

DUNDEE CITY COUNCIL

REPORT TO: SOCIAL WORK COMMITTEE - 16 FEBRUARY 2004

REPORT ON: PROPOSALS FOR THE IMPLEMENTATION OF THE CHOOSE LIFE STRATEGY

REPORT BY: DIRECTOR OF SOCIAL WORK

REPORT NO: 150 - 2004

1.0 PURPOSE OF THE REPORT

1.1 The purpose of this report is to advise members of the work undertaken, in conjunction with Community Planning Partners, to develop an initial action plan for the local implementation of Choose Life – A National Strategy and Action Plan to prevent Suicide in Scotland.

2.0 RECOMMENDATIONS

It is recommended that the Social Work Committee:-

- 2.1 note that an initial action plan has been drawn up and has been approved by the Community Planning Partners through the Healthy Dundee Group
- 2.2 note that a sub group of Healthy Dundee will oversee the ongoing development and implementation of the local suicide prevention action plan.

3.0 FINANCIAL IMPLICATIONS

3.1 The Scottish Executive has allocated specific funding to support the implementation of Choose Life in Dundee as follows:

2003-4 £85,000
2004-5 £91,000
2005-6 £97,000

These funds were allocated mid way through the financial year and any funds not used this financial year are expected to be carried forward to 2004-2005.

This funding is held by the Local Authority on behalf of the Community Planning Partners who are expected to approve local action plans and also to ensure, over time, that the priorities in local action plans are reflected in the Health Improvement Plan and in the overall Community Plan. The most appropriate mechanism for achieving this is through the Healthy Dundee group. The guidance also advises community planning partners to involve the local voluntary section and service user and carer groups in agreeing local plans.

4.0 LOCAL AGENDA 21 IMPLICATIONS

4.1 The proposals for Choose Life contribute positively to the Local Action 21 themes of:

- protecting health by creating safe, clear, pleasant environments and health services which emphasises prevention of illness as well as care for the sick;
- providing access of the skills, knowledge and information needed to enable everyone to play a full part in society.

5.0 EQUAL OPPORTUNITIES IMPLICATIONS

5.1 None

6.0 MAIN TEXT

6.1 In December 2002 the Scottish Executive published a national strategy and action plan to prevent suicides in Scotland.

Guidance was issued in July 2003 outlining how Choose Life should be implemented at a local level and the level of funding which would be made available to support local implementation.

The guidance outlined the five key objectives of most relevance to local areas ie:

- Early prevention and intervention;
- Responding to immediate crises;
- Coping with suicidal behaviour and completed suicide;
- Longer term work to provide hope and support recovery;
- Promoting greater public awareness and encouraging people to seek help earlier.

It also asked local areas to target the national priority groups of:

- children (especially looked after children);
- young people, in particular young men;
- people with mental health problems;
- people who have attempted suicide;
- people affected by the aftermath of suicidal behaviour or completed suicide;
- people who abuse substances;
- people in prison.

Finally, the guidance outlined three main local actions and activities which the funding was intended to support ie:

- i Supporting the improved co-ordination of efforts by local agencies to develop and implement local suicide prevention plans.
- ii Encouraging and supporting innovative local voluntary services, community based and self help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.
- iii Developing and implementing local training programmes.

6.2 Development of a Draft Initial Action Plan

In accordance with the guidelines issued in July 2003, a lead officer was identified to co-ordinate the development of a local action plan. The lead officer has contacted a wide range of local organisations, statutory and voluntary, who have contributed to the development of the initial action plan contained in Appendix 1. Although funding has been made available for a period of three years, at this stage proposals have concentrated on

some initial priorities. Most agencies have commented on the lack of up to date information on both the extent of suicide and self-harm in this area and also of the range of services available. Further work requires to be done to improve the local understanding of the extent of suicide and self-harm and how it might best be prevented, hence the proposal that a sub-group of Healthy Dundee take forward this work and develop further proposals for the use of any remaining Choose Life funds.

The initial action plan was considered and approved by Healthy Dundee on 14 January 2004.

7.0 CONSULTATION

The Chief Executive, the Depute Chief Executive (Support Services) and Depute Chief Executive (Finance) have been consulted in the preparation of this report.

8.0 BACKGROUND PAPERS

Choose Life: A National Strategy and Action Plan to Prevent Suicide in Scotland. Scottish Executive December 2002.

9.0 SIGNATURE

Alan G Baird
Director of Social Work

Date: 4 February 2004

CHOOSE LIFE ACTION PLAN - DUNDEE CITY COUNCIL

PROPOSED ACTIONS

i **Supporting the improved co-ordination of efforts by local agencies to develop and implement local suicide prevention action plans.**

Work to be undertaken	Maintenance of Choose Life steering group to develop and maintain an effective suicide prevention strategy.
By Whom	Range of stakeholders currently represented on initial working group
Expected Outcomes	Annual Progress Report to Healthy Dundee. Development of "care pathway" Development of a local training programme
How outcomes will be monitored/ assessed	

ii **Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives.**

Proposal One

Project/Initiative Name	Dundee Samaritans Recruitment Drive
Main agency (other agencies involved)	Dundee Samaritans and local media
Project Leader	Chairperson, Dundee Samaritans
Project Aims (Main Three)	1 To recruit sufficient volunteers to enable telephone lines to be appropriately covered 24 hours a day. 2 To advertise local Samaritan service to would be callers. 3 To increase public awareness and understanding of suicide.
Key 'Choose Life' Objectives	Early prevention and intervention. Responding to crisis. Promoting public awareness and encouraging people to seek help earlier.
Main 'Choose Life' Priority Groups targeted	All
Costs - staffing, equipment, others	£9,000 Recruitment advertising costs over a six month period. Awareness raising advertising costs.
Main outcomes	Increased numbers of volunteers. Increased capacity to handle calls reflected in increase in calls. Reduction in suicide and self harm.
How assessed	Maintenance of anonymised statistics.

Proposal Two

Project/Initiative Name	Survivors, Self-harm and suicide: Support Worker (24 Hours Dundee)		
Main agency (other agencies involved)	Women's Rape and Sexual Abuse Centre, Dundee, Ltd		
Project Leader	WRASAC Management Committee		
Project Aims (Main Three)	<ul style="list-style-type: none"> • To provide support to survivors who self-harm or/and feeling suicidal • To reduce waiting times for appointments • To co-ordinate, facilitate and evaluate support groups • To further develop and facilitate training on survivors, self-harm/suicide for WRASAC workers • To conduct research into service users self-harm/suicide attempts • To liase and network with relevant agencies • To develop joint work with a multi-agency approach • To provide support and information to workers from the statutory and voluntary sector who are working with survivors self-harm and/or suicide. 		
Key 'Choose Life' Objectives	<ul style="list-style-type: none"> • Early prevention and intervention • Responding to immediate crisis • Longer term work to provide hope and support recovery. 		
Main 'Choose Life' Priority Groups targeted	<ul style="list-style-type: none"> • Young women • Women with mental health problems • Women who have attempted suicide or who are feeling suicidal • Women who abuse substances 		
		Tayside	Dundee
Costs - staffing, equipment, others	Total cost for Project 2004/2005	£35,041	£22,769
	Total cost for Project 2005/2006	£38,048	£24,627
Main outcomes	<ul style="list-style-type: none"> • A decrease in incidence of self harm/suicidal feelings in service users • A reduction of waiting time for appointments • Service users will build confidence and self-esteem and come to terms with the underlying issues. • Through training for individual support workers will develop skills to provide appropriate support to survivors who self harm or/and have suicidal feelings • Through the provision of information and support, workers from many agencies will be more aware of the issues relating to and feel more confident in responding to survivors who self harm and/or have suicidal feelings • The research will establish reasons behind survivor's self harm/suicide attempts, what is helpful, why survivors do not access any other services, what responses to their self harm/suicide attempts they have received. 		

How assessed	<p>Service users will be asked to complete service evaluation forms. This information will be collated and any recommendations for the development of the service will be assessed and where necessary implemented.</p> <p>Volunteer training will be evaluated by the facilitators and participants any relevant adaptations will be made to the training in response to this.</p> <p>By keeping relevant statistics and system monitors.</p> <p>Through regular meetings with WRASAC Management Committee.</p> <p>By providing monthly reports to WRASAC Management Committee.</p> <p>The worker attending regular support and supervision.</p>
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Proposal Three

Project/Initiative Name	Pilot project to develop a 24 hour deliberate self harm assessment service, Ninewells Hospital												
Main agency (other agencies involved)	Liaison Psychiatry Service												
Project Leader	Dr Mitchell Stewart												
Project Aims (Main Three)	<ol style="list-style-type: none"> 1 To offer specialist assessments for patients who present to Ninewells Hospital 24 hours a day 2 To evaluate the extent to which this extended service provision enables a greater proportion of patients to be assessed. 												
Key 'Choose Life' Objectives	<p>Early prevention and intervention.</p> <p>Responding to crisis.</p>												
Main 'Choose Life' Priority Groups targeted	All adult priority groups												
Costs - staffing, equipment, others	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">On call allowances</td> <td style="text-align: right;">£2,044</td> </tr> <tr> <td>Overtime Pay</td> <td style="text-align: right;">£13,905</td> </tr> <tr> <td>On costs</td> <td style="text-align: right;">£2,132</td> </tr> <tr> <td>Travel costs</td> <td style="text-align: right;">£1,967</td> </tr> <tr> <td>A&E Support</td> <td style="text-align: right;">£5,087</td> </tr> <tr> <td>Total</td> <td style="text-align: right;">£25,189</td> </tr> </table>	On call allowances	£2,044	Overtime Pay	£13,905	On costs	£2,132	Travel costs	£1,967	A&E Support	£5,087	Total	£25,189
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Total	£25,189												
Main outcomes	<p>Greater proportion of patients assessed at point of presenting at A&E.</p> <p>Referral of patients, where appropriate, to services offering longer term support.</p>												
How assessed	Monitoring to be undertaken by Liaison Psychiatry Service.												

iii Developing and implementing local Training Programmes

Proposal Four

Title	Development of training materials
Aims	To educate professionals to recognise and deal with self harm and suicide.
Key Target Groups	2 nd and 3 rd year medical students and other professionals.
Main Objectives	To develop a training programme which can be used with a range of professionals to increase awareness of suicide and self harm.
Priority Groups	All
Length of Training	Two weeks
Costs	£1,000 - initial course preparation
Outcomes	Training pack available for delivery to professionals

Proposal Five

Title	Working with self harm and suicidal feelings Training Conference												
Aims	<ul style="list-style-type: none"> To enable participants to respond to, and deal with, people who self harm or who feel suicidal in an appropriate manner. To raise awareness of issues relating to self harm and suicide. 												
Key Target Groups	Workers from governmental and non governmental organisations in the Dundee area												
Main Objectives	<p>The training will impact on organisations in the following ways:</p> <ul style="list-style-type: none"> Early prevention and intervention Responding to immediate crisis Longer term work to provide hope and support recovery 												
Priority Groups	<p>The conference will develop skills and confidence in dealing with self harm/injury and suicidal feelings with the following priority groups:</p> <ul style="list-style-type: none"> Children Young people People with mental health problems People who have attempted suicide or who are feeling suicidal People who abuse substances People in prison 												
Length of Training	One full day conference												
Costs	<table> <tr> <td>Facilitators Fees</td> <td>£1,200</td> </tr> <tr> <td>Room and equipment hire</td> <td>£2,430</td> </tr> <tr> <td>Administration</td> <td>£1,194</td> </tr> <tr> <td>Evaluation</td> <td>£772</td> </tr> <tr> <td>Other costs (leaflets, handouts etc)</td> <td>£926</td> </tr> <tr> <td>Total cost for Conference</td> <td>£6,572</td> </tr> </table>	Facilitators Fees	£1,200	Room and equipment hire	£2,430	Administration	£1,194	Evaluation	£772	Other costs (leaflets, handouts etc)	£926	Total cost for Conference	£6,572
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Total cost for Conference	£6,572												
Outcomes	<ul style="list-style-type: none"> Participants will be more aware of the spectrum of self harm/injury and the reasons people self harm/ injure Participants will be more aware of possible indications that someone is feeling suicidal Participants will feel more confident in dealing with individuals who self harm/injure or who feel suicidal Participants will be more aware of support services available 												
Evaluation Proposals	<p>Participants and facilitators will evaluate the training at the end of each session. This information will be collated and any recommendations for the development of the conference will be made.</p> <p>An evaluation sheet will be included and the information/handout packs distribute to participants for tem to fill in and return.</p>												

