

CHILDREN AND YOUNG PEOPLE OVERVIEW AND SCRUTINY COMMITTEE MEETING

6 JANUARY 2022

MEDWAY SUICIDE PREVENTION ACTION PLAN FOR CHILDREN AND YOUNG PEOPLE

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Summary

This report provides an update on the actions being taken to prevent and reduce the likelihood of suicides in Children and Young People in Medway. It sets out the Medway specific interventions being taken forward as part of the Medway Suicide Prevention Action for Children and Young People following the approval of the Kent and Medway Suicide Prevention Strategies for Adults and Children and Young people by Cabinet on the 28 September 2021.

1. Budget and policy framework
 - 1.1. Medway Council's strategic priorities includes 'supporting residents to realise their potential'. Preventing suicides specifically correlates to the aspiration of ensuring we have 'resilient families'
 - 1.2. Theme 4 of the Medway Joint Health and Wellbeing Strategy is focused on improving mental and physical health and well-being. Specific actions within the action plan include supporting people with mostly good mental wellbeing to consciously maintain a good mental health.
 - 1.3. The Kent and Medway Suicide prevention strategy for Children and Young People was approved by Medway Council Cabinet on 28 September 2021. A Medway specific action plan has been devised to ensure local delivering of the overall objectives in line with local priorities.
 - 1.4. Funding for the suicide prevention programme is provided by NHS Kent and Medway CCG. The amount is approximately £480,000 annually across Kent and Medway. The services funded include some key deliveries within the action plan such as the suicide bereavement service and real time surveillance work.



- 1.5. The oversight of the suicide prevention programme within Kent and Medway is provided by a key stakeholder group. This group meets monthly and includes representatives from Medway Council Public Health Department, Kent County Council Public Health Department and NHS Kent and Medway CCG and Social Care Partnership Trust (KMPT).
- 1.6. In July 2020, a Suicide and Self-Harm Prevention Network was established specifically aimed at Children and Young People covering the Kent and Medway footprint. The objectives of the network are to reduce the rate of suicide and self-harm amongst children and young people; increase cross-sector understanding of CYP suicide and self-harm and establish a whole system consensus and response to suicide prevention. It also aims to provide a forum for effective multi-agency partnership working at strategic and operational level.

2. Background

- 2.1. This action plan acknowledges other key work related to suicide prevention that is taking place such as the Local Transformation Plan and Medway Adolescent Self-Harm Action Plan (Attachments to both plans included in the Suicide Prevention action plan in section 3 and attached at Appendix 1 and Appendix 2). An oversight group to oversee the implementation of the suicide prevention strategy has been established and will meet on a quarterly basis. The group will review the progress from the Local Transformation Plan and Medway Adolescent Self-Harm Action Plan in relation to any parts that relate to suicide prevention. The suicide prevention action plan will be updated on a quarterly basis.
- 2.2. The Medway Adolescent Self-Harm Action Plan was developed in the autumn of 2020. It outlines six strategic priorities and subsequent actions needed to collaboratively address the issue of self-harm in Medway and improve outcomes for Medway's children and young people. The six priorities are.
 - Develop a community and culture in Medway that strengthens emotional resilience where self-harm is no longer stigmatised
 - Communication and engagement with stakeholders,
 - Develop a comprehensive training offer
 - Develop and distribute a common set of resources
 - Promote the safe use of technology
 - Provide support for CYP who are in A&E waiting for treatment

3. The Medway Children and Young People Suicide Prevention Action Plan

3.1 The action plan below is devised into a structure that reflects the seven priorities of the Kent and Medway Suicide Prevention Strategy for Children and Young People.

	Specific action	Lead Officer	Success indicators *Include timescale*	Progress updates
1	Reduce the risk of suicide and self-harm in key high-risk groups of CYP Priority groups identified are as follows – CYP known to mental health services (including the 18-25 transition to adult MH services). CYP in care and care leavers. CYP in custodial settings. CYP with neuro development disorders. CYP who identify as LGBTQ+. CYP who self-harm or engage in other risky behaviours. Unaccompanied Asylum-Seeking CYP. Children and Young people experiencing ACE's.			
 KM CYP MH At a Glance plan on a page (Appendix 1)	Implement actions within Medway Local Transformation Plan. The key priorities are: 1) Community Transformation – increasing access to services 2) Emotional Wellbeing and mental health in education 3) Young Adults 4) Eating Disorders 5) Crisis	Emma Block	Implementation detail of this plan is included in the attached document.	Monitored through the Local Transformation Plan Board.
 Early Identification and Prevention of Self-Harm (Appendix 2)	Implement all actions within Medway Self Harm action plan under the following priorities: 1) Improved communication and engagement 2) Develop a community and culture in that strengthens emotional resilience, where self-harm is no longer stigmatised 3) Develop a consistent and comprehensive training offer for professionals and families 4) Develop and distribute a common set of resources to support teachers, other professionals and families. 5) Promote the safe use of technology to help young people manage their self-	Sarah Richards	PH Intelligence data shows a reduction and downward trend in admissions and repeat attendances at A&E for self-harm. Implementation detail of this plan is included in the attached document.	Monitored through self harm action group and quarterly updates.

	<p>harm and aid to their recovery</p> <p>6) Provide support for CYP who are in A&E awaiting treatment</p> <p>7) Action needed Target audience Delivery lead Implementation partner.</p>			
	<p>Medway Public Health Department to co-ordinate a partnership approach to making Medway trauma informed and ACEs aware.</p> <p>To recruit a part time project officer to develop and implement a Medway action plan for Adverse Childhood Experiences (ACE's) and Trauma Informed Approach. (TIA).</p> <p>Embed and promote the RLEATE framework as a self-assessment tool that can be used by organisations In Medway to review and develop their trauma informed practice.</p>	<p>Sophie Wheeldon</p> <p>Sarah Richards</p> <p>Sara Moreland</p>	<p>An action plan for tor Ace's work will be developed when the project officer is in place. This is scheduled for January/February 2022.</p> <p>Indicators will be devised in the action plan.</p>	
	<p>Integrate the suicide prevention work programme work with Medway care leavers and those working with care leavers.</p>	<p>Sophie Wheeldon</p> <p>Sara Moreland</p>	<p>Care leavers and those working with them are made aware of services in place to prevent suicides such as 'Release The Pressure'.</p> <p>Ensure that those working with care leavers are linked in into the Kent and Medway CYP Suicide Prevention Network.</p>	
	<p>Ensure there are links established in relation to suicide prevention support for CYP Medway Custodial Settings.</p>	<p>Youth Offending Team, Andrew Willets, Colin Thompson, Sara Moreland</p>	<p>Staff working in custodial settings are linked in into the Kent and Medway CYP Suicide Prevention Network.</p> <p>Number of staff attending training on suicide prevention.</p>	
	<p>Support the development of training material for CYP SP course and promote the training.</p>	<p>Sara Moreland and Mid Kent Mind</p>	<p>Number of courses delivered in Medway.</p>	<p>3 year contract, material reviewed quarterly. Medway specific</p>

			<p>Number of Medway participants at Online Training.</p> <p>Increased awareness of suicide prevention issues and risks.</p> <p>Increased confidence to reduce suicide risk and signpost appropriately.</p> <p>Increased awareness of relevant support services within Kent and Medway.</p>	<p>delivery targets to be determined for 2022/23</p>
2	Tailor approaches to improve mental health and wellbeing of all CYP in Medway			
	<p>Deliver the Youth Mental Health First Aid for the wider children's workforce in Medway.</p>	<p>Sofie Wheeldon Jodie Miller</p>	<p>Number of professionals newly qualified in YMHFA YMHFA training.</p>	<p>Target numbers to be determined for 2022/23</p>
	<p>Support schools in whole school approach mental health promotion by working together to develop effective delivery of PSHE, which covers but is not limited to mental health, emotional resilience, stress, anxiety and self-harm.</p>	<p>Sofie Wheeldon Jodie Miller</p>	<p>Number of schools undergoing a PSHE review.</p> <p>Number of schools engaged in Medway PSHE network.</p> <p>Number of schools with a self-harm policy in place.</p> <p>Number of schools working towards bronze, silver or gold in the A Better Medway Schools award.</p> <p>Number of schools that are PSHE/ RSE ready.</p>	<p>Target numbers to be determined for 2022/23</p>
3	Reduce access to the means of suicide			
	<p>Regularly analyse Medway data supplied as part of the Real Time Surveillance System in order to be proactive in identifying trends, hotspots etc.</p>	<p>Colin Thompson and Sara Moreland</p>	<p>Monitor real time surveillance weekly and respond to any emerging issues by co-ordinating a multi -agency approach.</p>	
	<p>Implement test purchasing spot checks with trading standards to ensure sale of paracetamol products is restricted.</p>	<p>James Flower, Ian Gilmour</p>	<p>Number of spot checks to be undertaken to be agreed with Trading Standards colleagues.</p>	

4	Provide better information and support to those CYP bereaved by suicide			
	Facilitate promotion of and referral to Amparo (specialist suicide bereavement service) from local settings as necessary. Information to be regularly included in PHSE/Schools newsletter and proactive response by PH if an incident occurs.	Sara Moreland	Increased awareness of the specialist suicide bereavement service across Medway. Education settings across Medway will be of the service and be able to refer into it.	
	Improve awareness of 'Help is at Hand booklet' via sharing with professionals who work with CYP.	Sara Moreland	Increased awareness in professionals working with children and young people of the booklet.	
	Deliver one PABBS course (Postvention assisting those bereaved by suicide).	Sara Moreland	Delivery of the PABBS training session. Evaluation showing improved knowledge and awareness.	
5	Support to the media in delivering sensitive approaches to suicide			
	Work with the Suicide Prevention Team and local media outlets to place positive stories about how CYP can improve their wellbeing.	Colin Thompson, Sara Moreland, Kevin Smith	Ongoing – review when needed/when incidents are reported on.	
	Work with the Suicide Prevention Team to monitor media coverage of incidents and remind journalists of the Samaritans' guidelines for reporting on suicide.	Colin Thompson, Sara Moreland, Kevin Smith	Ongoing – review when needed/when incidents are reported on.	
6	Support research, data collection and monitoring			
	Implement any findings from the K&M CYP SP Innovation projects and bespoke research topics (such as online harms, the impact of domestic abuse and suicide risk amongst young trans people).	Colin Thompson Sara Moreland	Review evaluation on innovation projects across Kent and Medway when projects are complete at the end of March 2022.	
	To produce an annual report on self harm data for 10-25 years in Medway to identify and respond to any trends.	Sarah Richards PH Analysts	Completion of report and implanting recommendations. Report is scheduled to be complete at the end of January 2022.	

7	Demonstrate system leadership and quality improvement in relation to CYP suicide and self-harm prevention			
	Attendance at the CYP Suicide Prevention Network ensuring system wide engagement and learning. Ensure that any good practice is implemented and cascaded to Medway Colleagues.	Colin Thompson Sara Moreland Sarah Richards	Liaison with colleagues from KCC, CCG and KMPT in relation to implementation of evidence and good practice.	

4. Risk management

4.1 There are reputational risks to the Council for not adopting the updated strategy and being part of a programme that is aiming to prevent suicides in the population.

Risk	Description	Action to avoid or mitigate risk	Risk rating
Focus is not maintained on the strategic priorities identified.	If focus is not maintained on the key areas of the strategies, it may be difficult to implement the prevention programme effectively.	A Medway action plan delivery group has been set up to oversee the delivery of the action plan and will meet on a quarterly.	D2

5. Financial implications

5.1 There are no direct financial implications for Medway Council. The suicide prevention work programme is funded annually by NHS Kent and Medway CCG.

6. Legal implications

6.1. There are no direct legal implications for Medway Council arising from this report.

7. Recommendations

7.1. To note and comment on the contents of the report and to agree when updates should be presented to future committee meetings.

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Appendices:

Appendix 1 – Kent & Medway CYP emotional wellbeing and mental health Local Transformation Plan 2021

Appendix 2 – Early Identification and Prevention of Self Harm among Adolescents: a strategic plan for Medway 2020-2023

Background papers

None