

NO MORE
Suicide

Preventing suicide in
Cheshire & Merseyside



SAMARITANS

Welcome

**World Suicide Prevention Day
Samaritans Media Workshop
Tuesday 10th September 2019**

#WSPD19 #StayAlive #seesaysignpost



Champs
Public Health
Collaborative

Working together to improve health and
wellbeing in Cheshire and Merseyside

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Suicide

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Welcome

**Cllr Louise Gittins, Leader, Cheshire West & Chester
Council and Elected Member Champion for Suicide
Prevention in Cheshire & Merseyside**

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Housekeeping

- Fire exits
- Toilets
- No fire alarms planned
- Phones on silent
- Twitter hashtags **#WSPD19 #StayAlive #seesaysignpost**



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A moment of silence



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Sue Forster
Chair of the NO MORE Suicide Partnership Board
Director of Public Health St Helens

Working together to improve health and wellbeing in Cheshire and Merseyside

NO MORE Suicide Strategy 2015-20

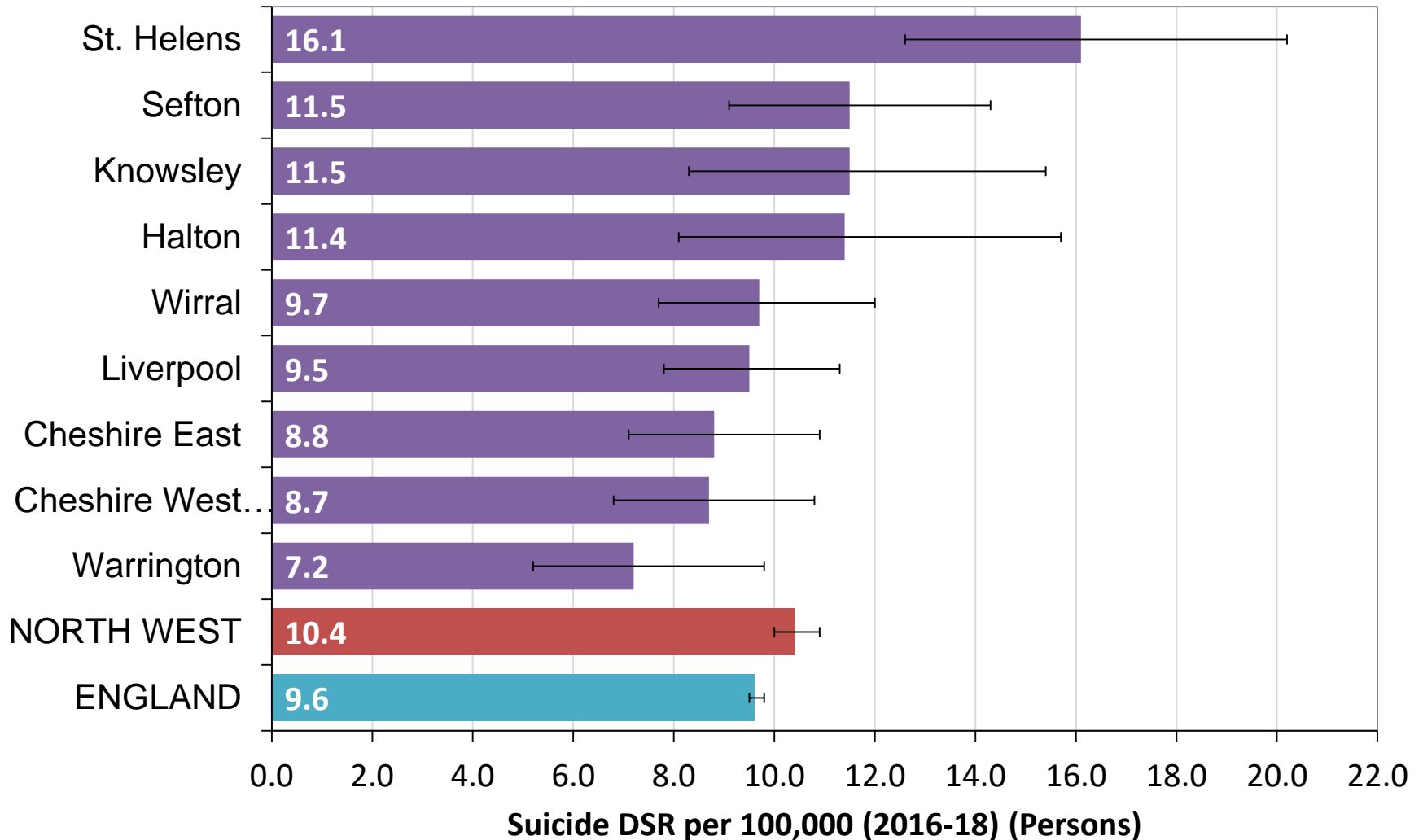
The vision

Cheshire and Merseyside is a region where suicides are eliminated, where people do not consider suicide as a solution to the difficulties they face. A region that supports people at a time of personal crisis and builds individual and community resilience for improved lives.

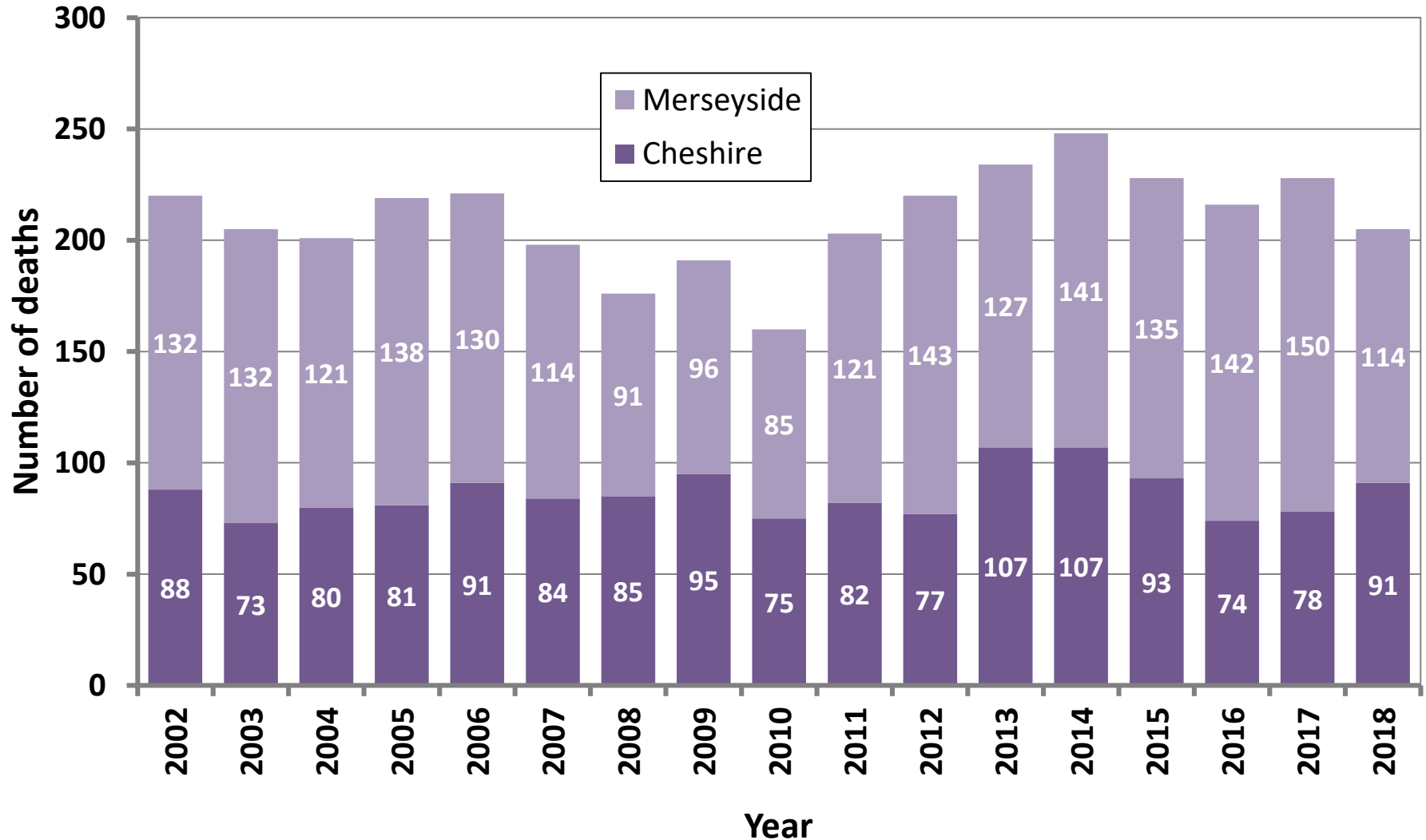
43210%



Rates of death by suicide/UI across Cheshire and Merseyside (2016-18)



Numbers of deaths by suicide/UI across Cheshire and Merseyside (2002-18)



Working Together to Prevent Suicide

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PRIMARY CARE
SPORTS **FIRE AND POLICE SERVICES**
PAPYRUS
SAMARITANS **COLLEGES**
CHESHIRE & MERSEYSIDE NO MORE SUICIDE PARTNERSHIP
PUBLIC HEALTH **LIVED EXPERIENCE** **LOCAL AUTHORITIES** **CORONERS**
NW AMBULANCE **CAMHS** **WORKPLACES** **CCGS** **MENTAL HEALTH TRUSTS**
SOBS **AMPARO**



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Are you Ok?

- Just Ask
- Just Listen

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Tackle stigma

Small Talk Saves Lives
Time to Talk
In Your Corner

Take the training

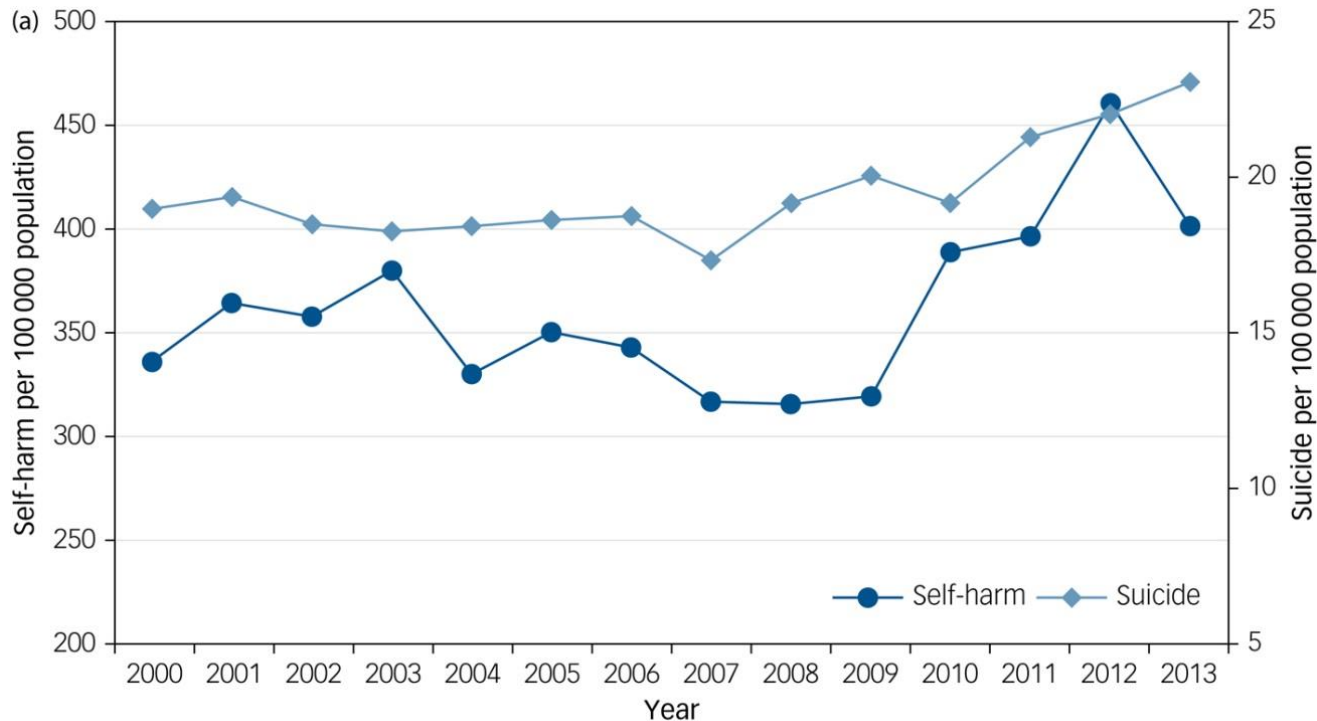
#See,Say,Sign
knowledge, skills & confidence

Find Support

Hub of Hope
#Stay Alive

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wellbeing in Cheshire and Merseyside

Men's Mental Health

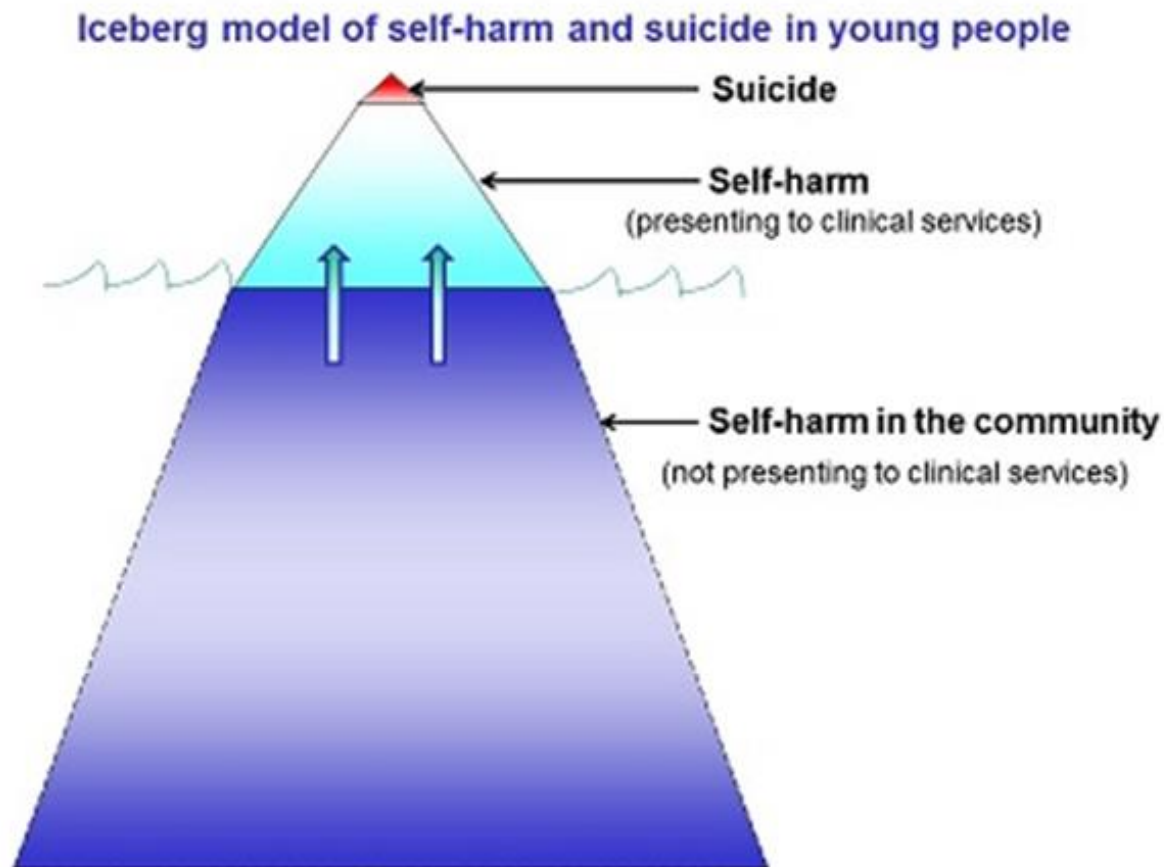


- Rise in self-harm linked to rise in suicide
- Self-harm rise linked to economic factors and alcohol

Self-harm Prevention

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Suicide Safer Care

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Suicide

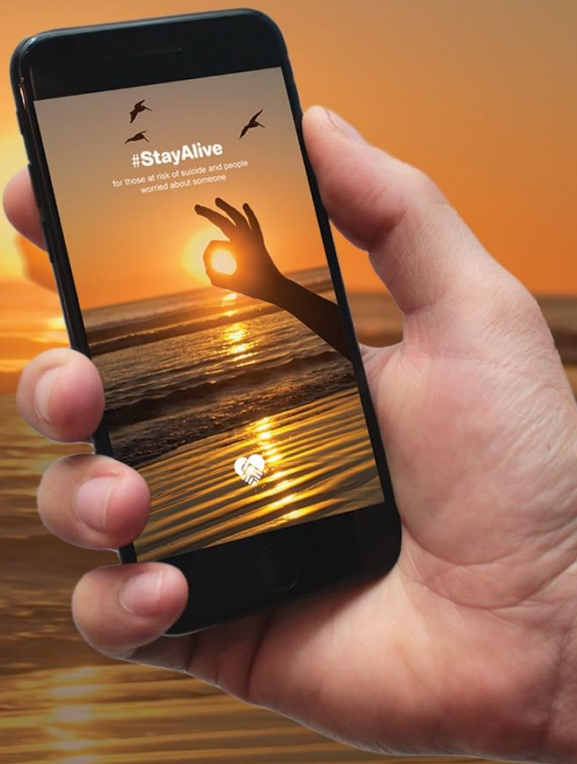
Preventing suicide in
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[NCISH 2018 Annual Report Key Findings](#)

Thinking about suicide? #StayAlive

Download the free app
to help you stay alive



Thank You

www.no-more.co.uk

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 **GRASSROOTS**
SUICIDE PREVENTION
www.prevent-suicide.org.uk

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Q&A



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JAMES' **P** PLACE

WWW.JAMESPLACE.ORG.UK

Presented by

Dave Scott

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Our Vision



- We believe that men who are experiencing a suicidal crisis need to be in a space where they feel safe, valued and respected
 - We believe we deliver a safe and effective therapeutic intervention which will meet the needs of men using our service
 - We believe it is vital to engage friends and families in the care of the men using out service
- We want James' Place to be somewhere that people look forward to visiting and look back on with a renewed sense of hope.

©

Who is James' Place for?

- Male (or identify as male)
- 18+
- Experiencing a Suicidal Crisis
- Registered with a GP – willing to share info with GP
- Able to access accommodation
- Able to engage in talking therapy

©

How do men find out about us?

- Local A&E Mental Health Teams
 - IAPT Services
 - Walk in Centres
- University Health Services
 - City Centre GPs
- Third Sector Referrers
 - Self Referrals

James' Place Liverpool

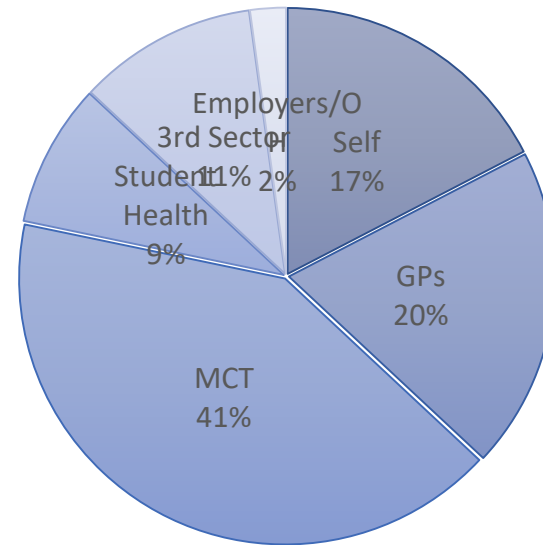
- 70 therapeutic sessions weekly – with scope to add a further 10 sessions
 - 12 Welcome Assessments weekly
- Rolling caseload of approximately 25 men
 - Mentor role

Referrals to Date

- 265 Referrals
- 201 Welcome Assessments
- 188 Engaged in Intervention
 - Current Caseload 25

Referral Source

Referral Source



- Self
- GPs
- MCT
- Student Health
- 3rd Sector
- Employers/OH

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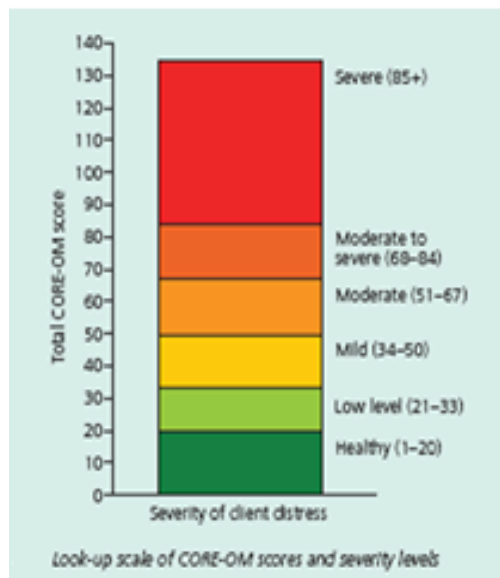
How do we Measure Outcomes?

- Feedback Questionnaires for men and supporters
- Core 34 Outcome – validated tool to assess and measure psychological distress
- Academic Evaluation- published Nov 2019

Core 34 – Validated Outcome Measure

- Self rating by client
- 5-point scale ranging from 'not at all' to 'most or all of the time'.
- The 34 items of the measure cover four dimensions:
 - Subjective well-being
 - Problems/symptoms
 - Life functioning
 - Risk/harm

Validated Outcome Measure

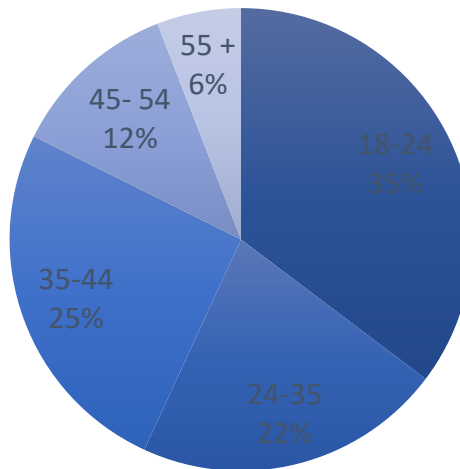


- Average Initial Core 84.5
- Range 41-102
- Average Final Core 30.6
- Range 0-81
- Average change -53.9
- Move from Moderate to Severe to Mild

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James' Place Liverpool

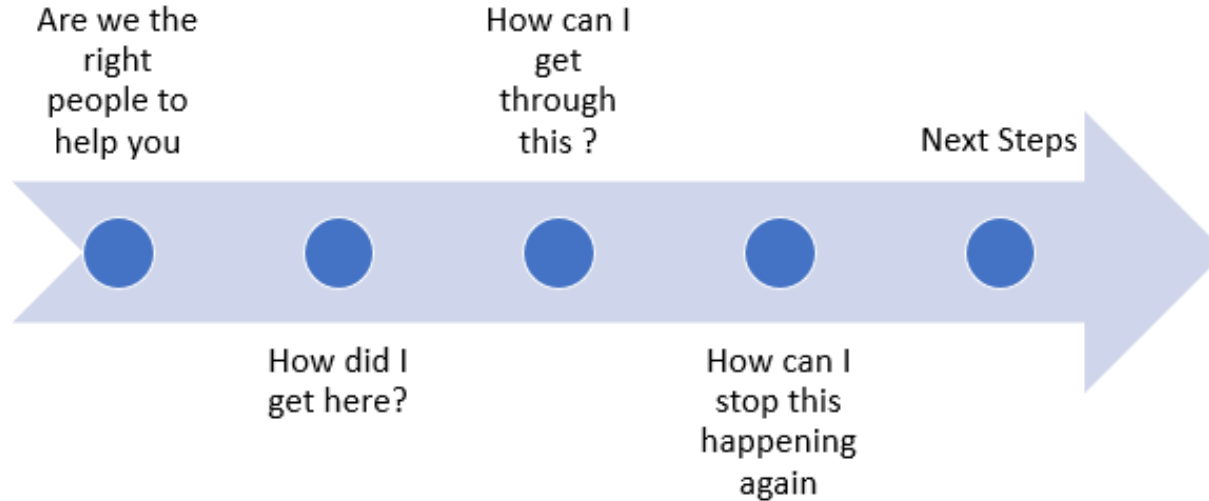
Age Breakdown



■ 18-24 ■ 24-35 ■ 35-44 ■ 45-54 ■ 55+

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James' Place Intervention



Lay Your Cards on the Table



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Background to intervention



- Evidence Based- Joiner, Jobes and O'Connor
- Solution Focussed
- Crisis Resolution model
- Involves supporters throughout
- Psychological and Practical Support
- Formulation based

Our Challenges

- Over half of men who die by suicide do not seek help before their death
- How do we engage with those men? Where do they go? Who do they listen to?
- Partnerships with grassroots groups- ie COLFC, The Anfield Wrap, State Of Mind
 - New ways of engaging- ie AR cards
- Referral Pathways with Blue Light services and other large employers

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Our Goals

- Financial Stability for JP Liverpool
 - Expand referral pathway to hard to reach groups
- Develop our technical capability- including clinical info system and innovative use of tech to engage hard to reach men – provide support for men who cannot physically access JP
 - Develop local partnerships and pathways to additional well being support
- Develop bespoke pathways with high risk groups- ie veterans , blue light services
 - Develop a service spec for next JP and identify suitable sites

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Everton
in the Community

WSPD 2019

Everton in the Community

Tuesday 10th September 2019

@EITC



EitC **Everton**
in the Community



Everton in the
Community
Established
1988

AWARDS
100
Multi-Award
Winning

40
Programmes


90,000
participant hours
each season


Everton Free School
Established
2012


170
Partners


125
Full Time Staff

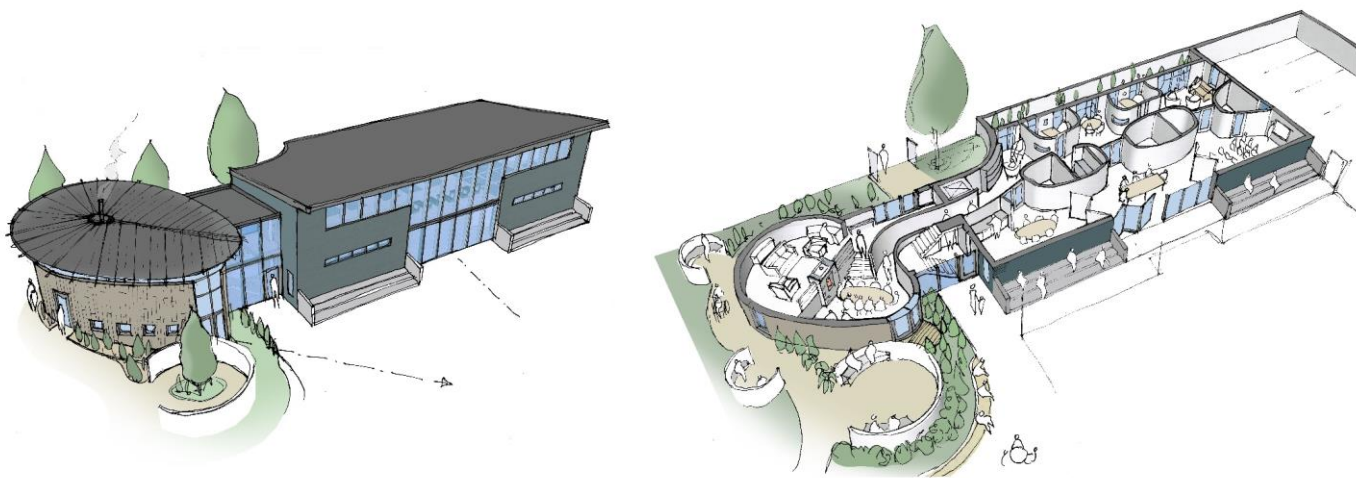
Supporting
20,000
People
each year


200+
Volunteers


£4.2m
new premises

The People's Place

- A pioneering purpose-built facility will provide an overarching service to anyone, regardless of age, gender or location.
- It will promote positive mental health and suicide prevention.
- The People's Place will be the first of its kind project aligned to a Premier League Football Club



What We Will Offer



Sport & Physical Activity

Gym / Fitness sessions
Yoga & Meditation
Chair based activities
Walking Groups

Various sport sessions
Walking Football
Gardening
Running Groups



Education & Development

Workshops and seminars
CV writing
Job search support /
mock interviews
Mental health
awareness sessions

Delivery to schools and
universities / teacher
training
Art / Music / Book Clubs /
DIY / Computer support/
singing/ guitar groups



Signposting & Awareness

Hub of Hope:
Partnership with the
national charity Chasing
the Stigma

Talking stations:
Promoting solution
focused conversations
including partner visits



Community Engagement

Coffee mornings
Volunteering opportunities
Health Café
Wellbeing Barber Shop

Dementia and Social
Isolation support-
reminiscence workshops
Cinema Screenings



State of Mind Sport

- Multi Award winning mental fitness education session delivered to over 65000 people since 2011
- Boot Room Project
- Squad Goals
- Offload men's mental fitness project



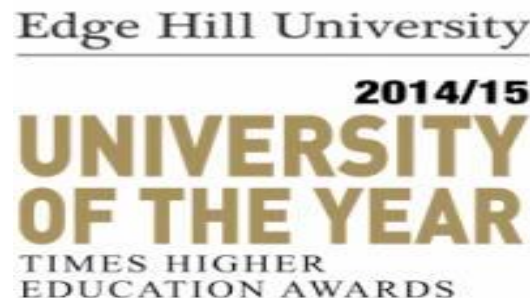


Department of Sport &
Physical Activity

Edge Hill University: Mental Health and Suicide Prevention through Sport, Physical Activity and Education

World Suicide Prevention Day Samaritans Media Workshop
CHAMPS Public Health Collaborative, 10 September 2019

Professor Andy Smith



@ProfAndySmith



Andy.Smith@edgehill.ac.uk



Education

Undergraduate courses
MSc Sport, Physical Activity and MH
PhD research
Volunteering



Research

Monitoring and evaluation
Funding and evidence
Developing insight
Impact analysis
Work with the sector



Training

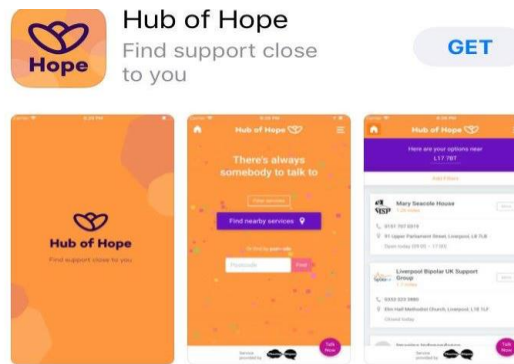
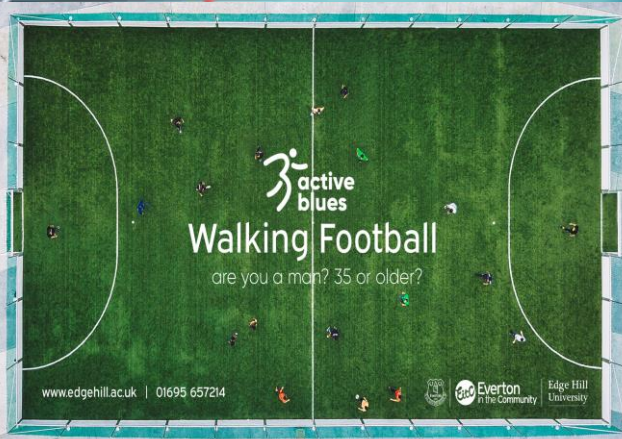
Sport and education
Mental Health First Aid
CPD and mentoring
Workforce development
Conferences, workshops

Mental Health and Suicide Prevention Edge Hill University



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Sport, Physical Activity, Education, Public Health

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Q&A



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Refreshment break



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A personal perspective on suicide

Clarke Carlisle



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A partner's perspective

Carrie Carlisle



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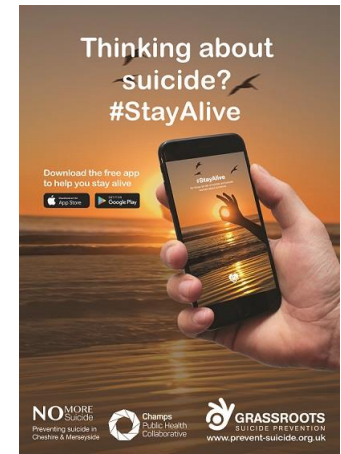


Key actions

#30daysforMH

#StayAlive

#seesaysignpost



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Useful Support Services

Samaritans – 116 123 (free) or www.samaritans.org

PAPYRUS - 0800 068 41 41 www.papyrus-uk.org

CALM – 0800 58 58 58 www.thecalmzone.net

State of Mind – www.stateofmindsport.org

AMPARO - 0330 088 9255 www.listening-ear.co.uk

Survivors of Bereavement by Suicide - 0300 111 5065

www.uksoobs.org/

The Hub of Hope – www.hubofhope.co.uk



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Thank you for attending
Please complete your evaluation form



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