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Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board



Meeting Date	25 August 2020	Agenda Item	4.5	
Report Title	Suicide & Self-Harm Prevention			
Report Authors	Jennifer Davies, Consultant in Public Health Nigel Downes, Head of Quality & Safety			
Report Sponsor	Keith Reid, Director of Public Health			
Presented by	Keith Reid, Director of Public Health			
Freedom of Information	Open			
Purpose of the Report	To update the Committee on ongoing activity in relation to action being taken on suicide and self-harm prevention in the Swansea Bay area.			
Key Issues	<p>Suicide Rates are high in the Swansea Bay area</p> <p>The Suicide and Self-Harm Prevention Multi Agency Group has been responsible for leading a co-ordinated approach to multi-agency working to reduce rates in our communities. The impact of COVID has meant that the work has mostly ceased due to agencies needing to respond to the pandemic crisis.</p> <p>Some work has continued and members of the MAG have recently started to re-connect in order to identify actions that can be progressed given that many are still in response mode whilst recognising the need to commence 'recovery' actions.</p>			
Specific Action Required <i>(please choose one only)</i>	Information	Discussion	Assurance	Approval
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recommendations	<p>Members are asked to:</p> <ul style="list-style-type: none"> Note the contents of this report 			

Swansea Bay Suicide and Self-Harm Prevention Multi-Agency Group: Update on Current Activity

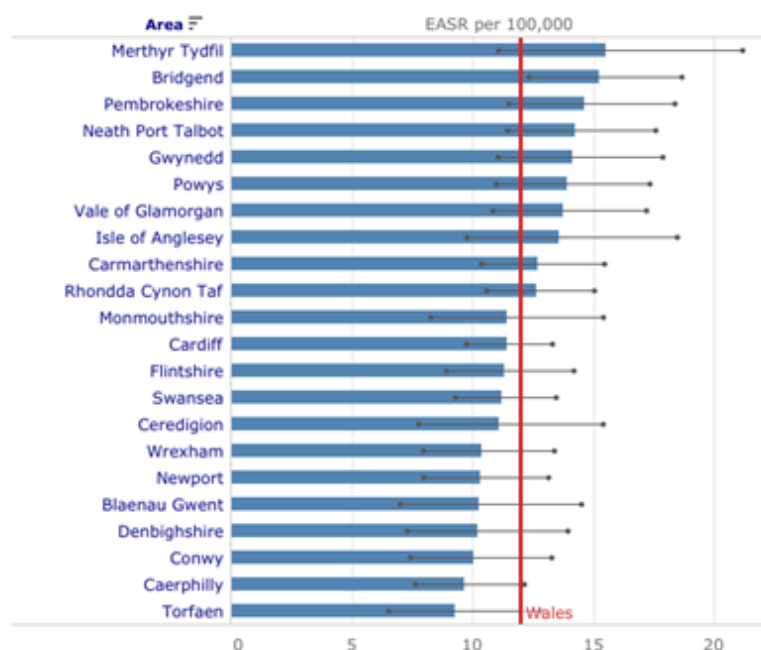
1. INTRODUCTION

Between 2014 and 2018 the overall rate of suicides across Swansea Bay UHB was in line with the Wales average, at 12.3 per 100,000 and 12.0 per 100,000 population, respectively. Suicide rates by local authority area were not significantly different for the majority of areas for the period 2014-2018 as can be seen below. This equates to a total of 89 and 119 suicides in Neath Port Talbot and Swansea respectively over that time period.

Suicides, 2014 to 2018

European age-standardised rate (EASR) per 100,000, persons aged 10+, local authorities

--- 95% confidence interval

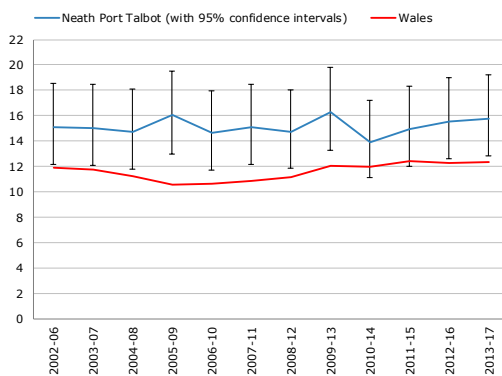


Suicide is a tragic event, which is usually in response to a series of complex reasons that are contextual to the individual. However, if risk factors at the individual, group, and population level are effectively addressed suicide is largely preventable.

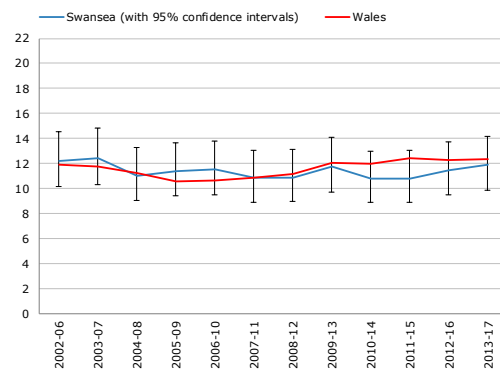
2. BACKGROUND

Swansea Bay has continued to have high rates of suicide over a number of years. The main contributor to this has been the EASR rates for NPT which have been significantly higher than the Wales rates for a number of years with the main contributor being rates of male suicides.

Suicides, age-standardised rate per 100,000, all persons aged 10 and over, Neath Port Talbot and Wales, 2002-17
Produced by Public Health Wales Observatory, using PHM & MYE (ONS)

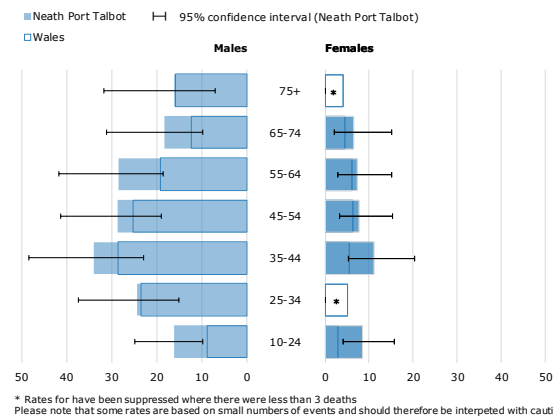


Suicides, age-standardised rate per 100,000, all persons aged 10 and over, Swansea and Wales, 2002-17
Produced by Public Health Wales Observatory, using PHM & MYE (ONS)

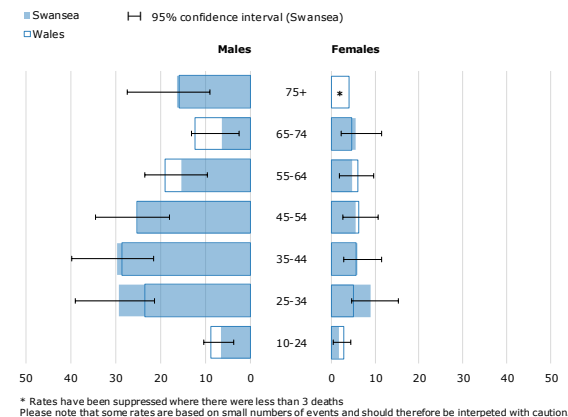


Also concerning is that analysis for 2008-17 shows that for NPT, the rates for 10-24yrs is significantly higher than the Wales rate.

Suicides, age-specific rate per 100,000, males and females aged 10 and over, Neath Port Talbot and Wales, 2008-17
Produced by Public Health Wales Observatory, using PHM & MYE (ONS)



Suicides, age-specific rate per 100,000, males and females aged 10 and over, Swansea and Wales, 2008-17
Produced by Public Health Wales Observatory, using PHM & MYE (ONS)



There are a number of risk factors that contribute to suicidal behaviours including; occupation; employment; financial insecurity; deprivation; negative life events; drug & alcohol misuse; self-harming behaviours; existing mental health diagnosis; and those transitioning into, within and out of the criminal justice system.

The impact of COVID-19 on mental health is increasingly recognised and there is a particular concern on the increased risk of suicidal behaviours given that during the 2008-09 recession there was 0.54% increase in suicides for every 1% increase in indebtedness (EU & UK).

Self-harming data is primarily drawn from hospital in-patient data. It indicates that many people who harm themselves do not attend health services and of those that do very few will require admission. The age and sex pattern of admission for self-harm is very different to that for suicide, with higher rates among women across almost all age bands

A Multi-Agency Action Group (MAG) was set up in 2019 following a successful multi-sector and multi-agency workshop that highlighted the commitment to co-ordinated action to prevent suicides & self-harm across Swansea Bay. This group reports into the joint PSB and is chaired by Jennifer Davies, Consultant in Public Health from the Swansea Bay Local Public Health Team. Membership includes Swansea Bay UHB Mental Health Delivery Unit, Primary and Community Service Delivery Unit (including School Nursing), Swansea Council for Voluntary Services (CVS), NPT CVS, Swansea and NPT Social Services, South Wales Police, local authority representatives including education and safeguarding, probation services, Swansea University and the Ospreys.

3. UPDATE ON CURRENT ACTIVITY

Since the last update provided in December 2019, COVID-19 has meant that intended actions up to March 2020 were not able to be fully completed. The MAG ceased to formally meet and no action planning has been possible. Due to concerns around the impact of the pandemic on the mental health of the population, it was decided to reconvene informally in order to share learning, information and provide informal support and updates where possible.

A summary of current status/progress to date is given below:

- Local intelligence/data:
 - SWP have continued to provide intelligence reports on suicides across Swansea Bay each quarter.
 - All completed suicides are notified to the Corporate Safeguarding Lead of Swansea Bay HB.
 - Work has recently commenced with partners, as part of the quality management sub-group of the Regional Safeguarding Board, to thematically review all suicides during 2019. The aim is to better understand the key drivers locally and identify priorities for action and resourcing.
- Action plan development & implementation:
 - Rapid response process has been established which brings agencies together to agree what actions are needed by agencies to prevent and mitigate the risk of any further harms for families and communities
 - The Sanctuary Model, forming part of the crisis support, which is a work programme within the Transforming Adult Mental Health Services programme, launched in May – with an amended mode of delivery to provision of support.
 - Out-reach work for children and young people through pastoral care leads in schools has been tested during the COVID pandemic period. This has been led by local authority leads and this is being reviewed to inform further support needs and issues.
 - An action plan for 2020-21 onwards has not be further developed and this is an outstanding action for completion. The intelligence being gathered through the above actions will be used to inform this.
 - Funds were successfully secured from Welsh Government for 2019-20 to undertake a number of key actions including training (Cruse Bereavement; Assist training; Safe talk) and a large scale mental health event for rugby clubs with Ospreys as part of co-production approach to tackle stigma and joint work. However, due to the pandemic restrictions imposed and the furloughing of staff, the funding was used to purchase the training and costed elements of the event, to be delivered at a later date when the activities can be reinstated. Conversations have recently started with the Ospreys on how to progress this activity.
 - Insight work planned with working age men has not been progressed beyond the update in December 2019. The methodology and approach has been tested with a small number of individuals and is ready to be used at an appropriate point in time.
 - A '1 year on' event was held in March 2020 which brought together a range of stakeholders. There was an opportunity to update partners on progress over the previous 12 months, share learning and consider future focus for actions.
 - A successful proposal for funds was made to Welsh Government and a piece of work will be undertaken, COVID-19 allowing, between August 2020 and

March 2021 regarding help-seeking behaviours work, using a co-production approach.

- Joint / collaborative working:
 - Work has been commenced on mapping key forums and stakeholder groups to ensure that the work of the MAG informs or is informed by the wider system working.
 - A national Suicide & Self-Harm Prevention Co-ordinator has been employed on a 2-year basis. The South & West Wales Regional Co-ordinator has also been appointed and is due to start on 24th August. Further meetings are planned to agree what support will be available and how the additional capacity can be used.
 - The Transforming Adult Mental Health Services programme has recently been re-set and key actions and outputs/outcomes have been agreed to a new timeframe up to 31st March 2021. Discussions have started on how to ensure alignment and integration of actions and approaches (where appropriate) with different work streams. These include the Primary Care interface, the Wellbeing & Prevention and Addressing Health Inequalities work streams.
 - The suicide & self-harm agenda has been recognised within the PSB work, particularly NPT, which has highlighted mental health and financial insecurity as two key priority themes.

4. GOVERNANCE AND RISK ISSUES

The Suicide and Self-Harm MAG are accountable to the Joint PSB. Additionally, the Chair of the MAG reports to the Regional Suicide & Self-Harm Forum and/or ensures representation from the Swansea Bay MAG.

The challenges identified below continue to pose a risk in terms of the likelihood of both increasing rates of suicide & self-harm locally and our ability to effectively prevent these:-

- The medium to longer term implications of the economic impact of COVID are yet to be fully felt by the local population. However, the negative mental health effects of the pandemic are already being reported across Wales and locally. Evidence would suggest that we can expect to see an increase and this may be significant given data from the 2008-09 recession in the UK.
- Self-harm is a significant risk factor for suicide. However, partners currently feel that this is both problematic in identifying and has significant implications in terms of capacity to address.
- This work programme has no funding or additional resources allocated and as such, this continues to hinder the pace of progress, alongside the impact of needing to respond to the COVID crisis. This has an impact on the ability to fully re-start the work of the MAG.
- The delay in confirming allocation of Welsh Government funds in 2019-20 meant that it wasn't possible to deliver the activities before the restrictions imposed leading up to March 2020. However, this funding has been allocated to providers and hence should be able to be utilised at a later date.
- There is limited capacity & capability to undertake intelligence analysis. This will need to be sourced and potentially resourced if we are to adopt an intelligence led approach locally. Further discussions will be needed with our academic and other colleagues around any potential collaborations.
- Suicide remains a complex issue, usually the result of a number of factors that are both personal and related to wider community and socio-demographic influences. Hence, it remains vital that there is continued support and commitment from all agencies to work collaboratively.

5. FINANCIAL IMPLICATIONS

There are no financial implications arising from this report.

6. RECOMMENDATION

The Quality and Safety committee are asked to note the contents of this report.

Governance and Assurance		
Link to Enabling Objectives <i>(please choose)</i>	Supporting better health and wellbeing by actively promoting and empowering people to live well in resilient communities	
	Partnerships for Improving Health and Wellbeing	<input checked="" type="checkbox"/>
	Co-Production and Health Literacy	<input type="checkbox"/>
	Digitally Enabled Health and Wellbeing	<input type="checkbox"/>
	Deliver better care through excellent health and care services achieving the outcomes that matter most to people	
	Best Value Outcomes and High Quality Care	<input checked="" type="checkbox"/>
	Partnerships for Care	<input checked="" type="checkbox"/>
	Excellent Staff	<input checked="" type="checkbox"/>
	Digitally Enabled Care	<input type="checkbox"/>
	Outstanding Research, Innovation, Education and Learning	<input type="checkbox"/>
Health and Care Standards		
<i>(please choose)</i>	Staying Healthy	<input checked="" type="checkbox"/>
	Safe Care	<input checked="" type="checkbox"/>
	Effective Care	<input checked="" type="checkbox"/>
	Dignified Care	<input type="checkbox"/>
	Timely Care	<input checked="" type="checkbox"/>
	Individual Care	<input type="checkbox"/>
	Staff and Resources	<input checked="" type="checkbox"/>
Quality, Safety and Patient Experience		
The Suicide and Self Harm MAG considers reports on and is working with those at risk to develop responsive and appropriate services.		
Financial Implications		
There are none discussed in the report.		
Legal Implications (including equality and diversity assessment)		
There are none discussed in the report.		
Staffing Implications		
None discussed in the report.		
Long Term Implications (including the impact of the Well-being of Future Generations (Wales) Act 2015)		
Report History	Quality & Safety Committee 12 th December 2019 Agenda Item 2.4 Update on Swansea Bay Suicide and Self Harm Prevention Multi-Agency Group	
Appendices	None	