health provision, GP records, police, SWAST, DWP.  A real-time data picture (qualitative initially) should be	Review what data is routinely collected across the system, how is disseminated and how it could be better used for evaluation.  Explore alternative approaches to suicide audit, including real time data. Align suicide audit with Devon and Plymouth approaches.  Monitor local news and social media channels for	Comprehensive local suicide audit.	DTSPSG/DTSPA

## Torbay Suicide and Self-harm Prevention Plan 2018-2019

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
		captured around local communities via media monitoring.	more timely information on local suicides.		
<b>Identify the gaps in service delivery</b>		Gaps as above for 'Evidence the impact of suicide prevention initiatives'	Actions as above for 'Evidence the impact of suicide prevention initiatives'	Output as above for 'Evidence the impact of suicide prevention initiatives'	Leads as above for 'Evidence the impact of suicide prevention initiatives'
<b>Align suicide prevention across Devon STP</b>	<p>Working with DTSPSG and DTSPA to ensure a consistent and joined up approach to suicide prevention.</p> <p>Working with SDTCCG mental health commissioners to better align suicide prevention work with the 5 year forward view and STP.</p>	<p>Gaps as above for 'Evidence the impact of suicide prevention initiatives'</p> <p>Additional local groups (Brixham) are not aligned to DTSPSG and DTSPA although individual members may be contributing to both.</p>	<p>Actions as above for 'Evidence the impact of suicide prevention initiatives'</p> <p>Link/represent local operational groups with strategic groups.</p>	Output as above for 'Evidence the impact of suicide prevention initiatives'	Leads as above for 'Evidence the impact of suicide prevention initiatives'

2.8 Reduce rates of self-harm as a key indicator of suicide risk (additional local action area)

Objective	Action 2017/2018	Gaps identified	Next steps 2018/2019	Outputs	Leads
Reduce rates of self-harm	Step One Charity (Day Break Community Learning Centre) providing courses on developing strategies to self-manage self-harm.  Self-management apps recommended by CAMHS Torbay: <a href="https://www.torbayandouthdevon.nhs.uk/uploads/camhs-recommended-apps.pdf">https://www.torbayandouthdevon.nhs.uk/uploads/camhs-recommended-apps.pdf</a>	Some mistrust of risk minimisation as a strategy to support people who self-harm.	Explore and evaluate course delivery and one-to-one support.	Clearer picture of service provision and success outcomes.	CCG/LAPH
		High rates of self harm hospital admissions in children aged 15-24 years.  Unknown what support is available beyond commissioned services.	Work with Children's and Young Persons mental health service commissioner and Step One Charity to explore self-harm locally.  Promote information and local/national service provision to support children and young people experiencing self-harm in schools via the Torbay Healthy Learning Website.	Clearer picture of local need and service provision.  Schools are more confident with how to tackle and when to refer pupil self-harm.	CCG/LAPH/Step One
		High service usage due to self-harm in hospitals, SWAST and GPs.	First Response business case by the CCG. This is a self-referral support service for people in emotional/mental health crisis which has been successfully run and evaluated.	Reduction in self-harm admissions, ambulance and GP call outs.	CCG

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3 Appendix 1

Include Devon-wide outcomes framework...

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