

  Brent Clinical Commissioning Group	Health and Wellbeing Board 7 October 2019
	Report of the Director of Public Health
Mental wellbeing and suicide prevention: update	

Wards Affected:	All
Key or Non-Key Decision:	Non-Key
Open or Part/Fully Exempt: <small>(If exempt, please highlight relevant paragraph of Part 1, Schedule 12A of 1972 Local Government Act)</small>	Open
No. of Appendices:	
Background Papers:	
Contact Officer(s): <small>(Name, Title, Contact Details)</small>	Melanie Smith Director of Public Health Melanie.smith@brent.gov.uk

1.0 Purpose of the Report

- 1.1 This report will update the Board on the London and local suicide prevention activity, postvention support and the local work undertaken to promote mental wellbeing.

2.0 Recommendation(s)

- 2.1 The Board is asked to:
- note the development of the mental wellbeing work across Brent
 - note the update on the Brent suicide prevention plan
 - endorse the zero suicide campaign #ZeroSuicideLDN
 - note the postvention bereavement funding for North West London

3.0 Detail

Mental wellbeing

- 3.1 The Health and Wellbeing Board has endorsed and adopted the Thrive LDN principles. Thrive LDN is a city-wide movement sponsored by the Mayor of London and the London Health Board which aspires to promote mental wellbeing, prevent illness and eliminate suicide in London.

3.2 Thrive LDN has six aspirations:

1. A city where individuals and communities take the lead
2. A city free from mental health stigma and discrimination
3. A city that maximises the potential of children and young people
4. Develop a healthy, happy and productive workforce
5. A city with services that are there when and where needed
6. A zero-suicide city

3.3 The Mayor of London's Peer Outreach Team, in partnership with Thrive LDN, will be hosting a young Londoner-led festival to mark World Mental Health Day on Thursday, 10 October 2019. The day will potentially be the largest young Londoner-led event ever held at City Hall.

<https://www.thriveldn.co.uk/campaigns/world-mental-health-day-2019/>

3.4 Thrive LDN is also supporting the roll out of Youth Mental Health First Aid (MHFA) training across London through a Train the Trainer model. The aim is that all schools, sixth forms, further education colleges, pupil referral units, and alternative provision centres will have at least one member of staff trained as a Youth Mental Health First Aider by 2021.

3.5 In Brent, two members of the Public Health were trained to deliver MHFA training and are now training staff in schools and colleges. The first MHFA course in Brent took place in July 2019: 17 staff were trained from 12 schools participated. An additional three courses are planned in Brent during September and October 2019.

3.6 Building on the “are we OK, Brent?” messaging, sessions have been run for all Community Wellbeing staff on the 5 + 1 ways to wellbeing¹. These proved very successful with feedback that staff wanted more information in this area. A leaflet for staff with ideas on local activities to support the 5+1 has been produced and is available on request.

3.7 Mental Health Awareness week (13th – 19th May 2019) was celebrated in Brent and action is planned for World Mental Health Day both at the Civic Centre and at Ashford Place.

3.8 In September Brent Council made mental health and wellbeing the focus of its Forward Together all-staff sessions. These sessions covered what support the Council provides for people with mental health problems and also support and services for staff.

Suicide prevention

¹ The 5 ways to wellbeing (connect, be active, take notice, keep learning and give) are an evidence based approach which can be incorporated into everyday activities and which are shown to enhance mental wellbeing. *Are we ok, Brent?* added Create to message 5+1 ways to wellbeing, maximising synergies with the London Borough of Culture 2020.

- 3.9 The aspiration for London to become a zero-suicide city encompasses both action to reduce the suicide rate and better support for those affected or bereaved by suicide.
- 3.10 On 10th September 2019, World Suicide Prevention Day, the campaign #ZeroSuicideLDN was launched as a response to the fact that 12 Londoners each week take their own lives. The campaign is a partnership between Thrive LDN and the Zero Suicide Alliance.
- 3.11 The Zero Suicide Alliance is a collaborative of National Health Service trusts, businesses and individuals who are all committed to suicide prevention in the UK and beyond. The alliance is ultimately concerned with improving support for people contemplating suicide by raising awareness of and promoting FREE suicide prevention training which is accessible to all.
- 3.12 #ZeroSuicideLDN aims to get 100,000 Londoners to take on line training over the next 12 months. After taking the 20 minutes training, people will be able to
- Identify when someone is presenting with suicidal thoughts/behaviour
 - Feel comfortable responding and speaking out in a supportive manner
 - And signposting the individual to the correct services or support
- 3.13 #ZeroSuicideLDN is supported by the Mayor of London and partners including the NHS in London, London Councils, London's police forces, Transport for London, and other emergency services, such as London Fire Brigade and the Maritime and Coastguard Agency, alongside voluntary and community groups.
- 3.14 Printed and digital campaign resources are available through the website:
- www.thriveldn.co.uk/zerosuicideldn
- 3.15 Papyrus, the national charity for the prevention of young suicide, are working in Brent. They have offered training at Bridge Park for schools and develop resources and policies for use in schools, colleges, and universities.
- 3.16 The Brent public health team are working with the University of London who have commissioned a needs assessment for student mental health. A Student Health Group has been convened which connects the accommodation leads for the student housing in Wembley with public health and health service providers.
- 3.17 The multi-agency Brent Suicide Prevention Group has determined to join with Harrow, as there is considerable overlap in membership.
- 3.18 Last year's suicide audit cannot be repeated until the new year as the Coroner's Office is unable to accommodate data requests until then. This is due to a new data system being introduced looking at real time data.

Postvention bereavement funding for North West London

- 3.19 The NHS Long Term Plan sets an ambition that, by 2023/24, all areas of the country will have a postvention support able to provide timely and appropriate support for those affected by suicide, in line with published guidance.
- 3.20 North West London Health & Care Partnership (NWL HCP) has a clear strategic direction for improving local mental health services. The Like Minded Strategy (2015-2020) has guided the local programme of work to improve mental health services in North West London to date, and is in the process of being updated to take into account the commitments in the NHS Long Term Plan. Engagement with stakeholders has highlighted that there is appetite for, and commitment to, improving suicide postvention support services in North West London.
- 3.21 A local postvention service for North West London would aim to provide proactive bereavement support to those affected by suicide. Whilst the exact model for service is yet to be determined, it will focus on the ambition that everyone bereaved or affected by suicide is offered timely and appropriate support via a local offer which follows best practice principles set out by the Support After Suicide Partnership (SASP) and Public Health England. This would aim to include:
- A lead or single point of contact;
 - Proactive contact with the bereaved family within 72 hours of a death, facilitated by Thrive London's Information Sharing Hub;
 - Emotional and practical support for individuals e.g. with inquests and legal processes;
 - Liaison with local mental health trusts as needed e.g. if a family is receiving services or wishes to be supported via this route;
 - Navigation of, and referral to, other local and national support services (including specialist support) where needed;
 - Contact and/or support for the longer term as required.
- 3.22 The newly developed Thrive London Information Sharing Hub, which will be available from Autumn 2019 will be utilised by the postvention service for North West London. The Hub facilitates notification of a death within 72 hours by the host organisation, often the police, to partner organisations such as local authorities. Work is also underway to consider how the service can link into developing Primary Care Networks in North West London.
- 3.23 Initial engagement with experts in the field and others involved in delivery of postvention services have also highlighted: the need for involvement of people with lived experience in any local service; the importance of flexibility, acknowledging the diversity of people that may require support and that people utilising such a service will differ in terms of their cultural and individual needs; and the importance of alignment with other local services. Initial mapping work for North West London is underway to identify local options for bereavement support in place now, including via local IAPT services. Most of these offer generic care, but some specialist suicide-related bereavement care services are present, for example, through the Listening Place which offers services across London.
- 3.24 An approach to establishing a postvention service for North West London has been agreed across HCP partners. The intention is to set up and 'go live' with

a service in Q3/4 2019/20. This would run throughout 2020/21 with a view to testing the most appropriate model(s) for delivery to meet local need. NW London will learn from existing provision in its design phase, and it is expected that the service will be centred around a small, dedicated, focussed workforce (e.g. liaison officer/s) who will help navigate and support those bereaved by suicide particularly through the very difficult period after death. This would mean both emotional and practical support – as set out in Help is at Hand – and involve building relationships with, and knowledge of available therapeutic and support services, and reaching out to work alongside those involved in formal post-suicide processes (e.g. police, coroners, mental health services).

- 3.25 Further work, particularly with people with lived experience, and to identify the right model for operational mobilisation is underway; this includes ensuring the model meets the right cultural sensitivities for each area. However, options are already being developed (for example: a single service; two coordinated services each aligned to one of the local mental health trusts populations; a hub and spoke network across boroughs).

4.0 Financial Implications

- 4.1 There are no financial implications as a direct result of this paper

5.0 Legal Implications

- 5.1 There are no legal implications as a direct result of this paper

6.0 Equality Implications

- 6.1 The postvention support is being designed with explicit attention to the diversity of the NWL population

7.0 Consultation with Ward Members and Stakeholders

- 7.1 Ward members have been invited to Mental Health Awareness week and will be invited to the events planned for World Mental Health Day.

Report sign off:

Dr Melanie Smith

Director of Public Health