

**Position Statement**

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**Suicide Prevention**

Suicide prevention is a complex system-wide challenge that requires close working between the NHS, Public Health and a range of partner organisations, tailoring evidence of what works to local need and determinants. Suicide prevention is an important ambition that exists in the context of other improvements to mental health services in the NHS Long Term Plan. Suicide devastates families and communities. It is the biggest killer of men aged under 50 and all adults under 35. Suicide is also the leading cause of death for 10–19-year-olds. A suicide death is often the result of the ultimate loss of hope and purpose in life. Whilst the relationship between suicide and mental ill health is well established, many suicides happen impulsively in moments of crisis with a breakdown in the ability to deal with life stresses, such as financial problems, relationship break-up or chronic pain and illness. Only a proportion of those who die by suicide are known to mental health services.

[Lincolnshire Suicide Prevention Strategy](#) sets up key priorities and actions for the system wide approach and the progress is overseen by the multiagency Suicide Prevention Steering Group.

- Suicide rates remain significantly higher than the England average.
- Rates are highest in men in Lincolnshire, especially of young-middle age.
- Increasing number of children and adults experiencing mental health issues.
- Mitigating the impact of wider economic factors (e.g., cost of living) is important.
- Understanding self-injury as a risk factor for suicide, and how best to respond locally to reduce the risk of future suicide attempts.

**Adult Mental Health Community Transformation**

The Adult Community Mental Health (CMH) Transformation programme aims to deliver accessible mental health services to adults across a continuum of care that spans the Voluntary and Community Social Enterprise (VCSE) sector, Primary and Secondary care. The overarching premise of the programme is to put the person at the centre and to deliver right care, in the right place at the right time with no cliff edge between services and no wrong door for access.

The countywide programme delivers against the NHS England Roadmap for CMH Transformation and is currently on target to achieve all specified deliverables by March 2024. The programme is delivered and governed within an Alliance framework encompassing NHS Lincolnshire Integrated Care Board, Local Authority, Primary and Secondary Care and importantly in partnership with Experts by Experience. Key milestones for this programme of work are:

- Move away from Care Programme Approach towards Personalised Care
- Embed Trauma Informed Practice and Care Approaches
- Increase access to evidence based psychological therapies
- Recruit and expand the workforce in line with identified Populations and Workforce Profiles
- Embed the routine collection of nationally mandated Patient Related Outcome Measures
- Progress system interoperability for activity across VCSE, Primary and Secondary Care
- Develop Childhood Emotional Neglect/Personality Disorder, Community rehab and Eating Disorder services
- Align models with NHS Talking Therapies, Children and Young People and Perinatal Services.

# Joint Local Health and Wellbeing Strategy for Lincolnshire

## Annual Assurance Report 2022/23

### What we said we would do in 2022/23

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#### Suicide Prevention

- Further development of key processes of responding to suicides and attempted suicides (implementation of cluster response plans, Real Time Suicide Surveillance).
- Implementation and evaluation of Lincolnshire Suicide Bereavement Service.
- Identification and implementation of learning from local and national children and young people suicide mortality review reports.
- Ongoing analysis of data to identify trends, clusters, and emerging risk factors to inform commissioning of services and projects including Wave 3 of the Community Suicide Prevention Innovation Fund.
- Reviewing communication and awareness campaigns.

#### Adult Mental Health Transformation

- Updated Peter Hodgkinson Centre due to open early 2023.
- Mental Health Assessment Unit will be piloted and evaluated.
- Integrated Place-Based Teams in all 12 neighbourhood areas, covering all 15 Primary Care Networks, each with a complement of Mental Health Practitioner roles, embedded community Mental Health Teams and wider resource including community connectors, social prescribers and peer support workers.
- A fully developed training offer for a wide range of individuals including boundary training, trauma informed care, Mental Health First Aid and Mental Health awareness. We are also developing a primary care tailored package to support upskilling and an informed workforce and will be co-producing a package for carers and care home workers.
- Further investment in the VCSE sector to improve community assets and reduce inequalities.
- Connected community events and development days to enable the workforce to continue to transform.
- A service to support those bereaved as a result of suicide is being procured to ensure countywide access, on the basis of initial pilot provision.
- We are committed to ensuring experts by experience are hard wired into pathway design and investment decisions. We have evolved our co-production group to a wider network with the intent to support all elements of mental health, Learning Disability and autism.

#### Mental Health

- Develop and begin to monitor outcomes to track delivery against the priorities for 2022-2025.
- Complete our application to the Prevention Concordat for Better Mental Health and deliver against the action plan agreed with the Office for Health Improvement and Disparities. This includes improving our understand of local need two years into the Covid-19 pandemic and ensuring that we have evidence-informed primary, secondary and tertiary prevention in place to reduce need and improve patient outcomes in Lincolnshire.
- Continue to develop, and then implement, new governance arrangements in line with the inception of the Integrated Care Partnership and Board in July 2022.

### What's Working Well – key Achievements 2022/23

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#### Suicide Prevention

- Development of the Real Time Suicide Surveillance (RTSS) dashboard allows better monitoring of suspected suicides, identification and response to clusters and emerging trends like new methods or

## Joint Local Health and Wellbeing Strategy for Lincolnshire Annual Assurance Report 2022/23

risk factors. An Information Sharing Agreement is now in place to ensure the continued and proper flow of information. The development of the national system and regional community of practice now supplements RTSS.

- A new provider for suicide bereavement service has been selected through the NHS lead competitive procurement process. [The Amparo](#) service started operating in November 2022 is fully mobilised, and the provider engaged a wide range of partners to spread awareness of the offer.
- Child Death Overview Panel led the review back in 2022. The report was created and shared with key partners. Suicide Prevention Children and Young People (CYP) Task and Finish Group started reviewing Lincolnshire's position against national and local recommendations.
- The latest [Suicide Audit](#) was completed and published at the end of 2022 using various data sources such as police data, coroners' information, registered mortality statistics, ambulance callouts and hospital admissions. Suicides in rural and coastal areas and support for people who survived suicide attempts were identified as new focus areas. Findings from the latest audit will also inform the new Suicide Prevention Strategy for Lincolnshire.
- The partner agreed to adopt the NHS "5 Steps to Mental Wellbeing" to frame communication and replace many "Steps to wellbeing" frameworks previously used. Local and national initiatives such as Lincolnshire Football Club videos or Samaritans 'Small Talk saves lives' campaign were shared and supported. Funding was identified to develop branding and resources to support suicide prevention countywide. The resources will be hosted within the 'How Are You, Lincolnshire' website and are expected to be launched in 2023.

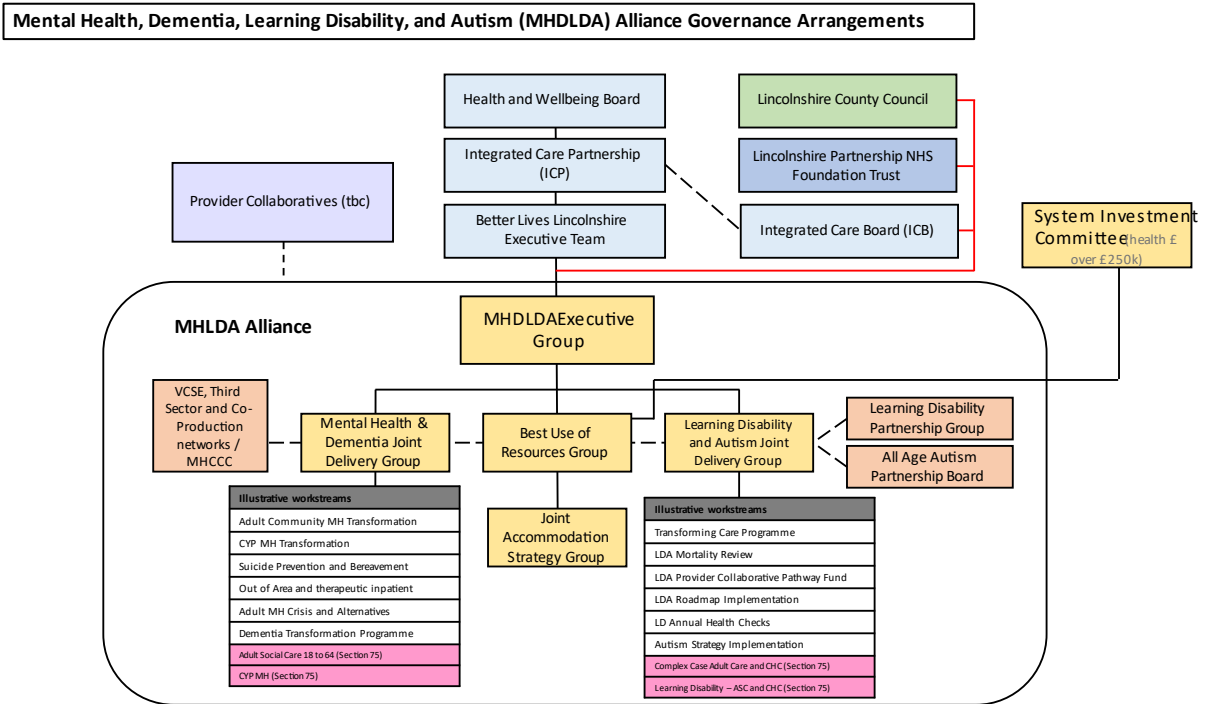
### Adult Mental Health Transformation

Lincolnshire was one of twelve national Early Implementer sites chosen to deliver Community Mental Health Transformation for adults and older adults. As an early implementer site an ambitious plan was mobilised to ensure that the development and transformation of both new and existing community services was designed, developed and delivered in an integrated manner.

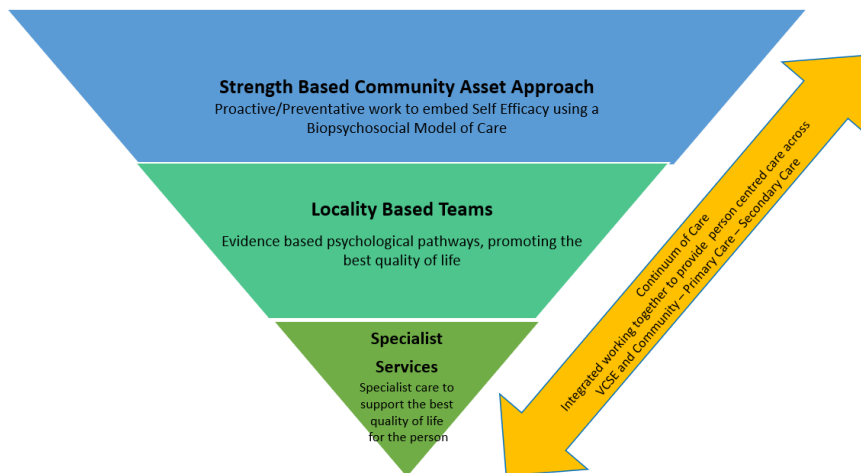
At the heart of this programme has always been people with lived experience; ensuring that services are led by people and not just about people. Experts by experience are embedded across every facet of the programme and as such Lincolnshire is recognised by NHS England as an exemplar site for the work that it has done to realise and embed this new way of working.

The diagram below details the governance in place and highlights the mental health Co-Production Network that the programme has developed to ensure that experts by experience and the VCSE sector are working together to support each other as they work within specifically identified programmes.

# Joint Local Health and Wellbeing Strategy for Lincolnshire Annual Assurance Report 2022/23



The adult mental health community transformation model developed is committed to the delivery of right care, at the right time and in the right place. This has meant that the model of delivery spans the continuum of care, encompassing secondary, primary and VCSE provision and ensuring that services are accessible for people within their own local communities.



The programme has invested in the implementation of new workforce roles such as community connectors, Psychological Intervention Facilitators and Mental Health and Wellbeing practitioners which are being recruited across the County. We also now have a number of senior mental health practitioners in most primary care networks. In addition, we have a comprehensive social prescribing service for those with mental health needs and there has been significant increased investment in to the VCSE to develop and shift the focus towards prevention, as well as widening opportunities for people to self-help and ensure a stronger community-based offer. Co-production is at the heart of everything we do and there is now a fully formed co-production network led by the VCSE with a number of people with lived experience who aid the evaluation, design and development of our programme. Peer support workers are in place, sitting in the VCSE as well as some retained by LPFT, but the roles and their engagement is aligned. All these workstreams are set against the NHS Long Term Plan deliverables and the NHS England Community Mental

## Joint Local Health and Wellbeing Strategy for Lincolnshire Annual Assurance Report 2022/23

Health Transformation Roadmap and more recently is now working towards embedding the NHS Confederation No Wrong Door: A Vision for Mental Health, Learning Disabilities and Autism in 2032.

A web-based navigation service is available via How Are You Lincolnshire ([www.haylincolnshire.co.uk](http://www.haylincolnshire.co.uk)) in which people can find a vast array of projects and support for mental health and wellbeing needs.

A training offer, been developed and made available to enhance opportunities for learning, and includes boundary training, opportunities for mental health first aid and suicide awareness as well as resources including the 'leave behind' card and a professional's support card with key information, which have also now been produced.

See: <https://www.itsallaboutpeople.info/mental-health-transformation/training> and <https://www.itsallaboutpeople.info/mental-health-transformation/training/useful-resources>

### Adult Mental Health - Prevention

We have more recently been approved by the Office for Health Improvement and Disparities (OHID) as a signatory to the Prevention Concordat for Better Mental Health which means that Lincolnshire has been recognised as having many strengths in the drive to reduce health inequalities and the collaboration between partner organisations was recognised as one of its strengths. *"The concordat promotes evidence-based planning and commissioning to increase the impact on reducing health inequalities. The sustainability and cost-effectiveness of this approach is enhanced by the inclusion of action that impacts on the wider determinants of mental health and wellbeing."* <https://www.gov.uk/government/publications/prevention-concordat-for-better-mental-health-consensus-statement/prevention-concordat-for-better-mental-health>  
We will therefore be progressing our action plan during 2023/24.

### What is the outcome?

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#### ***Suicide Prevention***

Outcome measurement is a challenge for suicide prevention interventions because of the multifaceted nature not only of the initiatives but also of their outcomes. Suicide rates may be influenced by many factors including a range of personal characteristics as well as socio-economic factors such as economic conditions, prevalence of mental illness and access to support and services.

Outcomes measures can be demonstrated for on the elements of the programme. For example, for funded community projects and commissioned services we collect data on uptake and participation, individual outcomes, participants satisfaction and case studies. Campaigns and promotional activity is measured by number of people reached and engaged.

#### ***Adult Mental Health Transformation***

- Improved access to preventative services and self-help, reducing the need, where appropriate, for primary care, Accident & Emergency or other crisis services.
- A more informed mental health workforce and society.
- To ensure people who fall in the gaps between GPs and specialist care or are 'bounced' between them with multiple rejected referrals, can be seen quickly and easily.
- Aiming to achieve 'No Wrong Door' - which means any patient accessing services at any point of the pathway will be seen and referred to the right care at the right time in the right place, breaking down barriers to accessing care when it's needed.
- The intention is to provide evidence-based treatments and access to community support, helping people before they reach crisis point and reduce waiting lists.

# Joint Local Health and Wellbeing Strategy for Lincolnshire

## Annual Assurance Report 2022/23

### Mental Health (Adults) - JLHWS PRIORITY - PLANS FOR 2023/24

Action	How will we know it's working?	Relevant Strategy / Action Plan	To be delivered by	Lead Organisation	Lead Officer
Data and Intelligence – ongoing analysis of Real Time Suspected Suicide Surveillance and other data sources with particular focus on thematic/qualitative analysis and capturing attempted suicides to inform prevention strategy and commissioning decisions.	Timely response and support to communities Range of emerging trends and issues identified and used to inform prevention and commissioning. Annual audit published	<a href="#">Suicide prevention strategy – Lincolnshire County Council</a>	December 2023	LCC - PHI	Marta Kowalczyk
Postvention – Working with partners to fully integrate Amparo (Suicide Bereavement Service) to Lincolnshire system by raising awareness of the offer, strengthening referral pathways and continually develop the service to meet population needs.	Increased number of referrals from variety of sources. Positive customer feedback. Service proven to meet expected quality standards set by Support After Suicide Partnership (SASP) framework.	<a href="#">Suicide prevention strategy – Lincolnshire County Council</a>	December 2023	NHS ICB	
Children and Young People (CYP) – to develop a specific response plan to child suicide in Lincolnshire (including clear actions for organisations and lines of communication) and rolled out tiered training model for suicide prevention to Lincolnshire workforce supporting CYP.	A Plan developed with clear lines of communication, and clear actions for organisations to take at an agreed appropriate time. Tiered training model on CYP self-harm/suicide prevention developed and rolled out.	<a href="#">Suicide prevention strategy – Lincolnshire County Council</a>	December 2023	LCC - CICT	
Awareness and training – support development of county wide suicide prevention campaign and online resources developed as part of Wave 3 Suicide Prevention Community Innovation Fund and provide a specific suicide prevention training to professionals and volunteers delivering projects to most at risks groups.	Suicide prevention campaign developed and adopted across the county by range of organisations. Training commissioned and rolled out increasing awareness and skills in community.	<a href="#">Suicide prevention strategy – Lincolnshire County Council</a>	December 2023	Shine/LCC Public Health	

## Joint Local Health and Wellbeing Strategy for Lincolnshire

### Annual Assurance Report 2022/23

Action	How will we know it's working?	Relevant Strategy / Action Plan	To be delivered by	Lead Organisation	Lead Officer
To develop and agree next Lincolnshire Suicide Prevention Strategy considering local intelligence and key priorities identified by the national strategy.	Strategy developed, agreed and published			LCC – Public Health	
Strength Based Community Assets Development	Increase in VCSE initiatives, projects and support, capturing outcomes and training offer fully mobilised; expansion of night light cafes.	NHS England Long Term Plan; Mental Health Implementation Plan	Adult Community Transformation Programme	LPFT/ICB	Nick Harwood/ Victoria Sleight/ Sara Brine
Locality Based Mental Health Teams	Integrated Primary Care pathway in place; locality mental health teams fully integrated and constituted	NHS England Long Term Plan; Mental Health Implementation Plan		LPFT	Nick Harwood/ Victoria Sleight
Specialist Services Development	Dedicated focus services rolled out countywide; Early Intervention in Psychosis and Individual Placement and Support services built into the continuum of care	NHS England Long Term Plan; Mental Health Implementation Plan		ICB/LPFT	Nick Harwood
Overarching deliverables including health inequalities and population health management and embedding trauma informed care	Improvement in access, experience and outcomes for all; greater understanding of the drivers behind mental health inequalities and how these are manifested across Lincolnshire; Improved access to physical health checks for those with serious mental illness.	NHS England Long Term Plan; Mental Health Implementation Plan		ICB/LCC (public health)/LPFT	Sara Brine/David Stacey/Victoria Sleight

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