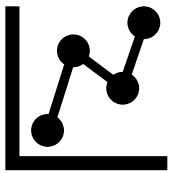


# West Lothian Suicide Prevention Action Plan 2024-2025

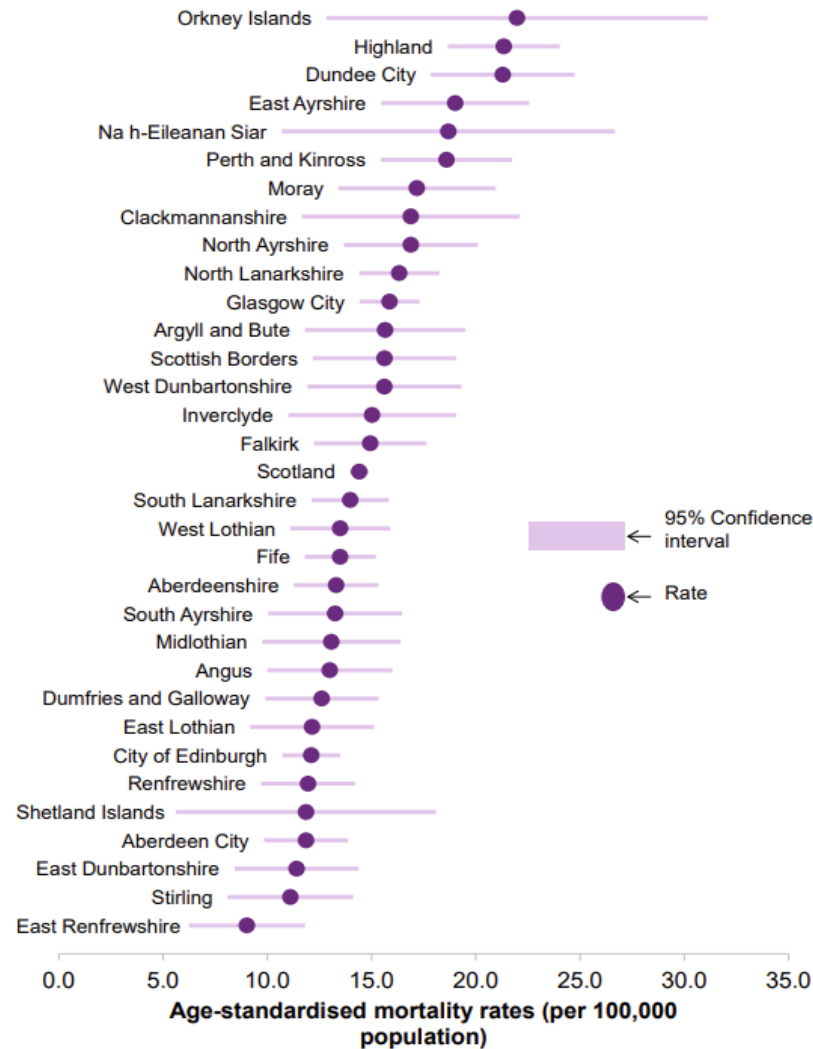
Diane Stewart

Wednesday 17<sup>th</sup> April 2024





# Number of Probable Suicides in WL 2022



Despite a small increase in probable suicides across Scotland, West Lothian saw a decrease to 18, against 30 in 2021 and 23 in 2020.

Based on a 5-year mean standardised by age West Lothian is slightly below Scotland as a whole



Source: National Records of Scotland (2023)



# Strategy Background - Guidance

The Scottish Local Area Suicide Prevention Action Plan Guidance | COSLA has been developed to assist local areas with their Action Plans around Suicide Prevention, recommendations include:

1. Multi-agency steering group with seniority to develop and implement local plans and include those with lived experience
2. Use of locally available data and intelligence such as, Emergency Department attendances and Police call outs for suicide attempt and self-harm, learning from suicide death reviews, other local factors
3. Use of research and evidence of best practice
4. Evaluation built-in to actions
5. Strong governance structure with clear lines of accountability
6. Identified local lead with sufficient time and resource for implementation
7. Demonstrate how local actions will support the delivery of national actions
8. Demonstrate how actions link to outcomes

# Suicidal Crisis Response - Time, Space and Compassion (2021)



The 2021 Scottish Government Publication [Time Space and Compassion](#) sets out principles by which crisis services should be delivered. There are several short medium and long-term actions, at both local and national level. In particular:

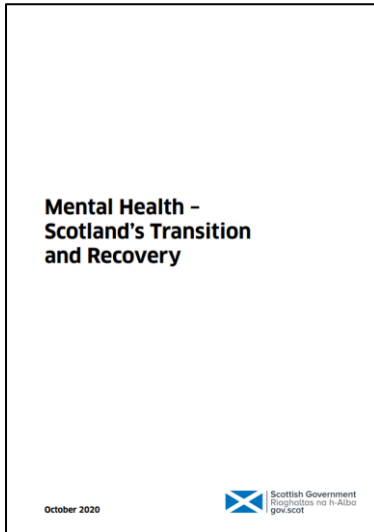
*‘health and care staff should be supported to move away from prioritising assessment of risk and eligibility for service, to assessing psychological and social wellbeing and the formulation of safety plans in partnership with those in suicidal distress.’*

*‘planned work on mental health crisis for children and young people must be progressed as a matter of urgency, including a focus on suicidal crisis and consider the applicability of the principles of Time, Space and Compassion’*

Implementation of Time, Space and Compassion has been included as an action within the new Improving Health Inequalities in Partnership Strategic Delivery Plan.



# Suicidal Crisis Response – Distress Brief Interventions



The Scottish Governments (SG) [‘Protecting Scotland, Renewing Scotland, the Governments Programme for Scotland, 2020-21’](#) committed to “*extend the DBI programme across Scotland, for a transitional period to 2024, at which point we expect it to be fully embedded at local level.*”

In addition, the SG **Mental Health – Scotland’s Transition and Recover Plan** [Mental Health – Scotland’s Transition and Recover Plan](#) committed to “*embed, develop and evaluate the move to a national, physically distanced approach to the Distress Brief Intervention programme. We will work with partners to develop a blended model of face-to-face, telephonic and digital contact that efficiently provides a person-centred response*”.

This priority will be actioned via partnership working to develop a streamlined pathway for people with mental ill health and/or distress including trialling the DBI programme which has recently launched in West Lothian.



# National Strategy & Action Plan – Creating Hope Together (2022)

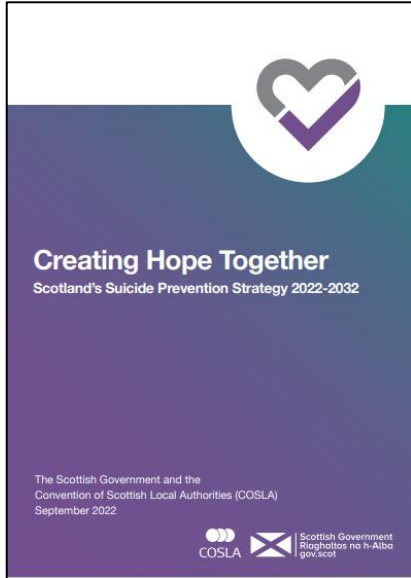
In 2022 the Scottish Government and Convention of Scottish Local Authorities (COSLA) published Creating Hope Together: Scotland’s Suicide Prevention [Strategy](#) 2022 to 2032 and accompanying [Action Plan](#) for 2022 to 2025.

*“...to reduce the number of suicide deaths in Scotland, whilst tackling the inequalities which contribute to suicide. To achieve this, all sectors must come together in partnership, and we must support our communities, so they become safe, compassionate, inclusive, and free of stigma. Our aim is for any child, young person or adult who has thoughts of taking their own life, or are affected by suicide, to get the help they need and feel a sense of hope.”*





# National Strategy & Action Plan – Creating Hope Together (2022)



**Outcome 1:** The environment we live in promotes the conditions which protect against suicide risk

**Outcome 2:** Our communities have a clear understanding of suicide, risk factors and its prevention

**Outcome 3:** Everyone affected by suicide is able to access high quality, compassionate, appropriate and timely support

**Outcome 4:** Our approach to suicide prevention is well planned and delivered, through close collaboration between national, local, and sectoral partners.





# IJB Strategic Plan & Delivery Plans

In March 2023, the West Lothian Integrated Joint Board (IJB) published its new strategic plan with a vision of *“Working in partnership to improve wellbeing and reduce health inequalities across all communities in West Lothian”*.

1. Improving Health Inequalities in Partnership
2. A “Home First” Approach
3. Enabling High Quality Care, Support and Treatment

Suicide Prevention has key actions which contribute to meeting both priorities 1 and 3.







# West Lothian Local Outcome Improvement Plan 2023 2033



The West Lothian LOIP, launched in 2023, has a vision of partners in West Lothian working together to ‘improve the quality of life for everyone who lives, works, learns and does business in West Lothian’ with a focus on tackling inequalities.

Of the 4 thematic pillars and the outcomes identified to drive forward improvement, Suicide Prevention is addressed within the Improving Health and Wellbeing pillar and the associated performance indicators





# Suicide Prevention Leadership Group

- Group meet 4 times a year, members include children's services, adult protection, education, mental health services, community regeneration, public health, third sector, police and a representative from the central Scottish Government group on Suicide Prevention.
- Group reviewed the content of Creating Hope Together strategy and action plan and engagement work was carried out in developing the West Lothian Action Plan which will be structured based on the outcomes of the national strategy.
- Focus on building resilience within the community when faced with suicide and its impact, develop understanding of suicide and its prevention, looking at areas of concern and developing protocol in response to suicide.





# West Lothian Suicide Prevention Action Plan 2025-2028

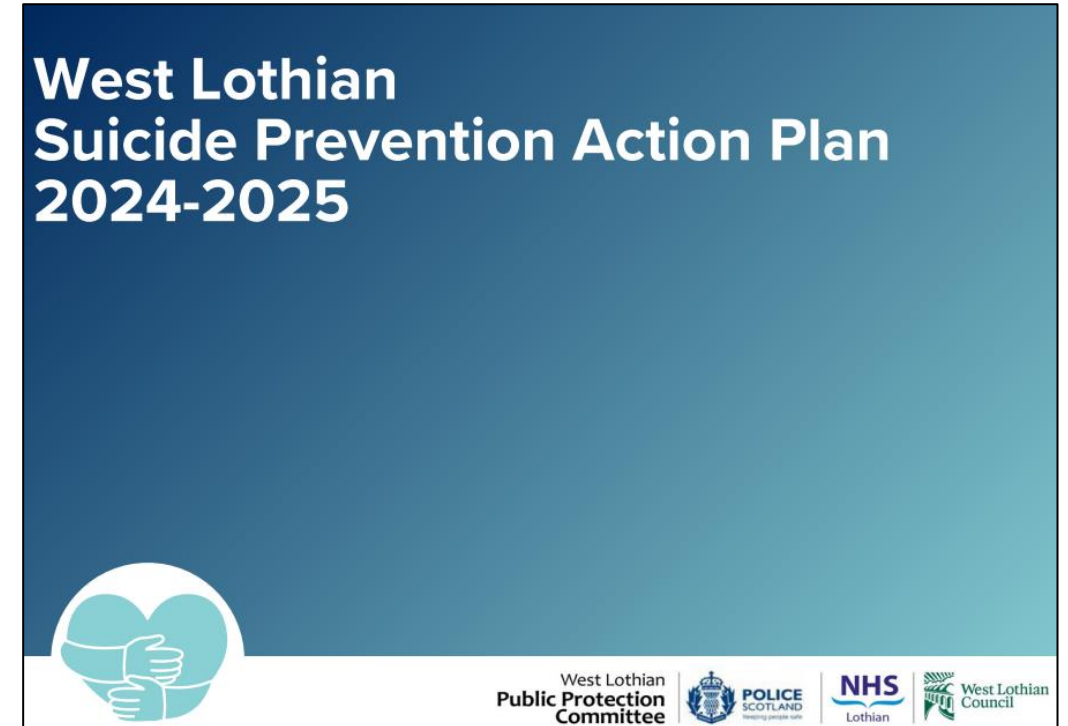
- To deliver on national and local strategic focus of reducing and preventing probable suicides and tackling the inequalities which contribute to this, a three-year Suicide Prevention Action Plan will be developed for West Lothian.
- To successfully deliver on this we need to consult and engage with partners across the Community Planning Partnership and with our communities.
- Over the next year we will undertake consultation and engagement to achieve this taking a whole system approach to our engagement work in tackling suicide considering the key risk factors that contribute to inequalities in West Lothian such as poverty, substance use, homelessness, and trauma.
- This will form the basis and provide the key themes to inform the development of our three-year Suicide Prevention Action Plan.





# West Lothian Suicide Prevention Action Plan 2024-2025

- Following the Chief Officers Group (COG) approval of our approach to both the short term and long-term Suicide Prevention Action Plans in Sept 2023, the short-term plan was circulated to the Suicide Prevention Leadership Group (SPLG), Council, NHS, Community Planning Partnership (CPP) and third sector partners for further input.
- The Suicide Prevention Action Plan 2024-2025 was approved by COG in March 2024.





# Suicide Prevention Action Plan: 2024-2025

## 1. Workforce Development and Community Building - Training and Learning

- Mapping and scoping of current provision for training
- Collaboration with MHOG - Training and Staff Wellbeing Workstream
- Staff and Community engagement to identify strength and weaknesses and identify training gaps for future development
- Development of training framework for the community and workforce to signpost individuals to the appropriate training based on their learning requirement

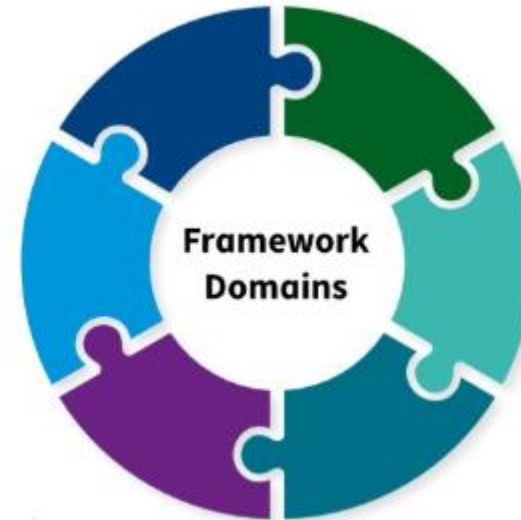


# Suicide Prevention Action Plan: 2024-2025

## Scotland's Knowledge and Skills Framework for Mental Health Improvement, Self-Harm and Suicide Prevention

The framework articulates the knowledge and skills required across 4 levels of practice : **informed, skilled, enhanced and specialist.**

These are based on the nature and frequency of contact staff have with people who may be at risk of, or affected by, mental ill health, self-harm or suicide.



1. Promote good mental health and wellbeing
2. Tackle mental health inequalities, stigma and discrimination
3. Support people in distress or crisis
4. Promote resilience and recovery
5. Prevent self-harm or suicide
6. Improve the quality and length of life for people living with mental ill health





# Suicide Prevention Action Plan: 2024-2025

Scotland's Knowledge and Skills Framework for Mental Health Improvement, Self-Harm and Suicide Prevention

- **Informed** – Provides the skills and knowledge required by all staff
- **Skilled** - Knowledge and skills required by non-specialist front line staff
- **Specialist** – Knowledge and skills required by staff who play a specialist role
- **Enhanced** – Knowledge and skills required by staff who have regular and intense





# Suicide Prevention Action Plan: 2024-2025

## 2. Support for people affected or bereaved by Suicide

- Collaborate with Police colleagues in West Lothian to explore the opportunity to include signposting to local support services as part of the Suicide Bereavement Letter
- Collaborate with Police colleagues in West Lothian to explore the opportunity of a Local Data Sharing Agreement to be in place which provides detail on deaths by probable Suicide







# Suicide Prevention Action Plan: 2024-2025

## 3. Prevention and Postvention Response

- Establishment of working groups around Locations of Concern and Postvention
- Development of protocol for response to a probable Suicide and Suicide clusters in West Lothian
- Engagement with Samaritans to implement actions/activities to reduce probable and attempted suicides at railway stations
- Development and Implementation of an engagement plan around medium to long term actions to form the West Lothian Suicide Prevention 2025-28 action plan.





# Suicide Prevention Action Plan: 2024-2025

## 4. Maintaining links with national and local developments

- Engage with the National Suicide Prevention Network to remain UpToDate with national developments
- Attendance at drop-in sessions to network with other Suicide Prevention Leads on developments happening locally for learning and development
- Engage with the Adult Mental Health & Wellbeing: Prevention & Early Intervention Working Group to ensure a joined-up approach to Mental Health and Suicide Prevention work.





# Evaluation and Actions

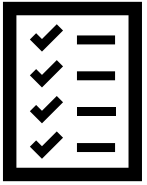
- Actions will be reviewed and updated by the Suicide Prevention Leadership Group (SPLG) on a quarterly basis with an update being provided to the Chief Officer Group quarterly in line with SPLG updates
- Evaluation is a key component of work going forward, evaluation strategy is currently being considered.



# Integrated Impact Assessment

- An Integrated Impact Assessment (IIA) was completed to ensure the plan takes account of equality, human rights and wider determinants considering needs/barriers and to prevent/mitigate any negative impacts whilst taking the opportunity to identify and highlight positive impacts.
- A broad range of staff and community partners were consulted to input knowledge and perspective from their area of expertise.





# Summary

- The Suicide Prevention Action Plan 2024-2025 has been established to help reduce the amount of attempted and completed suicides in West Lothian, tackle the inequalities which contribute to suicide and improve the overall wellbeing of the population.
- A broad range of staff and community partners were consulted to input knowledge and perspective from their area of expertise.
- The next steps will be to take forward the actions detailed including consultation and engagement with communities, partners and stakeholders this summer to inform our long term plan due to launch in 2025.





# Support

If you or someone you know experiences mental ill-health – or if you or someone else is feeling suicidal – support and advice is available from the following sources:

- **Neil's Hugs** is a West Lothian based charity which offers in person support to people who are affected by either the attempted or completed suicide of someone close to their heart. They can be contacted via telephone on 07446 717501 or email at [admin@neilshugsfoundation.com](mailto:admin@neilshugsfoundation.com)
- **West Space** is an online space for mental health and wellbeing information in West Lothian, which provides information about local mental health and wellbeing services and provides resources to support self-help and self-management
- **Samaritans** provide confidential non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair. You can contact Samaritans free by phoning 116 123 via email on [jo@samaritans.org](mailto:jo@samaritans.org)