

Summary Joint Cambridgeshire and Peterborough Suicide Prevention Strategy 2022-2025

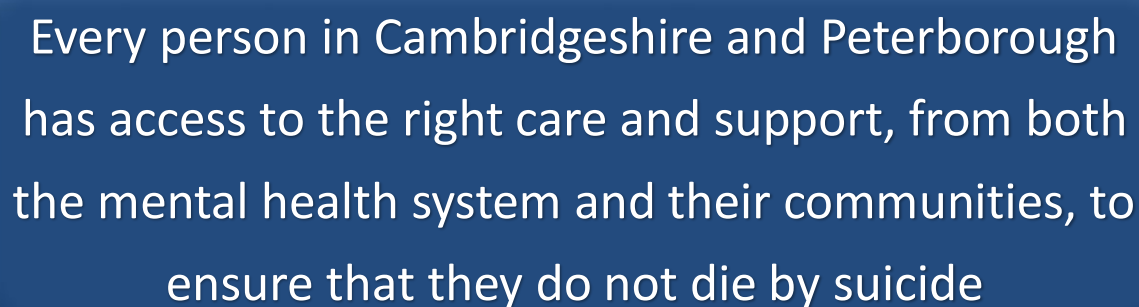


Introduction

The Joint Cambridgeshire and Peterborough Suicide Prevention Strategy 2022-2025 is the result of the mental health system in our county working together to realise a single vision for suicide prevention work over the next few years. We have used suicide prevention models and strategies from both national and international sources to inform our work, and we have used local data and discussions with both system partners and people with lived experience of suicide in order to tailor our approach to best suit our diverse communities within Cambridgeshire and Peterborough.

We recognise the challenges in addressing suicide rates, which have not reduced over the last 6 years and will be even more challenging post-Covid. This strategy sits alongside the Public Mental health Strategy and the Children and Young People's Mental Health strategy as part of the joint Health and Wellbeing Strategy for Cambridgeshire and Peterborough. Wider prevention and population mental health will be addressed in these documents while this strategy is now more targeted, focusing on those people who are at highest risk of suicide. In addition, we will embed a culture of learning and evaluation in our work so that we can fine tune our interventions in response to the international literature as well as our own learning of what works and what does not.

Our Ambition

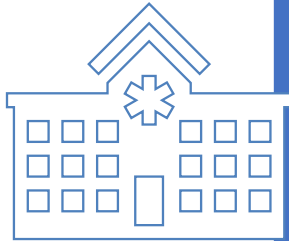


Every person in Cambridgeshire and Peterborough has access to the right care and support, from both the mental health system and their communities, to ensure that they do not die by suicide

Every suicide is a preventable loss of life and a tragedy that deeply affects the family and friends connected to the individual. Together, we can recognise and address the drivers of suicide, support people to stay mentally well and offer help when it is needed.

Suicide is not inevitable.

Our Targets



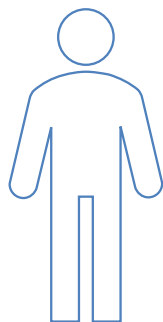
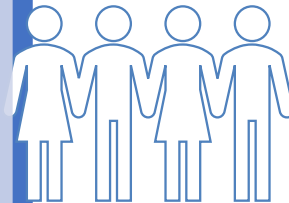
The entire mental health system employs a consistent, joined up approach to suicide prevention in which people at risk are able to access high quality, collaborative care at any point in the system

- Establish a learning culture in which the system is involved in reviewing the pathway of care experienced by patients in order to determine strengths and weakness in current operations
- Allow for better information sharing between organisations to ensure we are better able to support people in both clinical and non-clinical settings



Suicide is everyone's business and the community is engaged through promotion and increased awareness of mental health

- Families and loved ones are actively involved in the suicide prevention process where appropriate
- Communities are encouraged to actively talk about suicide and are able to support someone in need and signpost to appropriate support



Each person is equipped with the knowledge and access to resources needed to keep themselves safe until they are able to access mental health care

- Encourage the use of safety planning
- Increase awareness of available resources to the community and mythbusting of any concerns

Key Themes

In line with national guidelines on preventing suicide, and to oversee the implementation of the local strategy, a multi-agency suicide prevention implementation group meets on a quarterly basis with input and membership from many organisations across public, charitable, and voluntary sectors.

A workshop held with this group in July 2021 identified several key areas of work that are currently being undertaken and areas of interest. Based on these discussions the following key themes, which will form the basis of the strategy, have been proposed:

Collaboration between services and joined-up working

- Expand the partnership working that has developed since the previous strategy
- Increase the membership of the Suicide Prevention Strategy Implementation Group
- Knowledge sharing is vital; coming together as a group to discuss what is currently being done and where the gaps in provision are
- Important that we pay attention to how services work together

Co-production with those with lived experience of suicide, self-harm and bereavement by suicide

- People with lived experience have been engaged in consultations to identify shortcomings in the current offer of mental health care in Cambridgeshire and Peterborough
- Co-production should be involved in all suicide prevention work moving forwards
- A Lived Experience panel should be established with recruitment of volunteers from within the community
 - This panel will be consulted at strategy implementation group meetings and in the co-production of suicide prevention projects and services

Information sharing and development of a learning culture

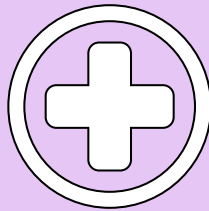
- Efforts should be made across services to present patients with the opportunity to share their data across services to allow for warmer handovers and a patient-centred approach
- Regular sharing of population level data across the system, with an emphasis on capturing demographic data to identify areas or target groups requiring attention
- Establish a learning culture, instead of a blame culture, to encourage open, reflective conversations about the current system and any gaps in provision

Priority Areas

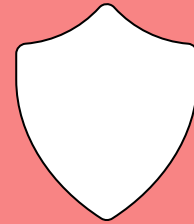
To meet these objectives, a number of key priority areas have been identified, using the national suicide prevention strategy, Lifespan suicide prevention model and COVID-19 mental health and wellbeing recovery plan.



Identify local risk factors for suicide and ensure approaches are considerate of different needs



Provide high quality general and specialist support to people presenting with suicidal intent



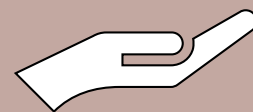
Protect people at a time of crisis and provide continued support following de-escalation



Ensure the community is well-equipped to prevent suicide in non-clinical environments

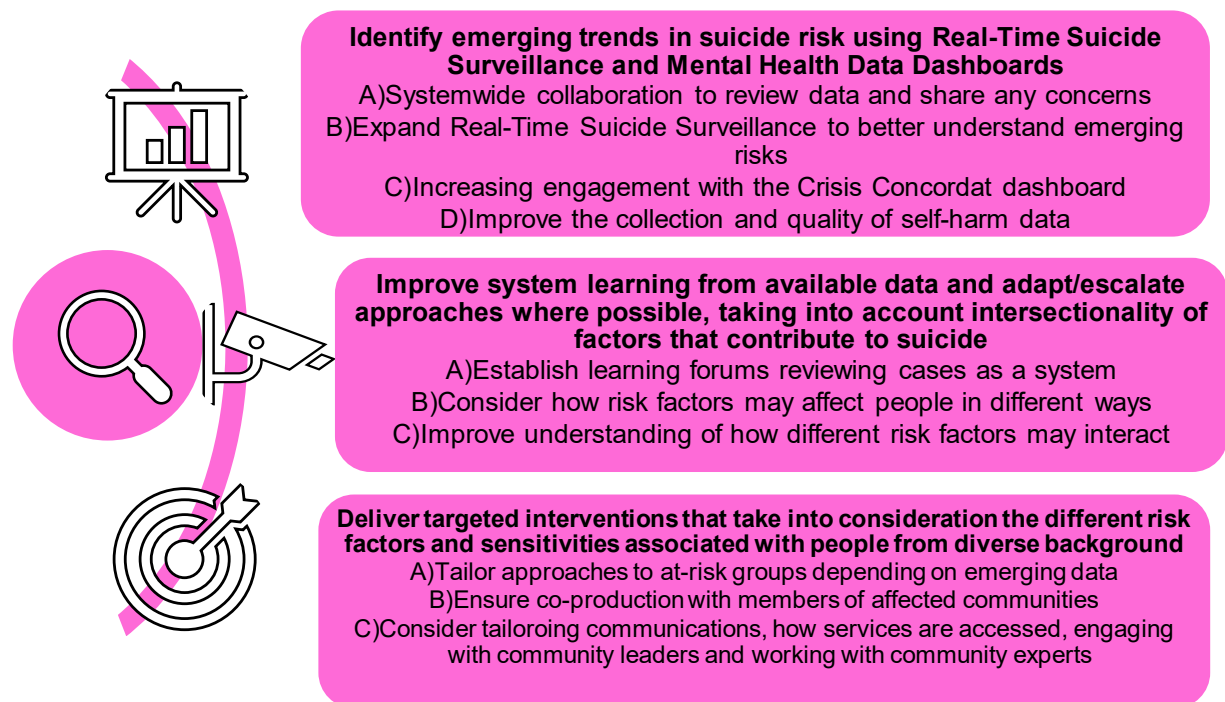


Improve understanding of self-harm and support the promotion of healthy coping strategies

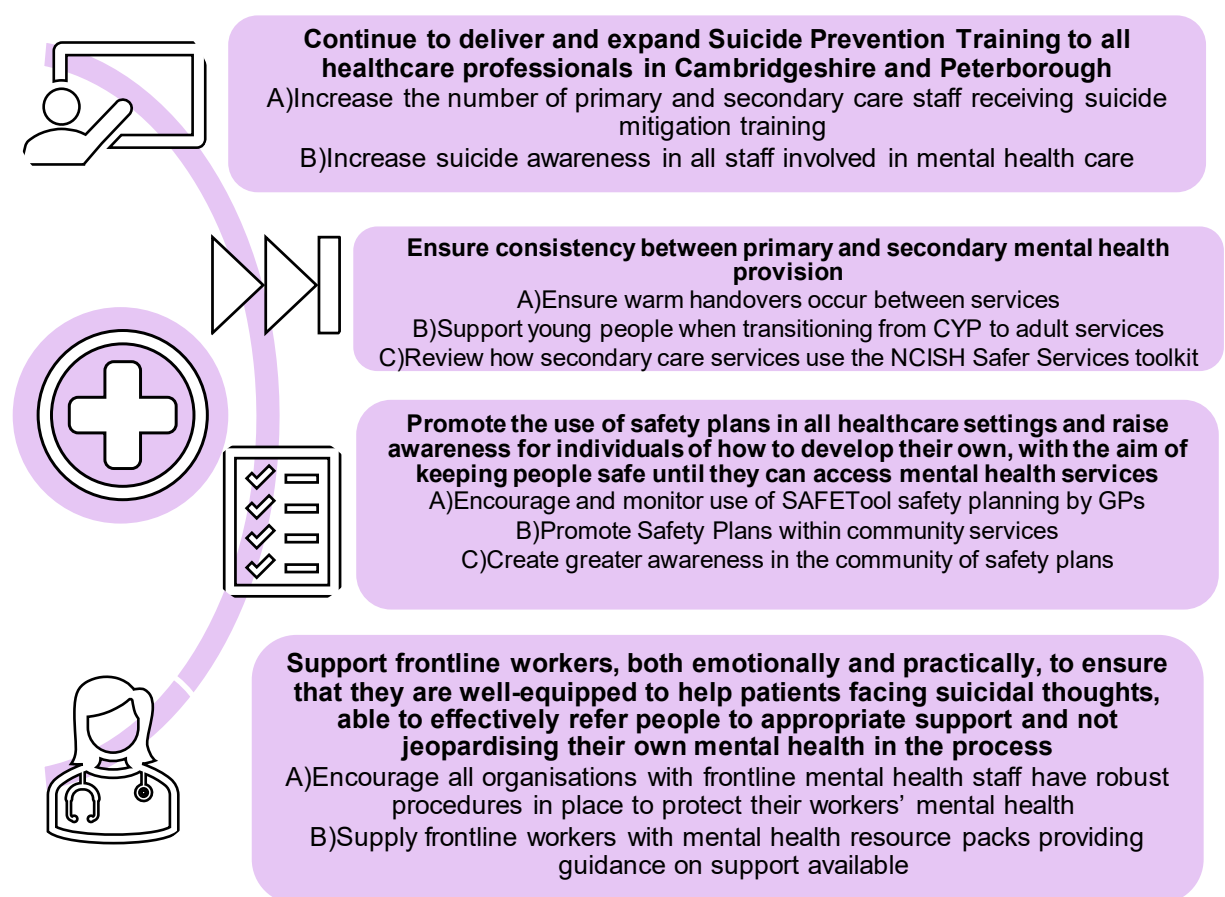


Ensure that appropriate steps are taken following a suicide to support the community

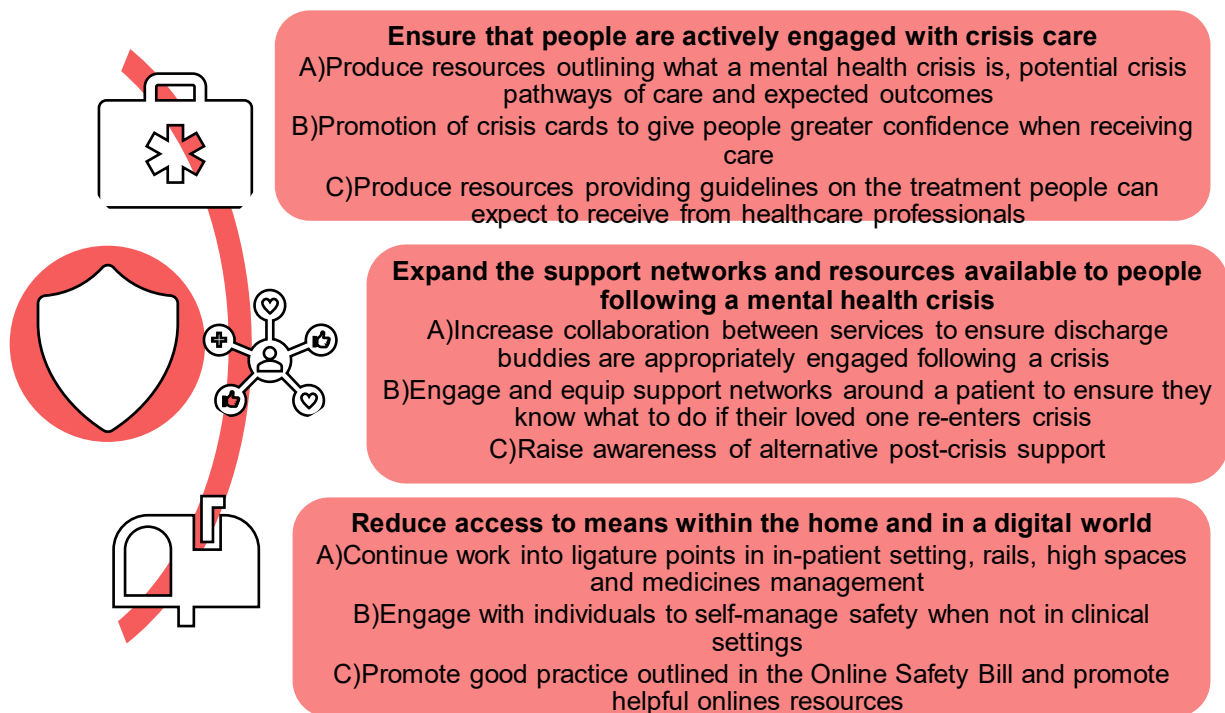
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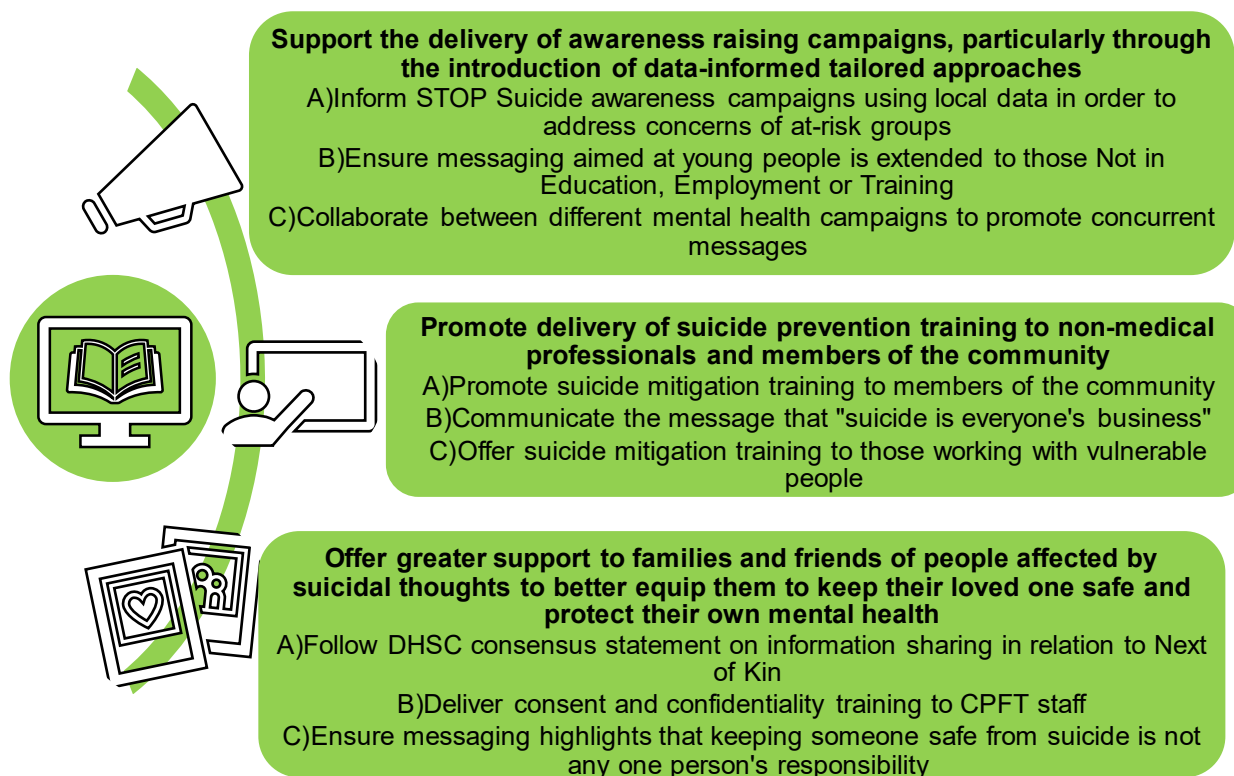
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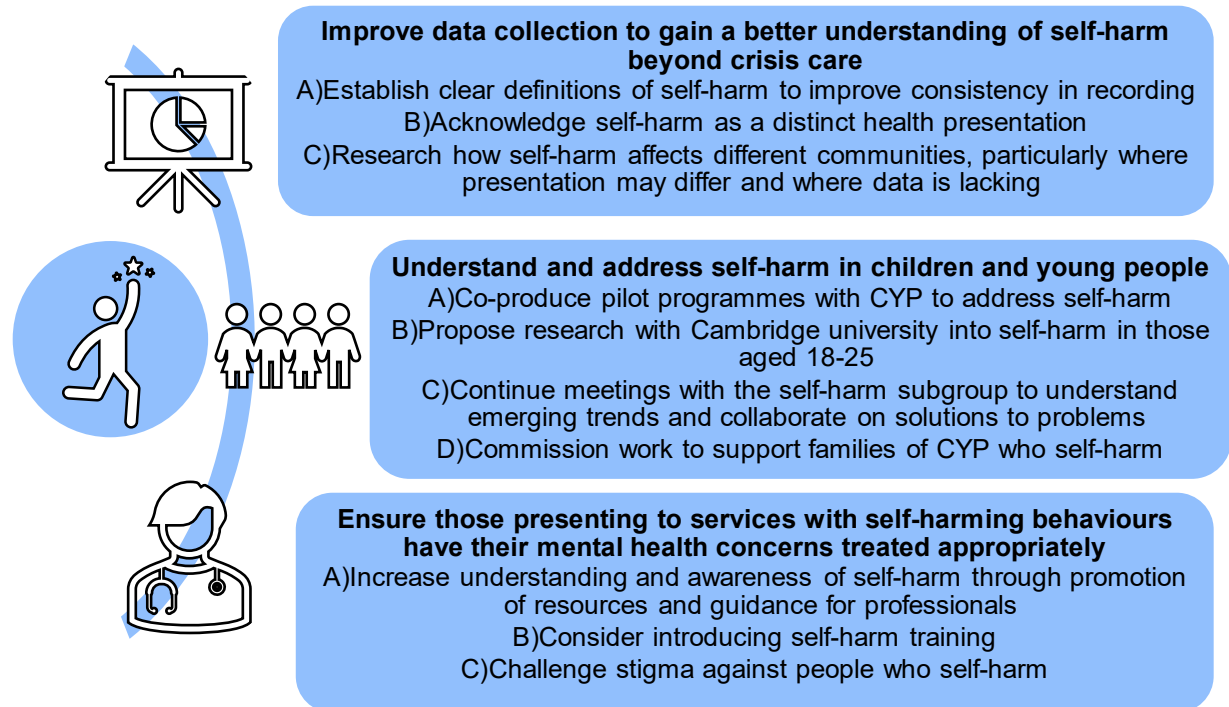
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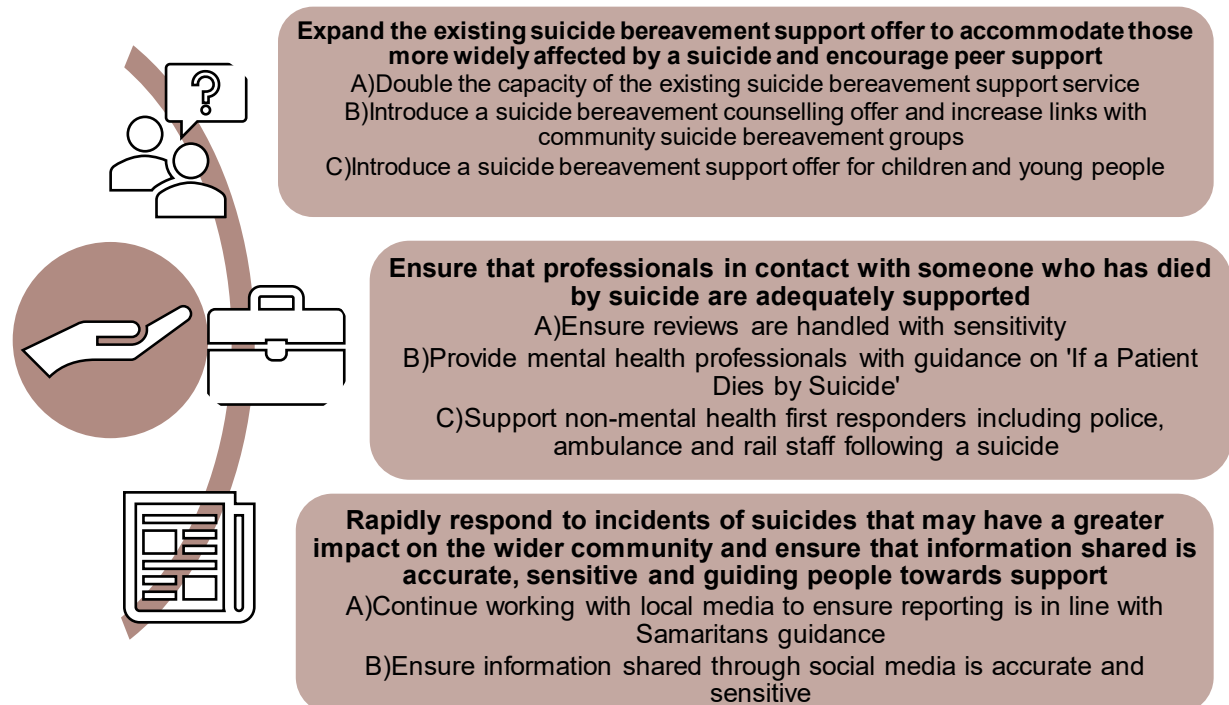
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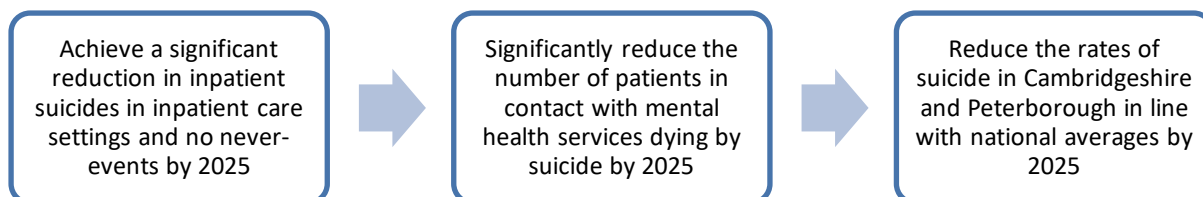


Ensure that appropriate steps are taken following a suicide to support the community and learn from the incident



Measuring Impact

Our zero suicide ambition translates practically in the following three outcomes:



Conclusion

This summary outlines our ambition for suicide prevention work in Cambridgeshire and Peterborough in 2022-2025. The priority areas and accompanying recommendations will ensure that the mental health system and wider community are suicide aware and well equipped to keep everybody, including themselves, safe.

Progress of this strategy will be monitored through Real-Time Suicide Surveillance Data, rates of self-harm and attempted suicide, and consultations with people with lived experience, including frontline workers.

The implementation of the strategy will require a mixture of input and work from the entire mental health system in Cambridgeshire and Peterborough, as well as the wider community. Beyond addressing the priority areas, cultural and organisational changes will be needed to accommodate the key themes of collaboration, co-production and information sharing.

Implementation of the recommendations and action plan will be managed by the joint Cambridgeshire and Peterborough Suicide Prevention Implementation Group. Multi-agency working across all sectors, from NHS and mental health professionals to voluntary organisations, will be encouraged to utilise expertise from these organisations to implement the proposed initiatives.

Improved engagement with service users and their carers is expected for the successful development, implementation and delivery of initiatives in each priority area.

Through co-operation, coordination and community engagement, we can all work together to reach our ambition of zero suicides in Cambridgeshire and Peterborough.

For More Information

To read about the suicide prevention strategy in more detail, please visit Cambridgeshire County Council or Peterborough City Council website. The full strategy includes progress since the previous strategy, the data that has informed priority work, outcomes of consultations with people with lived experience, and the discussion of priority areas in greater detail.