

# Suicide Prevention

## Zero Suicide Alliance

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# About Mersey Care



Local Services

**4**

**LOCAL  
AUTHORITIES**

- LIVERPOOL
- SEFTON
- KNOWSLEY
- ST HELENS



**647**

**INPATIENT BEDS**

at 31 March 2015



**25%**  
**reduction  
in beds**



**GOOD**

**NHS**  
**Improvement**  
**RISK RATING 4**

**97%**  
of all contacts  
are in the  
community

**TOP DECILE**



**CQC Community Mental  
Health Trust Survey**



**30+  
SITES**

both of its own and  
premises rented

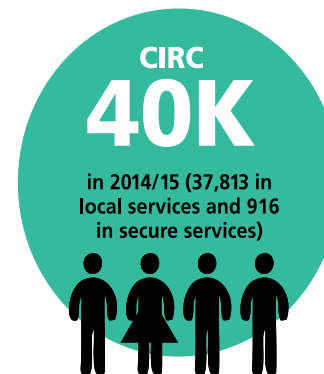
**1 of 3**  
Providers of high secure  
services in England

Largest  
provider  
of **LD**  
forensic  
secure care  
in UK



**500 VOLUNTEERS**

60% service users and carers



Circ

**8K**

**STAFF MEMBERS**

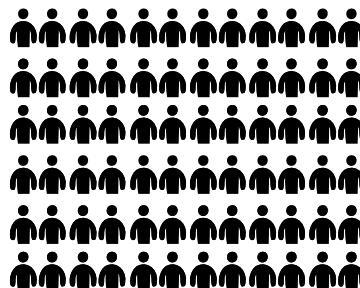
at April 1 2018



# Our population



**839,572**  
POPULATION



The combined population of Liverpool, Sefton and Knowsley (predominantly Kirkby).



**32% v 20%** children  
in low income families

**5%** BME groups account for 5.5% of the population of Merseyside.



**Circa 13% NEET**

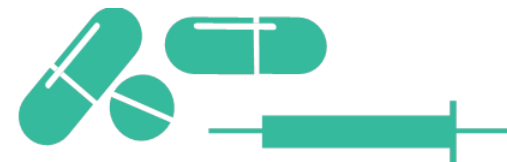


**MERSEYSIDE IS THE  
FOODBANK CAPITAL  
OF THE COUNTRY**



**1,275 ASYLUM SEEKERS**

living in supported accommodation in Liverpool, - 5.7% of the UK total.



**DRUG DEATH CAPITAL  
OF ENGLAND**



**ALCOHOL  
ABUSE**

**3,114 per 100,000** in Liverpool  
**849 per 100,000** In parts of SW England

**Highest level of depression and anxiety (19.3%) in England (Avg 12%)**  
**Upper quartile new incidents of psychosis (31.4/100K) in England (Avg 24/100K)**

# Zero Suicide Approach

- Henry Ford Hospital System, Detroit, (USA) implement a philosophy and practice of 'perfect depression care' which led within four years to a 75% drop in suicides, and eventually to years without a single suicide.
- Mersey Care NHS Trust believe that this can be implemented in the UK, and are the first mental health trust to publically commit to the ambitious aspirational goal of zero suicide from within its care over the next five years.
- The Zero Suicide approach aims to improve the care provided and outcomes for people at risk of suicide under the care of Mersey Care NHS Trust.

# If Not Zero Then What?



# Zero suicide in our care

- Our aim is to eliminate the suicide of people in our care;
- We believe suicide in our care is avoidable;
- There are evidence-based interventions and we can maximize their delivery;
- It is therefore both a concept ***and a set of practices;***
- It is the ultimate expression of our commitment to patient safety.



# Mersey Care 4 Cornerstones and 10 practices for Zero Suicide

**1**

Service user  
and partner  
engagement

1. Co-production with service users of materials and resources to aid self-care.
2. Collaboration with primary care, Emergency Department clinical teams, and the police to ensure effective joint approach taken at critical risk points

**2**

Safe and  
effective care  
and treatment

3. Integrated community services
4. Intensive care following inpatient care and in times of crisis
5. Medicine safety
6. Restriction of access to means and modification of other risk factors

**3**

A competent  
workforce

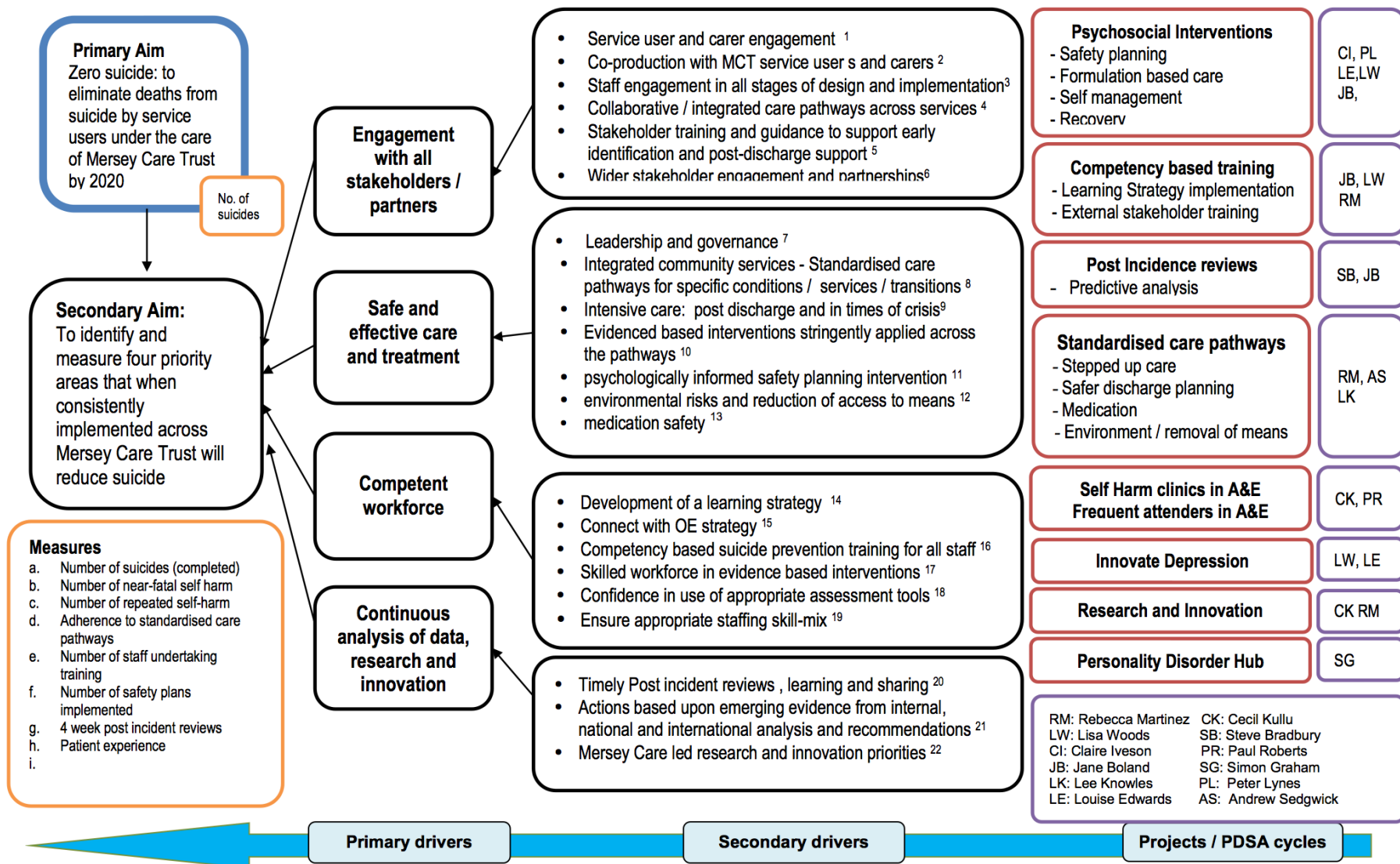
7. Develop and implement a learning strategy across whole organisation, including competency based suicide prevention training for all staff commensurate with their level and role
8. Ensure adequate staffing skill-mix

**4**

Research and  
Evaluation

9. Standardise post-incident reviews
10. Collect, analyse and disseminate data on suicides and near misses

# Driver Diagram



# A competent workforce

- Development of a Learning Strategy
- Connect with OE strategy
- Competency based suicide prevention training for all staff
- Skilled workforce in evidenced based interventions
- Confidence in use of appropriate assessment tools
- Ensure appropriate staffing skill-mix

# Developing a learning strategy

- Two levels of training
  - Level 1 (Suicide awareness)
    - For all Trust staff (Board to front line staff)
    - ZSA 'See, Say, signpost' training developed from this
  - Level 2 (Suicide Risk awareness)
    - For all clinical staff
    - 5 modules (6<sup>th</sup> module currently being completed)
    - Targeted to 'hot-spot areas'
- All training has been Co-produced with Service users and staff
- Have used Lived experience to enhance the training and give context

# 5 Values of Co-Production

## Values and behaviours

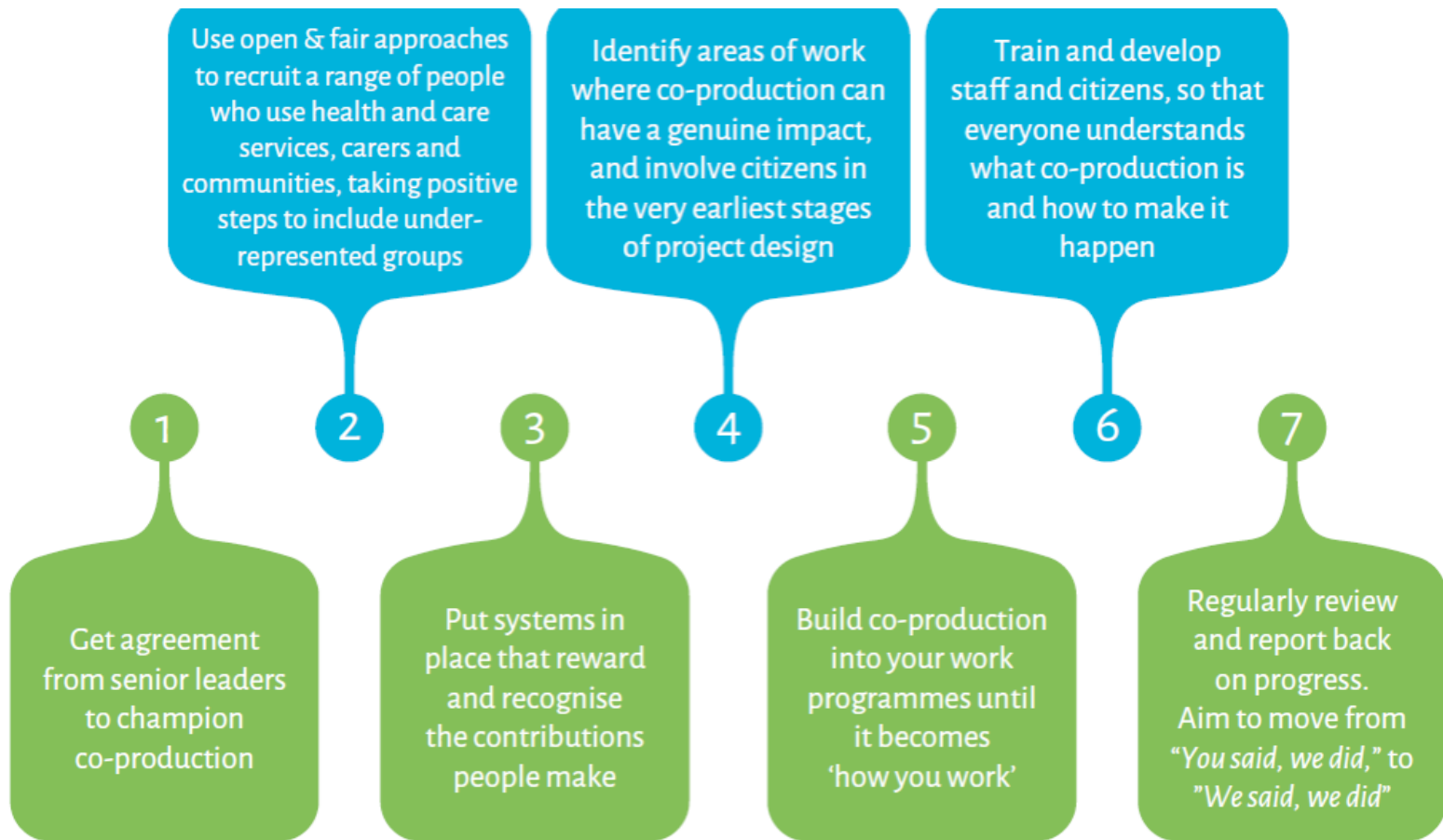
For co-production to become part of the way we work, we will create a culture where the following values and behaviours are the norm:



## How to do it?

Seven practical steps to make co-production happen in reality:

# 7 steps to Co-Production



## Level 1 Training Evaluation

An overall increase in the number of staff reporting more positive attitudes and beliefs about those at risk of suicide.

In some areas there has been a move to a 100% adherence.

At 9 months post evaluation the adherence to positive views was 78%.

An overall increase in the number of staff reporting a self rated increase in both their confidence to intervene with someone in distress and the development of skills & understanding about Suicide Prevention.

At post 9 months 70% of participants indicated that they would be more likely to intervene if they had concerns, 75% had a better understanding of suicide prevention and 80% felt more positive about the Zero Suicide Strategy

## Aims

1. Can a locally developed learning resource deliver improvements in knowledge, skills and confidence in the field of suicide prevention ?
2. Will participation in the training improve perception of the Zero Suicide Strategy?

The screenshot shows the Mersey Care NHS e-learning course interface. At the top, the Mersey Care NHS logo is visible on the left and 'NHS Mersey Care v0.2.0' on the right. The main heading is 'Welcome to this e-learning course on **Suicide Prevention**'. Below this, a text box states: 'Suicide can be difficult for people to talk about.' This is followed by a paragraph: 'However, it's everyone's responsibility in Mersey Care to help a person who may be finding it difficult to cope, even if:'. A bulleted list follows: '• It's an uncomfortable conversation.', '• It's difficult to know what to say.', and '• You're worried that you might say the wrong thing.' Below the list, another paragraph states: 'Completing this module will help you to overcome any concerns you may have and also help you to respond effectively to someone in distress.' On the right side of the interface is a photograph of a young woman with long brown hair, wearing a white coat, looking down at a smartphone. At the bottom of the interface, there is a progress bar with the letters 'G', 'Z', 'A' in colored boxes, followed by the word 'PROGRESS:' and a progress indicator. To the right of the progress bar are the buttons 'BACK' and 'NEXT'.

# Zero Suicide Alliance (ZSA)

- The Awareness Training is available to use from anywhere in the world from December 2017 as part of the Zero Suicide Alliance offer;
- The ZSA launched 16<sup>th</sup> November 2017 in the House of Commons, Palace of Westminster;
- Over 90 organisations self-assembling to create a new social movement;
- Focus on knowledge into action;
- Aiming for 1 million to complete awareness training in England;
- Driven by lived experience;
- Supported by Mersey Care.

1

**TALK TO ME**

2

**WHAT WE SAY**

3

**WHEN WE SAY IT...**

Make some time, sit down with a friend, colleague or family member and have that long awaited chat.

LET'S TALK... because in 2017/18  
5,821 people died by suicide in the UK,  
that's nearly 16 people EVERY day.

SAVE A LIFE... TAKE THE TRAINING:  
[zerosuicidealliance.com](https://zerosuicidealliance.com)

**END THE  
SILENCE  
END  
SUICIDE**

The *Suicide. Let's Talk* course aims to raise awareness and get people talking...

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1. Suicide is **preventable** and **avoidable**
2. Suicide impacts **all of us**
3. Suicide is **personal**



The course uses facts, figures and **personal stories** to engage participants emotionally...

THE **SITUATION**

800,000  
IN 2016

Please take a moment to  
view this short video clip of  
Sangeeta talking about her  
beautiful son, Saagar.

PREV

NEXT

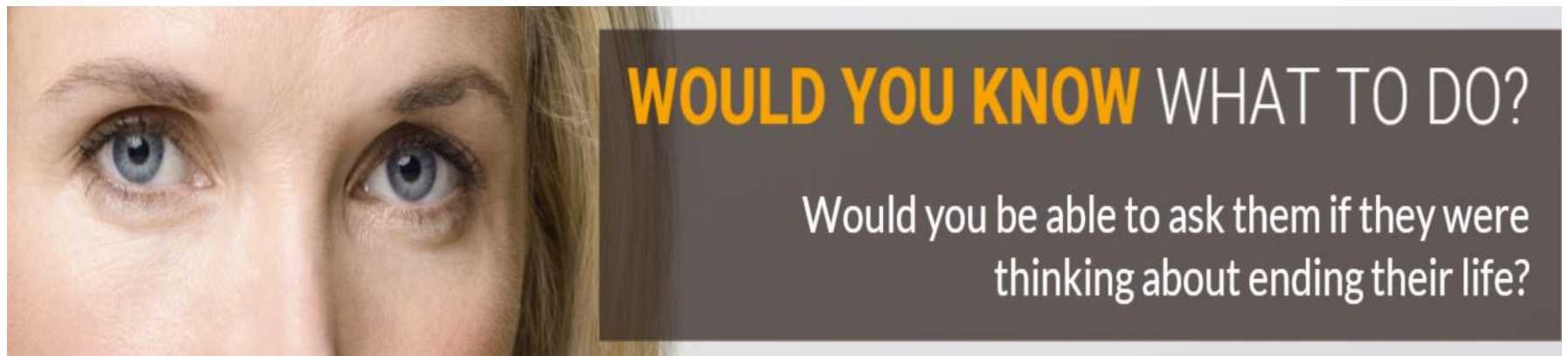
And presents **scenarios** and **coaching** that lend experience.

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Participants are left feeling empowered and more confident spotting and handling difficult conversations.

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# Implementing Zero Suicide

- Understand the Data- Do you know how your organisation is performing? The public health context? Areas of excellence, areas of concerns
- Engagement- How do you propose to engage locally? MCT had high level Board support- and this was important- but some work needed on operational leadership- to overcome barriers
- Zero Suicide Pathway- getting the basics right- do you have a vision for what the basics look like? MCT do now! But probably didn't when we started.
- Resources- What do you need to make this an effective strategy

# Zero Suicide training

- Available free to use and can be loaded onto your own training platform.
- Please contact Mersey Care Communications dept. for instructions on how to load the files
- [www.zerosuicidealliance.com](http://www.zerosuicidealliance.com)