

The right support, at the right time, in the right way: working together to reduce suicide and self harm

The Cardiff and Vale of Glamorgan suicide and self harm prevention strategy, 2021-24

Action Plan

		Planned action	Outcome measure	Lead	Timescale
1. Every service across Cardiff and Vale of Glamorgan works equitably, inclusively and compassionately with everyone at risk of and affected by suicide and self harm					
Services directly supporting those at the highest risk can meet the needs of Cardiff and the Vale of Glamorgan's diverse population	1.1	Steering Group member organisations to commit to review and implement appropriate diversity and mental health training within their organisations. (Diverse Cymru to advise Steering Group on available and appropriate training)	Commitments and report of audit recorded by Steering Group for all organisations attending the Steering Group.	Steering Group members Suzanne Duval, Diverse Cymru	Year 1, 2021-22 Quarterly
Services supporting diverse communities in Cardiff and the Vale of Glamorgan are supported to address and prevent suicide and self harm amongst those they work with	1.2	Diverse Cymru, with support from the Regional Co-ordinator, to engage with organisations supporting diverse communities to gain their commitment to implement training on suicide and self harm in line with the National Training Framework, with support from the Regional Co-ordinator	Number of organisations listed on www.eyst.org.uk recorded as accessing training specified in National Training Framework	Suzanne Duval, Diverse Cymru Ceri Fowler, Regional Co-ordinator	Year 2, 2022-23 TBC following publication of National Training Framework
Those accessing emergency departments due to self harm or attempted suicide receive appropriate and compassionate support	1.3	Medicine Clinical Board to support staff in Emergency Departments to take up training on compassionate and effective support for those attending following an incident of self harm or attempted suicide, as outlined in National Training Framework when available, with support from Regional Co-ordinator	Number of staff working in Emergency Departments taking up training specified within the National Training Framework	Cath Morris, Emergency and Acute Medicine Directorate Ceri Fowler, Regional Co-ordinator	Year 2, 2022-23 <i>TBC following publication of National Training Framework</i> <i>Updates quarterly</i>
Increase the range of materials available to support refugees and asylum seekers who are at risk of suicide and self harm	1.4	Oasis to provide list of languages typically spoken by refugees and asylum seekers they support Steering Group organisations to identify resources on suicide and self harm in those languages provided by Oasis	List of requested languages List of available materials	Reynette Roberts, Oasis Steering Group organisations	Year 1, 2021-22
2. Every service in Cardiff and Vale works collaboratively with other services, particularly at points of transition between services					
Best practice on prevention of suicide and self harm is incorporated into services supporting those making the transition between child and adult mental health services	2.1	Mental Health Clinical Board and Children and Women Clinical Board to share with Steering Group plans for improving transition between child and adult mental health services as outlined in relevant strategies including IMTP Steering Group to identify opportunities to include best practices in relation to prevention of suicide and self harm Clinical Boards to describe how these will be incorporate into planning and services	Plans provided to Steering Group by Clinical Boards and confirmation of specific actions to address this issue Opportunities and best practices collated and provided to Clinical Boards Clinical Boards respond to Steering Group comments	Ceri Lovell, CVUHB CAMHS Dan Crossland Tara Robinson CVUHB MHCB	Year 1, 2021-22 <i>TBC dependent on development of MHCB IMTP</i>

Services supporting those with an identified risk of suicide and self harm have current and relevant information on those risks	2.2	Mental Health Clinical Board to share with Steering Group plans for improving information sharing with other services that provide mental health support to those who have identified history or are at risk of suicide and self harm (e.g. prison service) Steering Group to identify opportunities to improve information sharing between identified services Clinical Board to describe how improvement can be incorporated into planning and services	Plans provided to Steering Group by Clinical Board and confirmation of specific actions to address this issue Opportunities and best practices collated and provided to Clinical Board Clinical Board respond to Steering Group comments	Mark Warren, MHCB	Year 1, 2021-22 <i>TBC dependent on development of MHCB IMTP</i>
Provide reach and provide appropriate support to the population of Cardiff and the Vale of Glamorgan in further and higher education	2.3	To roll out and evaluate a pilot to support students requiring referral and assessment by NHS mental health practitioners by December 2022.	Evaluation submitted to Suicide and Self Harm Steering Group	Dan Crossland, MHCB, Bethan Allender	Dec 2022
3. Those who work with and support people who may be at risk of suicide and self harm can identify those at risk, engage with them constructively and signpost or refer to the right service at the right time					
Those working in primary care are supported to follow best practice and training around suicide and self harm, for those at risk of suicide and self harm and those bereaved by suicide	3.1	Primary, Community and Intermediate Care Clinical Board to implement National Training Framework and bereavement pathway within primary care, supported by Regional Co-ordinator	Quarterly training figures on suicide and self-harm prevention training in primary care provided to Steering Group	Carol Preece, Lead Nurse, Cardiff South & East Locality Ceri Fowler, Regional Co-ordinator	Year 2: 2022-23 <i>TBC following publication of National Training Framework</i>
Support those at high risk of / actively considering suicide and self harm to access support through appropriate open access services	3.2	Mental Health Clinical Board to review feasibility of a crisis café(s) in Cardiff and the Vale of Glamorgan to make open access provision available to those considering or at risk of suicide	Report on feasibility completed and presented to Steering Group	Julian Willets, MHCB	Year 2: 2022-23 <i>TBC dependent on development of MHCB IMTP</i>
Those bereaved due to suicide are consistently supported with appropriate and effective advice	3.3	Refreshed Help is at Hand booklet and app to be implemented locally	Quarterly distribution and uptake of HiaH reported to Steering Group by attending organisations	Steering Group organisations	Awaiting details from NAG on HiaH redrafting and app development
Those bereaved due to suicide are consistently supported with appropriate and effective advice	3.4	Steering Group members to disseminate National Bereavement Pathway within their organisations	Formal adoption of pathway by Steering Group members confirmed/ updated quarterly to Steering Group	Steering Group members	Year 2: 2022-23 <i>TBC when National Bereavement Pathway available</i>
Up-to-date information on services that provide support in relation to suicide and self harm is available and up to date	3.5	CAVAMH to add relevant material on services addressing suicide and self harm to Dewis website where identified by Group members	Record of requests to CAVAMH for updates to Dewis website	Steering Group / Caroline Fellows, CAVAMH	<i>Ongoing</i>

Ensure those working in services for those with drug and alcohol issues have support to engage effectively with those at risk of suicide and self harm	3.6	Cardiff and Vale Substance Misuse Area Planning Board Support Team with support from Regional Co-ordinator to implement National Training Framework in substance misuse services in Cardiff and Vale, with support from Regional Co-ordinator	Quarterly statistics on uptake of training by Substance Misuse services within Cardiff and Vale	Eleri Probert, Cardiff and Vale Substance Misuse Area planning board support team Ceri Fowler, Regional Co-ordinator	Year 2: 2022-23 TBC following publication of National Training Framework
Schools are supported to implement effective 'whole school' approaches to suicide and self harm as part of the implementation of the statutory guidance 'Whole School Approach to emotional and mental wellbeing'	3.7	Healthy Schools Leads, working with in school Healthy Schools co-ordinators, support the implementation of Education Wales guidance 'Responding to issues of self-harm and thoughts of suicide in young people' (e.g. through guidance for schools on completing assessment tool) and of the National Training Framework when available, with support from Regional Co-ordinator	Healthy Schools leads to provide details of specific statistics/case studies to the Steering Group <i>Note that as the implementation of the Whole School Approaches develops, specific measures and feedback can be defined</i>	Healthy Schools Leads Ceri Fowler, Regional Co-ordinator / Steering Group	Annual Roll out of NTF from Year 2: 2022-23
Community and volunteer groups are supported to identify and support young people at risk of suicide and self harm	3.8	GVS and C3SC share Education Wales' guidance 'Responding to issues of self-harm and thoughts of suicide in young people' across appropriate networks of voluntary and community organisations	Guidance shared	Lani Tucker, GVS Duncan Innes, C3SC Linda Newton, CAVAMH	Year 1: 2021-22
Cardiff and Vale UHB workforce are effectively supported where they experience issues around suicide and self harm	3.9	CVUHB workforce leadership team to ensure that appropriate training and resources from the National Training Framework and bereavement pathway are available to occupational health and other staff supporting the CVUHB workforce	Number of staff within these professional groups taking up training specified within the National Training Framework Bereavement pathway shared with these professional groups through routine training and development pathways	Claire Whiles, Assistant Director of Organisational Development, CVUHB Ceri Fowler, Regional Co-ordinator	Year 2, 2022-23 <i>TBC following publication of National Training Framework and bereavement pathway</i> <i>Updates quarterly</i>
Children and young people are directed towards consistent and high quality information and advice on suicide and self harm on the internet Those in statutory and non-statutory services in Cardiff and Vale of Glamorgan are aware of and use effectively the single point of access (SPOA) for emotional health and wellbeing	3.10	A briefing pack on the regional single point of access and website and its relevance to supporting those with issues around suicide and self harm is developed and shared with: (1) partners in the C&VoG Steering Group (2) contacts in Clinical Boards identified in this Action Plan to implement the national training framework Presentation on the SPOA and website to Steering Group, with sharing of the briefing pack and onward sharing with contacts from Clinical Boards identified in this Action Plan Measures of use of SPOA and website to be reported to Steering Group quarterly	Briefing pack developed and presented at the Steering Group and shared with contacts from Clinical Board identified in the Action Plan To confirm pack shared with leads/ third sector partners Website visits Use of the SPOA (numbers accessing and presenting with issues related to SSH, other measures in development)	Holly Tarren, Project Manager, Children, Young People and Family Health Services Suzanne Wood, Consultant in Public Health	HT to present to Steering Group and Briefing pack to be available for Q3 2021-22 meeting Onward sharing of pack following SSH briefing, Q3 2021-22 Website/SPOA use reported to Steering Group quarterly

Those working in children's services in statutory agencies to follow best practice and training around suicide and self harm, for those at risk of suicide and self harm and those bereaved by suicide	3.11	Cardiff and Vale of Glamorgan Children and Young Peoples' Emotional Health and Wellbeing Group to implement National Training Framework and bereavement pathway within primary care, supported by Regional Co-ordinator	Quarterly training figures on suicide and self-harm prevention training in primary care provided to Steering Group	Jennifer Horton, Improvement and Development Manager, Starting Well Partnership Ceri Fowler, Regional Co-ordinator	Year 2: 2022-23 TBC following publication of National Training Framework
Those at risk are aware of availability of mental health advice and support via 111	3.12	Roll-out of option within 111 service to press 2 for those in mental health crisis is anticipated for 2022-23. Mental Health Clinical Board to liaise with SSH Strategy Group and Regional Co-ordinator to maximise visibility of service across SSH partners and report on uptake of service. Figures for those reporting thoughts of suicide and self harm to be gathered and shared with Steering Group	Comms plans for roll-out of service shared with SSH Steering Group Service use figures shared with Steering Group, including those noting suicide and self harm	Julian Willett and Daniel Marsh, Mental Health Clinical Board	Comms plans presented to SSH Steering Group when available, 2022-23 Figures for service use presented quarterly
NHS staff have the skills to support those at risk of suicide and self harm to develop immediate plans to mitigate risk	3.13	Staff leading the piloting and evaluation of Connecting With People training materials, including SAFETool, which equip all health staff to support people to write a personal safety plan, and equip mental health staff with the tools to co-produce a suicide mitigation plan that identifies risk factors and mitigating actions share evaluation of this work and ensure it is aligned with development and implementation of national training materials as part of the wider action plan.	Evaluation of pilot shared with Steering Group Uptake of SAFETool if rolled out more widely Elements of SAFETool relevant to wider incorporated into roll-out of national training framework in C&V with implementation leads identified in action plan, if rolled out more widely	Ceri Fowler Regional Co-ordinator Jayne Bell, Miranda Barber, Mental Health Clinical Board	Sharing of evaluation Q3 Year 1, 2021-22 Other elements to be confirmed if wider roll out agreed
4. Relevant local intelligence and learning from specific incidents is collated, shared and acted on rapidly and effectively					
Local services can respond to local issues that may increase the risk of suicide and self harm rapidly and effectively	4.1	Developing and implementing protocols for sharing of 'lessons learned' by rapid review panels with Steering Group and to present these quarterly	Steering Group to receive protocols for incident review when available Quarterly presentation of 'lessons learned'	Ceri Fowler Regional Co-ordinator Suzanne Wood, Consultant in Public Health	Year 2: 2022-23 Then quarterly TBC, following establishing of local rapid review group
5. Those at risk or affected by suicide and self harm and those who care for them are engaged and empowered to work towards their own safety and recovery					
Individuals affected by issues related to suicide and self harm are empowered to develop their knowledge and capacity to influence local work on suicide and self harm from a service user or carer perspective	5.1	Recovery and Wellbeing College to provide details of current curriculum and Steering Group member organisations to cascade details of Recovery College within organisations and beyond	Sharing of Recovery College details and opportunities to signpost recorded by organisation in Steering Group minutes Number of participants joining the Recovery College - quarterly	Hannah Morland-Jones, Recovery College	Q3, Year 1, 2021-22

6. Risks associated with frequently used sites are eliminated or reduced as far as possible					
Learning and actions from incidents associated with high frequency sites are shared with local service	6.1	Samaritans and Network Rail Partnership to continue to update on any frequently used sites/developments quarterly. Steering Group to respond to any frequently used sites in partnership	Frequently used sites identified and monitored and mitigation measures put in place and actions to mitigate recorded	Jules Twells / Emily Coughlin, Samaritans and Network Rail Partnership	Quarterly ongoing
7. Issues around suicide and self harm are highlighted across Cardiff and Vale in ways that are constructive and de-stigmatising					
Stigma related to suicide and self harm is reduced in workplaces	7.1	Time to Change Wales and Healthy Working Wales to encourage employers to sign up to 'Time to Change' pledge	Number of organisations signed up to pledge	Lowri Wyn-Jones, TTCW	Quarterly
Inappropriate media representations of suicide and self harm in the media are challenged constructively and consistently	7.2	Steering Group to advise and liaise with National Advisory Group of instances of inappropriate representations of suicide or self harm in the media, or other media issues	Instances of inappropriate reporting and actions escalated to NAG	Steering Group	As and when instances of poor reporting are identified to the Steering Group
The Strategy is communicated to stakeholders effectively, following the principles of co-production	7.3	Communication plan for strategy to be developed by service users with support from Steering Group to promote awareness and ownership across services and the population of Cardiff and Vale	Comms plan developed and presented to Steering Group	Linda Newton, CAVAMH / Steering Group	Q3, Year 1, 2021-22