

Agenda Item 44.

TITLE	Update on Preventing Suicide and Self-Harm, March 2020
FOR CONSIDERATION BY	Health Overview and Scrutiny Committee on Wednesday, 4 March 2020
WARD	None Specific;
DIRECTOR/ KEY OFFICER	Graham Ebers, Director of Corporate Services and Mustafa Kamara, Senior Public Health Programme Officer

REASON FOR THIS REPORT

The Wokingham Borough Wellbeing Board is focused on improving the health and wellbeing of the Borough and supporting communities to become self-sufficient and resilient which will also have a positive impact on health and social services in Wokingham.

At a recent Wellbeing Board meeting (9th January 2020), a data publication (the Joint Strategic Needs Assessment) highlighted worsening rates of self-harm among younger residents. This initiated further discussion on the Council's efforts to prevent suicide and its wider determinants.

In addition self-harm among 15-19 year olds is a specific topic discussed at a recent Children's O&S (7th January 2020) and the committee referred this topic to the HOSC after they considered updates on JSNA statistics.

RECOMMENDATION

That the Health Overview and Scrutiny Committee review the current actions and support future endeavours to prevent suicide and self-harm in Wokingham as requested following the Wokingham Borough Wellbeing Board Meeting on the 9th January 2020.

SUMMARY OF REPORT

This report highlights recent, current and planned activities that are supported by the Wokingham Borough Wellbeing Board to tackle Suicide and Self-Harm.

Report Objectives

- **Suicide prevention (all age groups)** – update on what is being undertaken locally and pan Berkshire to prevent suicide
- **Self harm admissions (15-19 year olds)** – Update on what is being done locally to tackle self harm among young people (the Children's O&S referred this topic to the HOSC after they considered the JSNA earlier in the month).

Local authority commissioned services

Wokingham Borough Council currently commissions the following services:

- Mental Wellbeing – Sport & Physical Activities
- Wokingham Community Mental Health Team
- Children and Adolescent Mental Health Service (CAMHS)
- SMART Wokingham

The above organisations provide a broad range of specialist care for residents with mental health needs including specific support to reduce suicidal ideation. The above-mentioned sport & physical activity service has a particular incentive to target high-risk groups for suicide (residents with a mild to moderate mental illness).

Advocacy support for families bereaved by suicide

At the beginning of 2019, Wokingham Borough Council, alongside Slough Borough Council and BHFT agreed to co-fund a 1-year pilot to provide a specialist advocacy for residents bereaved by suicide.

Families bereaved by suicide are known to be a high-risk group for suicide themselves. This project is dedicated to providing tailored and sensitive support by specialist caseworkers.

A National Charity called Victim Support have been commissioned to provide the advocacy; practical & emotional support to residents across Berkshire. More information on this service has been documented within the following web-page: <https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/south-east/bereaved-suicide-service-berkshire>

Signposting to support suicide prevention

At the end of 2018, Wokingham Borough Council designed and distributed post cards and leaflets using the slogan: "Don't be alone. See it, Say it, Sign Post".

The above materials were distributed to raise awareness of support services for residents in crisis and/or had attempted suicide.

The following services were advertised:

- Mental Health Crisis Team
- Sane Line
- Samaritans
- Hopelineuk (papyrus)
- Campaign Against Living Miserably (CALM)
- Cruse Bereavement Care
- DrugFam
- SOBS
- Support after suicide partnership

World Mental Health day 2019

The local authority assisted a local voluntary sector organisation: Wellbeing in Wokingham Action Group - in hosting a wellbeing conference on World Mental Health day.

This particular conference showcased a variety of interventions that protect and improve healthy living for local residents. The aim was to promote interventions that are protective/preventive, cost-effective and sustainable.

The conference hosted talks and workshops on a variety of topics:

- Nutrition,
- Healthy Sleep,
- Physical Activity and Exercise,
- Specialist topics such as Mental Health, Suicide Awareness

World suicide prevention day 2018

Wokingham Borough Council promoted e-learning for all staff in the organisation on the specific topic of stress and suicidal ideation. The e-learning modules provide all staff members with the skills to recognise warning signs for the ultimate benefit of co-workers, client groups and wider members of society.

Partnership with local authority debt collection teams – ongoing.

The Public Health team are currently working with colleagues in residential debt collection teams (social housing rent arrears) to improve sensitivity to vulnerable residents whose financial difficulty result in them being an at-risk group for suicidal ideation.

Berkshire Suicide Prevention Strategy 2017-2020

Following results from a pan-Berkshire audit into suicide and undetermined deaths across a 2 year period, Wokingham Borough Council alongside neighbouring local authorities across Berkshire have co-developed a comprehensive suicide prevention strategy, which contains actionable steps to combat suicide.

The full report has been made available to the public and can be accessed via this link. <https://www.dropbox.com/s/1onijl0ae03p6pd/lr%20Berkshire%20Suicide%20Prevention%20Strategy%202017-2020%2018.10.17.pdf?dl=0>

Mental Health Support Teams (MHST) – ongoing.

In July 2019, Wokingham was successful in securing funding to set up one MHST.

MHSTs are a new service designed to help meet the mental health needs of children and young people in primary, secondary and further education (ages 5 to 18), by providing mental health support in schools, colleges and other education settings.

Each MHST will cover several schools and colleges. Locally our MHST team will provide brief interventions to 12 schools (primary and secondary) to support children and young people with mild to moderate mental health difficulties. Each team is expected to cover a population of around 8,000 children.

Wokingham Borough Council are currently in the mobilisation phase of setting up Wokingham's MHST, and it is expected that the service will 'go live' in September 2020.

In addition to the MHST, WBC currently has a range of services in place to support children and young people's emotional health and wellbeing, including Primary CAMHS, School Link, Educational Psychology, Early Help, School Nursing and Youth Counselling, however there is still more we want to do to make our local services the best they can be. In particular, we want to make it easier for children, young people and parents to get information and early support about emotional and mental health.

Within the Council, governance of both the MHST project and emotional wellbeing work will sit under the Council's Children's Improvement Programme in order to align projects and ensure appropriate strategic direction and linkage between the two.

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