

CABINET	AGENDA ITEM No. 5
19 DECEMBER 2022	PUBLIC REPORT

Report of:	Jyoti Atri, Executive Director Public Health	
Cabinet Member(s) responsible:	Councillor John Howard, Cabinet Member for Adult Social Care, Health and Public Health	
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JOINT SUICIDE PREVENTION STRATEGY FOR CAMBRIDGESHIRE AND PETERBOROUGH 2022-2025

RECOMMENDATIONS	
FROM: <i>Public Health Executive Director and Public Mental Health Team</i>	Deadline date: <i>N/A</i>
<p>It is recommended that Cabinet:</p> <ol style="list-style-type: none"> 1. Approve the Joint Cambridgeshire and Peterborough Suicide Prevention Strategy 2022-2025. 	

1. ORIGIN OF REPORT

- 1.1 This report is submitted to Cabinet following a referral from the Corporate Leadership Team on 2 November 2022.

2. PURPOSE AND REASON FOR REPORT

- 2.1 The purpose of this report is for Cabinet to initiate a proposed strategy
- 2.2 This report is for Cabinet to consider under its Terms of Reference No. 3.2.8, *'To determine policies or strategies that will have a significant impact on two or more wards.'*

3. TIMESCALES

Is this a Major Policy Item/Statutory Plan?	NO	If yes, date for Cabinet meeting	N/A
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4. BACKGROUND AND KEY ISSUES

- 4.1 The Joint Cambridgeshire and Peterborough Suicide Prevention Strategy 2022-2025 is a refresh of the Strategy of the same name that was operational between 2017 and 2020.
- 4.2 The Suicide Prevention Strategy will sit within the Health and Wellbeing Strategy alongside a Public Mental Health Strategy and a Children and Young People's Mental Health Strategy under the priority area to *'promote early intervention and prevention measures to improve mental health and wellbeing.'*

- 4.3 The strategy outlines the approaches being undertaken by the local authority and its partners across Cambridgeshire and Peterborough to reduce the rate of suicide within the county and ensure people are receiving the support they need.
- 4.4 This work is informed by the National suicide prevention strategy 'Preventing suicide in England' and its subsequent progress reports, chiefly the fifth progress report released in 2021. Local data and collaboration with mental health services and people with lived experience have been employed in order to tailor the national approach to Cambridgeshire and Peterborough.
- 4.5 This strategy has determined a key ambition for suicide prevention work within Cambridgeshire and Peterborough over the next three years: *'Every person in Cambridgeshire and Peterborough has access to the right care and support, from both the mental health system and their communities, to ensure that they do not die by suicide'*.
- 4.6 Following agreement from the multi-partner suicide prevention implementation board in 2017, Cambridgeshire and Peterborough are pursuing a zero suicide ambition. We acknowledge that zero suicide is ambitious and will rely on many wider structural factors that lie outside of the scope of this strategy. However, as a system we have adopted this approach as we think it is important that we do everything in our power to prevent suicide. To this end, our zero suicide ambition translates practically in the following three outcomes:
- Achieve a significant reduction in inpatient suicides in inpatient care settings and no never-events by 2025
 - Significantly reduce the number of patients in contact with mental health services dying by suicide by 2025
 - Reduce the rates of suicide in Cambridgeshire and Peterborough in line with national averages by 2025
- 4.7 The Key Recommendations proposed by the strategies are as follows:
- 4.7.1 Identify local risk factors for suicide and ensure approaches are considerate of different needs
- a) Identify emerging trends in suicide risk using Real-Time Suicide Surveillance and Mental Health Data Dashboard
 - b) Improve system learning from available data and adapt/escalate approaches where possible, taking into account intersectionality of factors that contribute to suicide
 - c) Deliver targeted interventions that take into consideration the different risk factors and sensitivities associated with people from diverse background
- 4.7.2 Provide high quality general and specialist support to people presenting with suicidal intent
- a) Continue to deliver and expand Suicide Prevention Training to all healthcare professionals in Cambridgeshire and Peterborough
 - b) Ensure consistency between primary and secondary mental health provision
 - c) Promote the use of safety plans in all healthcare settings and raise awareness for individuals of how to develop their own, with the aim of keeping people safe until they can access mental health services
 - d) Support frontline workers, both emotionally and practically, to ensure that they are well-equipped to help patients facing suicidal thoughts, able to effectively refer people to appropriate support and not jeopardising their own mental health in the process
- 4.7.3 Protect people at a time of crisis and following de-escalation
- a) Ensure that people are actively engaged with crisis care and able to address underlying issues
 - b) Expand the support networks and resources available to people following a mental health crisis
 - c) Reduce access to means within the home and in a digital world
- 4.7.4 Ensure the community is well-equipped to prevent suicide in non-clinical environments

- a) Support the delivery of awareness raising campaigns, particularly through the introduction of data-informed tailored approaches
 - b) Promote delivery of suicide prevention training to members of the community
 - c) Offer greater support to families and friends of people affected by suicidal thoughts to better equip them to keep their loved one safe and protect their own mental health
- 4.7.5 Improve understanding of self-harm and support the promotion of healthy coping strategies
- a) Improve data collection to gain a better understanding of self-harm beyond crisis care
 - b) Understand and address self-harm in children and young people
 - c) Ensure those presenting to services with self-harming behaviours have their mental health concerns treated appropriately
- 4.7.6 Ensure that appropriate steps are taken following a suicide to support the community
- a) Expand the existing suicide bereavement support offer to accommodate those more widely affected by a suicide and encourage peer support
 - b) Ensure that professionals in contact with someone who has died by suicide are adequately supported
 - c) Rapidly respond to incidents of suicides that may have a greater impact on the wider community and ensure that information shared is accurate, sensitive, and guiding people towards support

5. CORPORATE PRIORITIES

5.1 The recommendation links to the Council's Corporate Priorities as follows:

1. The Economy & Inclusive Growth

- A key part of the suicide prevention strategy is ensuring homes are safer environments for people who are struggling with thoughts of suicide through the encouragement of safety planning, self-managing safety and equipping communities with resources and awareness of how to support.
- The strategy acknowledges the impact of financial difficulty on risk of suicide, with the suggestion that efforts should be made to connect employment services with mental health services to ensure a consistency in approach.
- The Joint Cambridgeshire and Peterborough Suicide Prevention Strategy 2022-2025 does not identify any projects likely to have a significant carbon impact. Officers undertaking any projects in order to address the recommendations within the strategy will consider the carbon impact of individual workstreams. For example, the printing of resources will be carefully considered in order to meet the needs of those with low digital literacy, whilst limiting waste.

2. Our Places & Communities

- The strategy seeks to equip both professionals and members of the community with the knowledge and resources needed to keep people safe from suicide. As such, a significant focus is on how we can train non-mental health professionals and members of the public with introductory suicide awareness.
- The strategy notes a number of risk factors that may contribute to somebody taking their own life, looking beyond mental ill health to consider wider determinants of wellbeing, including bereavement, relationship breakdown, belonging to a particular minority community and exposure to violence/trauma
- The strategy acknowledges that it is important that we address stigma associate around mental health and aim to maintain social connectedness. Expansion of the newly formed Network for Addressing Isolation and Loneliness in Cambridgeshire and Peterborough (NAILCAP) will ensure that community groups across the county will be linked into the wider mental health system

3. Prevention, Independence & Resilience

- This strategy is an all-age strategy so considers how we can improve the support for adults, older adults and children and young people
- It is situated alongside a Children and Young People's Mental Health Strategy (led by Cambridgeshire and Peterborough NHS) and the currently being draft Public Mental Health Strategy (led by the local authority).
- As mentioned above, whilst there is attention focused on crisis care and the point at which people are at immediate risk of suicide, a considerable amount of attention is placed on how to prevent people from reaching crisis point, through access to adequate care and support

4. Sustainable Future City Council

- Key to the delivery of this work is its multiagency approach
- The Suicide Prevention Strategy Implementation Group consists of over 50 members, representing Cambridgeshire County Council and Peterborough City Council, NHS, Cambridgeshire Constabulary, Office for Health Improvements and Disparities, Lifecraft, CPSL Mind, Samaritans, Fullscope, University of Cambridge, Anglia Ruskin University and people with lived experience of suicide
- Delivery of this work as a multiagency approach allows partners to pool knowledge and resources to deliver against the strategy in a collaborative manner, as well as sharing responsibility across our mental health system

6. CONSULTATION

6.1 Consultation with those with lived experience of suicide and suicide bereavement has been sought. Two consultation events with members of the public have been held and their views have been reflected in the strategy. A survey of frontline workers supporting those with mental health difficulties has been conducted and results from this also shared within the strategy. The strategy has been agreed by the suicide prevention strategy implementation group with key representatives in the mental health system, both within the local authority and with partners including the CCG, CPFT, police and third sector.

6.2 The recommendation has been considered by the Corporate Leadership Team and Cabinet Policy Forum.

7. ANTICIPATED OUTCOMES OR IMPACT

7.1 Approval of the strategy will allow for this to be shared widely and work detailed to commence/continue

8. REASON FOR THE RECOMMENDATION

8.1 The [National Suicide Prevention Strategy](#) outlines that '*Local responsibility for coordinating and implementing work on suicide prevention will become, from April 2013, an integral part of local authorities' new responsibilities for leading on local public health and health improvement.*'

9. ALTERNATIVE OPTIONS CONSIDERED

9.1 The option to not refresh the strategy was rejected as it is now out of date and no longer accurately reflects the needs of the people of Cambridgeshire and Peterborough.

10. IMPLICATIONS

Financial Implications

10.1 There are no significant implications within this category.

Legal Implications

- 10.2 There are reputational implications for CCC not to own a suicide prevention strategy as this is expected, although not a statutory requirement, as outlined in the National suicide prevention strategy. Suicide prevention contributes to the council's general duty to improve the health of the public.

Equalities Implications

- 10.3 Priority Area 1 of the strategy outlines the plans in relation to ensuring that those in society deemed more at-risk of suicide, many of whom fall under protected characteristics, are adequately supported. An Equality Impact Assessment has not been completed as part of this overall strategy, but will be taken into consideration when work affecting specific communities is undertaken.

11. BACKGROUND DOCUMENTS

Used to prepare this report, in accordance with the Local Government (Access to Information) Act 1985

- 11.1
- Joint Cambridgeshire and Peterborough Suicide Prevention Strategy 2022-2025
 - Preventing Suicide in England (National Suicide Prevention Strategy)
 - September 2014 report to Cambridgeshire County Council Health Committee relating to the 2014 draft of the Suicide Prevention Strategy
 - Cambridgeshire and Peterborough Health and Wellbeing Strategy

12. APPENDICES

- 12.1 None.

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