

# HEALTH AND WELLBEING BOARD

16 January 2018

<b>Title:</b>	<b>Suicide Prevention Strategy</b>		
<b>Report of the Health and Wellbeing Board</b>			
<b>Open Report</b>	<b>For Decision</b>		
<b>Wards Affected:</b>	<b>Key Decision:</b>		
<b>All wards</b>	<b>Yes</b>		
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<b>Sponsor:</b> Matthew Cole, Director of Public Health			
<b>Summary:</b>	<p>The London Borough of Barking and Dagenham are committed to protecting the mental health of residents, one action in this commitment is to reduce the numbers of residents in the borough who take their own lives through suicide. The Suicide Prevention Strategy, written in partnership with the London Borough of Havering, which is presented to the board is the borough's commitment to addressing the causes of suicide, and to meeting the requirements set out by Public Health England to have a Suicide Prevention Strategy in place.</p> <p>The two boroughs share the same Coroner and have similar rail and road network issues, so it was reasonable approach to do this work in partnership. We did, however, recognise the difference between the two borough populations and recommended actions accordingly.</p> <p>The report has already been to the Havering Health and Wellbeing Board, and has been approved. Redbridge opted out of jointly developing this suicide prevention strategy, and the steering group are activity working with Redbridge to develop a joint delivery plan.</p> <p>The Barking and Dagenham and Havering strategy was developed through a community partnership approach. The partnership approach to developing the strategy had 2 mechanisms 1) a multi-agency steering group and 2) a workshop to engage wider partners. The full details of partners who have been involved are in the Suicide Prevention Strategy. The strategy also includes actions and a proposed governance framework.</p>		
<b>Recommendation(s)</b>	<p>The Health and Wellbeing Board is recommended to agree:</p> <ol style="list-style-type: none"><li>1. To approve the Barking and Dagenham, Havering Suicide Prevention Strategy</li><li>2. Require the suicide prevention steering group to act to implement the Suicide Prevention Action Plan</li><li>3. Require six monthly progress reports on the delivery of the action plan</li></ol>		

**Reason(s)**

These actions support the vision of the Health and Wellbeing Strategy to improve the health and wellbeing of residents and reduce health inequalities at every stage at people's lives.

**1. Introduction and Background**

- 1.1 The London Borough of Barking and Dagenham are committed to reducing the numbers of people in the borough who take their own lives through suicide, we have been working in partnership, including with the local Coroner, to put in place a Suicide Prevention Strategy and action plan.
- 1.2 The Suicide Prevention Strategy and actions are one of the deliverables of the LBBDD mental health strategy 2016 – 2018<sup>1</sup>. The vision of the mental health strategy - preventing ill health, promoting wellbeing, housing, and living well, working well and a new model of social support are the drivers for the strategy.
- 1.3 It is important that the deliverables of the Mental Health Strategy and the suicide prevention strategy has clear links to other mental health work in the borough including the Thrive project, the Integrated Care Partnership and the STP mental health approach.
- 1.4 The Thrive work will support the aim and objectives of the Suicide Prevention Strategy.
- 1.5 In October 2017 the Board also agreed its support for the Mayor's Health Inequalities Strategy<sup>2</sup>, which includes the Thrive aspiration to become a zero-suicide city, and to reduce suicide by 10% by 2020.
- 1.6 The Suicide Prevention Strategy has been written in partnership with London Borough of Havering, and it was approved by the London Borough of Havering Health and Wellbeing Board in November 2017.

**2. Proposal and Issues**

- 2.1 The Suicide Prevention Strategy is the borough's commitment to address the causes of suicide and to meet the requirements set out by Public Health England to have a Suicide Prevention Strategy in place.
- 2.2 The Joint DRAFT Suicide Prevention Strategy which has been written and consulted on using a partnership approach is Appendix A to this report.
- 2.3 The Suicide Prevention Strategy was developed and written in partnership with the London Borough of Havering, reflecting local partnership working.

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<sup>1</sup> London Borough of Barking and Dagenham (2016) Mental Health Strategy. Available at <https://modgov.lbbd.gov.uk/Internet/documents/s107637/Appendix%20A%20-%20Mental%20Health%20Strategy%202016.pdf> Accessed 8 Dec 17

<sup>2</sup> Mayor's Health Inequalities Strategy, Better Health for All Londoners. DRAFT. <https://www.london.gov.uk/what-we-do/health/have-your-say-better-health-all-londoners?source=vanityurl>

- 2.4 Redbridge opted out of jointly developing this suicide prevention strategy, and the strategy steering group are actively working with Redbridge to develop a joint delivery plan.
- 2.5 Barking and Dagenham and Havering boroughs share the same coroner and have similar rail and road network issues, therefore it was reasonable approach to do this work in partnership. We do however recognise the difference between the two borough populations.
- 2.6 The rates of suicide in Barking and Dagenham are marginally lower than rates for London and England. A total of 32 people in 3 years took their own life by suicide.
- 2.7 Every suicide affects between 6 to 60 people, the impact of suicide ripples through communities and has a negative impact.
- 2.8 There are 3 main risk factors that increase the risk of suicide, previous episodes of self-harm<sup>3 4</sup>, mental illness<sup>5</sup> and substance misuse<sup>6</sup>. The prevention and management of these issues are dealt with through other London Borough Barking and Dagenham approaches, however the Suicide Prevention Strategy takes these other approaches into account in the associated action plan.
- 2.9 The aims of the strategy are to reduce rates of suicide across Barking and Dagenham and Havering by 10% by 2020 and to ensure that people who are affected by suicide in our boroughs receive help and support.
- 2.10 Consultation on the strategy is recorded below, the Board is asked to approve the London Borough and Barking and Dagenham, and Havering Suicide Prevention Strategy.

### 3 Consultation

- 3.1 The partnership approach to developing the strategy was through 2 mechanisms 1) a multi-agency steering group and 2) a workshop to engage wider partners. The membership of the steering group is recorded in the strategy, as Appendix 2, and the agencies that attended the workshop are recorded in the strategy as Appendix 3.
- 3.2 The multi-agency Suicide Prevention Steering Group included representatives from London Boroughs of Barking and Dagenham and Redbridge, BHR clinical

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<sup>3</sup> London Borough of Barking and Dagenham Children Safeguarding Board  
<https://www.lbbd.gov.uk/residents/children-young-people-and-families/safeguarding-at-risk-children/overview/>

<sup>4</sup> London Borough of Barking and Dagenham Adult Safeguarding Board  
<https://www.lbbd.gov.uk/residents/health-and-social-care/adults-care-and-support/safeguarding-adults/safeguarding-adults-overview/>

<sup>5</sup> London Borough of Barking and Dagenham Mental Health Strategy (2016) available at  
<https://modgov.lbbd.gov.uk/Internet/documents/s107637/Appendix%20A%20-%20Mental%20Health%20Strategy%202016.pdf> Accessed 20 Oct 17

<sup>6</sup> London Borough of Barking and Dagenham Substance Misuse Strategy (2016) available at  
[http://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&ved=0ahUKEwjwoJWWsf\\_WAhVHQBoKHXUVBYQQFggsMAE&url=http%3A%2F%2Fbarking-dagenham.limehouse.co.uk%2Ffile%2F4207419&usq=AOvVaw29YDF0TrZFhV6RgHtjp8G0](http://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&ved=0ahUKEwjwoJWWsf_WAhVHQBoKHXUVBYQQFggsMAE&url=http%3A%2F%2Fbarking-dagenham.limehouse.co.uk%2Ffile%2F4207419&usq=AOvVaw29YDF0TrZFhV6RgHtjp8G0) Accessed 20 Oct 17

commissioning group, the Metropolitan Police Service, the Probation Service, rail services, Barking, Havering, and Redbridge University Hospitals NHS Trust (BHRUT), North East London Foundation Trust (NELFT), and London Ambulance Service.

- 3.3 A workshop to ensure that the Suicide Prevention Strategy and Action Plan reflects the reality of needs and services in Barking and Dagenham was held on 18 October 2017.
- 3.4 Attendees at the workshop provided expertise across the life course and patient and user experience.
- 3.5 Actions and the outcome of the workshop are included in the Suicide Prevention Strategy.

## 4 Mandatory Implications

### 4.1 Joint Strategic Needs Assessment

The Barking and Dagenham JSNA directs us to the Department of Health Suicide Prevention Strategy<sup>7</sup>.

### 4.2 Health and Wellbeing Strategy

The Suicide Prevention Strategy supports the mental health ambitions of the borough's Health and Wellbeing Strategy:

**Primary school children:**

More children are developing coping and rebound skills to manage life stresses

**Adolescence:**

More adolescents are developing coping and rebound skills to manage life stresses

**Early adulthood:**

Fewer young adults smoke and/or problematically use alcohol or illegal drugs

**Established adults:**

Fewer adults with depression require hospital admission because of better community care and support

More adults have better access to community based urgent care services in ways that suit their work life balance

Fewer established adults smoke and/or problematically use alcohol or illegal drugs

**Older adults:**

More older adults with depression are recognised in primary care and referred for treatment

More adults have better access to community based urgent care services in ways that suit their life

Fewer established adults smoke and/or problematically use alcohol or illegal drugs

More older people are actively engaged in their community.

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<sup>7</sup> Department of Health (2012) Suicide Prevention Strategy. Available at <https://www.gov.uk/government/publications/suicide-prevention-strategy-launched> accessed 2nd October 2017

#### **4.3 Financial Implications**

**Financial Implications completed by: Katherine Heffernan, Finance Service Group Manager**

This report makes recommendations for the approval and implementation of the Suicide Prevention Strategy and Action Plan of the Council. The Public Health Grant currently funds the programme.

There are no direct financial implications arising from this report but any increase in activity around the programme would need to be contained within the current budget resources of Public Health Services.

#### **4.4 Legal Implications**

**Legal Implications completed by: Dr. Paul Feild Senior Governance Lawyer**

The Health and Wellbeing Board is established under Section 194 of the Health and Social Care Act 2012. The primary duty of the Health and Wellbeing Board is to encourage those who arrange for the provision of health or social care services to work in an integrated manner. The authors of the Draft Suicide Prevention Strategy have identified measures and actions to be taken to reduce suicides in this borough and our neighbouring borough Havering and its best prospect to reduce the number of suicides will be through the integrated working with its partnering organisations.

#### **Public Background Papers Used in the Preparation of the Report:**

#### **List of Appendices:**

**Appendix A - DRAFT suicide prevention strategy**