Lancashire and South Cumbria Integrated Care Systems (ICS) Suicide Prevention Logic Model

Vision Lancashire and South Cumbria residents are emotionally resilient and have positive mental health



LEADERSHIP

Long Term Outcomes	Redu	uction in suicides		Reduction in self-harm		e, on those affected by it, is elieved
Intermediate Outcomes	e Outcome 1	Outcome 2	Outcome 3	Outcome 4	Outcome 5	Outcome 6
Cultonico	A strong integrated Suicide Prevention Action Plan that is owned by all key stakeholders	Elimination of suicides for in- patient and community mental health care settings	Clear pathway of care for CYP and Adults who Self Harm that meets NICE guidance	Effective support to those who are affected/bereaved by suicide	To develop and support our workforce to assess and support those who may be at risk of suicide	Improved use of evidence, data and intelligence
	Short Term	o Outcome 1	SI	hort Term Outcome 2	Short Te	rm Outcome 3
Short Term Outcomes	An effective Suicid	le Prevention Board		Greater integration of suicide reduction activities within other strategies and service plans		cs and SC a political support on, with support from local Ith and suicide prevention ampions
Signs of success	6 SP Oversight Board me LA Safeguarding Boards a updates on progress	ũ ,	are included in a strategies i.e. H	on Commitments and Statements all key stakeholders policies and R Policies on has s suicide prevention policy	support the delivery of t Plan	the content and signed up to the Lancs and SC SP Action Suicide Prevention Elected
Reach	Key Stakeholders, Safegu Prevention groups, ICS G Local Authorities, Primary organisations, Police, Fire service, Commissioners a Local Communities	overnance meetings, and Secondary Care Service, NWAS, CYP	de Local Authorities organisations, P service, Commis	Local Authorities, Primary and Secondary Care organisations, Police, Fire Service, NWAS, CYP service, Commissioners and 3 rd Sector services, Private Sector (particularly Construction, Carer		h and Well Being Boards,
Output	Commitment from all key and prevent Suicides	stakeholders to reduce	Suicide Prevention is seen as the responsibility for all in Lancs and SC Elected Member Mental Health an Prevention champions in each of			

Activity	Bi Monthly SP Oversight Board meeting To attend at each Health and Wellbeing Board to seek support for the Lancs and SC ICS action plan action plans To provide update reports to local Safeguarding Boards and Health and Wellbeing Boards on the development and delivery/ implementation of the Suicide Prevention ICS Plan Strategic Leaders pledges/ commitment to deliver of the Suicide Prevention Action Plan Strategic Leads across Lancs and SC to consider to sign up to the No More Zero Suicide Alliance	To develop a Suicide Prevention narrative and key areas for action for strategies and plans where suicide and suicide prevention is a related issue or risk e.g. drugs and alcohol, long-term conditions Key stakeholders to audit current policies and procedures to establish if suicide prevention/ risk of suicide is included Mapping of key stakeholders data to allow for segmentation and targeting for those high at risk of suicide	Define the role of Mental Health and Suicide Prevention Champion LA PH Leads to present the role and expectation to LA Cabinet meetings To identify Elected Members that will take on the role of Mental Health and Suicide Prevention Champion Train the MH/ Suicide Prevention Champions
Inputs	Officer time to attend meetings Officer time to produce update reports Financial	Officer time to conduct audit of policies Analytical	Training of Mental Health and Suicide Prevention Elected Member Champions Officers time Financial Training

PREVENTION

Long Term Outcomes	Reduc	tion in suicides		Reduction in self-ha	Reduction in self-harm			e, on those affected by it, is elieved
Intermediate Outcomes	Outcome 1 A strong integrated Suicide Prevention Action Plan that is owned by all key stakeholders	Outcome 2 Elimination of suicides for in- patient and community mental health care settings	Outcome 3 Clear pathway care for CYP a Adults who S Harm that me NICE guidan	y of Effective support to and are affected/ber suicide ets	o those who eaved by	To o suppor to asse those	utcome 5 develop and t our workforce ess and support who may be at k of suicide	Outcome 6 Improved use of evidence, data and intelligence
Short Term Outcome	Short Term Outcome 4	Short Term Outcome 5	Short Term Outcome 6	Short Term Outcome 7	Short Term Outcome 8		Short Term Outcome 9	Short Term Outcome 10
	Increased awareness of suicide risks and suicide preventior	Improved mental health and wellness	Communities a service provide are more skille identify individ at risk of suicio and respond appropriately	ers sensitive ed to approaches to uals suicide and	Restrict acc means and respond effe to high risk locations		Increased awareness of impact of Adver Childhood Experiences (ACEs)	Development of an Offender MH Pathway for when released in to the community
Signs of succe	ess % of people who report that they ar more aware of wh is at risk of suicide and ways in which that it can be prevented Decrease in Suicide rates across the ICS Increased awareness of the suicide audit findings across al key stakeholders	re volunteering in increase in residents taking part in physical activities across the ICS area Increase in those accessing Adult Learning opportunities 5 Ways to	Specify numb people trained SP % who are train who improved knowledge, sk confidence in identifying individuals at r Specify numb public sector organisations agree to make training manda	d in and 4 local media organisations have pledged to adhere by the Samaritans suicide reporting guidance No of stakeholders that sign up and adopt the principles for the reporting of suicides	Reduction in suicides in h risk location	nigh	Staff in key agencies have a increased awareness of ACEs and the impact that they have on CYP Increase in staff that report that they are able to support/ refer to services that wi help CYP when an ACE is identified	access MH services when released for custody, particularly for those that are high risk of suicide i.e. on suicide watch in the custodial estate

		commissioned services	Specify number of people who are			Increase in the number of	release from custody
		Increase in mental health awareness training	trained in the impact/ risk of Self Harm Number of hours of Protected Learning time allocated by CCGs for Suicide Prevention awareness training sessions			services that are commissioned which include and monitors ACEs	Offender Health Pathway protocol developed and signed off
Reach	Those more at risk of suicide: men, older, Private businesses; taxi, barbers Schools and colleges Prisons Substance misuse services, Local authorities, Primary and Secondary Health, DWP, CAB, 3 rd Sector Organisations	Universal – whole population Target services which address high levels of vulnerability e.g. Substance Misuse Services, Community Mental Health services, Wellbeing services	Specify who is targeted for training Local residents Elected Members Frontline Police/ A&E staff/ Secondary MH services/ Schools/ Primary Care	Communication Departments in all Key Stakeholder organisations Media Outlets	Local Communities Police/ NWAS/ Network Rail/ LA Planning Departments/ Local Travel Companies/ British transport Police	Local Authorities Police Education 3 rd Sector organisations Commissioners- Health and Public Health Prisons Probation	Prisons, Police, Primary Care and Secondary MH Services, Local Authorities, Probation
Output	Number of events during Suicide Prevention DayTime to Change Campaigns embedded across LAsSuicide Audit data publicised and sharedScoping exercise of debt services completed	Measure increase in mental health awareness training delivered Contracts have 5 Ways embedded Volunteer hours recorded across the system Uptake of physical activity (PHOF)	 Specify number of training sessions Specify number of people trained Suicide Prevention awareness training is integrated in to mandatory training for all stakeholders i.e. module 	At least one of the following media organisations will sign a suicide prevention pledge re responsible reporting • TV (That's Lancashire Channel) • Newspaper • Radio	Number of Suicide high risk locations that are identified and target hardened	% of staff that are have attended ACE awareness training Number of services that are commissioned which include ACEs and are monitoring them	Clear pathway agreed for prisoners returning to Lancashire and South Cumbria to access MH Services Gaps identified Agreed protocol signed up to by Prison/ probation and Services

Consistent debt advice available across the ICS)	 within safeguarding training All localities in Lancs and SC have a SP training programme All LAs have an Elected Member for Mental Health and suicide prevention 			Deire overenees	Monsing of surrent
ActivityTo undertake suicide preventi awareness raisi during world Suicide Prevent DayTo develop suic prevention socia marketing campaign mateTo deliver a "Tin to Change" campaign as pa of MH Awarene weekScoping of the level of debt ad support availab across ICSIdentify gaps in debt/ money servicesDevelop a standard/ unive approach to deb	rsal service specifications Measure volunteer hours across ICS Monitor changes in PHOF physical activity data Partnership to develop wider mental health training capacity (e.g. use of e learning tools).	Map out current 'e' learning suicide prevention training that is available/ being used To identify potential gatekeepers or champions for suicide prevention in local authorities, CCGs to allocate protected learning time sessions/ 1 hour session for Suicide Awareness/ REACH training to programmed statutory safeguarding training Develop a Suicide Prevention training programme which covers ACEs/ Self Harm/ MH First	To host a meeting with key media organisations which focuses on suicide awareness and responsible media reporting To relaunch the Samaritans media guidance Standardised guidance document produced for reporting of suicides Principles of the reporting guidance adopted by all key agencies	 Identify Top 10 high risk locations in Lancs and SC Work with Network Rail, Coast Guard, BTP, Lancashire and Cumbria Police, Highways Agency, and Waterways Agency to reduce access in the top 10 high risk locations Carry out Environmental Visual Audits of high risk locations 	Raise awareness of ACEs i.e. what they and the long lasting impact they can have on CYP Include ACEs in future Suicide Audits Include ACEs in all relevant commissioned services that are being re designed	Mapping of current pathway Gaps identified Offender Health Pathway protocol developed Key Stakeholders agree and sign up to protocol

	advice across the ICS		Aid/ ASSIST/ Safe Talk				
Input	LA PH Teams LA healthy living services	Officer time LA PH teams and CCG Financial resources Data	Officers Time Financial resource	Samaritans Media organisations Communication departments in stakeholder organisations Officer time to produce the guidance and principles Senior Officers to agree and sign off	Data Officer Time Financial resource	ACE Training video Officer time to train staff	Officer time to undertake mapping pathway work Financial resource Technology

INTERVENTION

Long Term Outcomes	Reduction in a	suicides		Reduction in self-h	narm	Impro	oved outcomes for suicid	those affected by e
Intermediate Outcomes	Intermediate Outo A strong integrated Suicide F Plan that is owned by all ke	Prevention Action by stakeholders		Outcome 2 ination of suicides for in-patient mental health care setti	ings	Se	If Harm that meets I	CYP and Adults who NICE guidance
Short Term Outcomes	Short Term Outcome 11 Preventing and responding to self-harm, ensuring care meets NICE guidance	Short Term Outcor Adoption and full implementation of Perfect Depression Pathway that meet NICE guidance	a n Care	Short Term Outcome 13 High risk groups are effectively supported and risks minimised through effective protocols and safeguarding practices	Short Term Outc 24/7 functioning that are high C fidelity	CRHTT	Short Term Outcome 15 Liaison Mental Health Teams that meet CORE 24 standards	Short Term Outcome 16 Dual Diagnosis pathways, ensuring care meets NICE guidance (NG58) are agreed and implemented
Signs of success	Increased awareness among frontline workers regarding suicide risk factors and co- morbidities All A&Es have undertaken an audit 100% of patients presenting with self-harm have a full biopsychosocial assessment No of services that are NICE compliant identified LMH teams in acute hospitals have CYP specialists Self-Harm pathway mapped out for CYP and Adults	All patients receive NICE compliant treatment for depre		Reduced suicide ideation and behaviour Increased use of comprehensive risk and clinical assessments Increased family engagement and involvement in care Increased capacity for working with a person with suicidal thoughts Increased access to support for those not open to MH services	24/7 Crisis Care available for CY Adults that are h performing COR fidelity teams. CRHT teams me NHS National Si set out in the MH	P and high E eet the tandards	CORE 24 LMH teams in each of the 4 Acute hospitals across Lancs and SC that also provide specialist CYP support LMH teams meet NHS England National Standards for CORE 24 that are set out in the MH FYFV	Dual Diagnosis pathway fully implemented and embedded into working practice Increased awareness of MH and Drug – Staff aware of the most appropriate pathways into service Service/Pathway meets NICE Guidance All workforce are confident to take on dual diagnosis role (Both MH and

	Self-Harm Service gaps identified					Substance Misuse Staff)
Reach	A&E Departments, NWAS, 3 rd Sector organisations, Lancashire Police, CYP services, Commissioners, LAs, Schools	MH Trusts, GPs, CCG Commissioners, IAPT services	A&E Departments, NWAS, Primary Care, MH Trusts, families and those with lived experience, Housing, Substance Misuse services	Local Communities LCFT Police NWAS	Acute Hospitals, Primary Care, LCFT, Commissioners	Drug and Alcohol Services, Secondary Care, Service Users
Output	Number of A&E's have an audit of % of patients who present with self-harm who have had a full biopsychosocial assessment Number of services that are Self harm treatment compliant Increase in CYP resilience	LCFT/ CFT and respective commissioners have signed up to delivering the perfect depression care pathway No of GP practises that meet NICE compliance Baseline established of the number of people who are currently being treated with anti- depressants Baseline established for the number of PHQ 9 forms that are completed	Accessible services that are available 24 hours/ 7 days a week Increased improvement in Suicide Awareness Increase in the number of people trained	24/7 fully resourced CRHTT that is accessible to CYP and Adults	LMH teams meet CORE 24 standards	Number of staff that are trained in dual diagnosis Increase number of jointly managed cases by drug and MH services
Activity	 Establish current level of self- harm rates across Lancs and SC To identify " frequent" self- harmers accessing A&E Departments and NWAS To review current self-harm support and interventions for adults and young people in Lancs and SC To undertake an audit in each A&E of implementation of Nice guidance relating to self-harm and psychological assessments in A&E 	To baseline data relating to services for depression, that is IAPT, antidepressant prescribing and suicide rates by postcode, evidence of application of NICE guidelines across primary and secondary care and days lost in employment in Lancs and SC To design with patients and stakeholders a 'perfect depression care	Review and modify current risk and clinical assessment tools to ensure consistency and comprehensiveness in MH Trusts To pilot a minimum/optimal standard for suicide risk assessment tools in primary care To develop a Lancs and SC standard for suicide prevention in secondary care	To develop crisis care arrangements to enable access to 24/7 support for all-age groups particularly children To ensure that CRHTT are high CORE fidelity teams MH trusts should provide timely and appropriate treatment	To develop LMH implementation plan for 2018/ 2019 Implement a Liaison Mental health team which has CYP specialists in Acute hospitals To recruit staff to meet CORE 24 LMH standards	Establish current baseline Develop dual diagnosis pathway that meets NICE Guidance Pathway signed off and agreed by MH steering group Pathway embedded into working practices

	 To review local self-harm care pathways against NICE guidance (CG133) To deliver suicide prevention and self-harm training for staff To develop am information sharing system between NWAS and LA PH teams re number of attempted suicide/self-harm To develop a consistent system of sharing data with GPs from A&E and NWAS To develop a consistent response with primary care to those patients flagged as attempted suicide/self-harm from A&E and NWAS 	pathway' with key outcomes To secure sign up across all MH Trust providers and commissioners (mental health) for commissioning of this care pathway Establish a baseline for the number of patients that are currently being treated with anti- depressants and that the care meets NICE guidelines	To develop a process to enable learning from suicide attempts Consult and engage with families of those with suicidal ideation To standardise post- incident reviews, share best practice, lessons learned and review recommendations to ensure that they are implemented To strengthen the management of depression in primary care To review local care pathways against Antenatal and postnatal mental health: clinical management and service guidance NICE guidance (CG192)		MH trusts should provide timely and appropriate treatment	
Inputs	Data analysists A&E departments and NWAS, NHS England CORE 24 funding	Commissioners, MH Trusts, GPs, IAPT	Staff time to conduct audit of current policies	CCG Commissioner funding, LCFT	CORE 24 Transformation funding (2018/19), Acute Hospitals, A&E Delivery Boards, LCFT, Commissioners	CCG Commissioner funding, LA Public Health Commissioners, Drug and Alcohol Services, Secondary MH services

POSTVENTION

Long Term Outcomes	Reduction in suicides	Reduction in self-harm	Improved outcomes for those affected by suicide
Intermediate Outcomes	Effective su	Intermediate Outcome 4	/ suicide
Short Term Outcomes	Short Term Outcome 17 All those bereaved by suicide will be offered timely a appropriate information and offered support by besp bereavement services within 72 hours		Short Term Outcome 18 ide clusters have a community response plan and a post suicide intervention protocol in place
Signs of success	Bespoke suicide bereavement service commissioned act Lancashire and South Cumbria Increased number of those bereaved by suicide can acce mainstream MH services/ Support	Post Suicide Interven	ber of cluster suicides incidents tion adopted in all schools across Lancashire and South
Reach	Those bereaved by suicide, Commissioners of MH servi Commissioners of bereavement services/ Coroners/ Polic Public Health Leads/ LAs/ Prisons/ LCFT/ CFT	ces, ce/ NWAS/ Coroner/ LA PH Lead circumstances/ need	ls, Police and specific stakeholders based on the that are identified
Output	Bereavement Support services mapped out Gaps identified Increase in the no of Help is at Hand books given out by Bespoke Suicide Bereavement Service specification deve Consistent Referral for Suicide Bereavement adopted by Stakeholders	services Response Action Plan	ents and process agreed for developing Community
Activity	To review what services are currently available/ commiss across Lancashire and South Cumbria for people that are by Suicide Develop an online directory of services and resources for affected by Suicide including ADFAM, Samaritans, MIND	e bereaved Develop Standardise procedure	ce for developing Community Cluster Action Plans d Suicide Prevention Community Cluster Action Plan

 Develop a consistent approach taken by all key stakeholders for signposting, advice provided and support offered to those affected by suicide To consult with those bereaved by suicide to develop a Lancashire and South Cumbria suicide bereavement pathway. To scope the potential for additional commissioning of suicide bereavement support to supplement local arrangements To scope current arrangements across Lancashire and South Cumbria in relation to postvention interventions, e.g. schools, communities and outreach to family and friends, in addition to bereavement support To upskill current bereavement support to those affected by suicide
Help is at Hand Staff Time Funding for Specialist service identified

Define what is meant by a suicide cluster i.e. 2 or more/ same modus operandi (MO)
All key stakeholders sign up, agree and implement procedure
Development of post suicide intervention protocol in schools
Staff
Financial

INTELLIGENCE

Long Term Outcomes	Reduction in suicides		Reduction in self-harm		Imp	Improved outcomes for those affected by suicide		
ntermediate Outcomes	Intermediate Outcome 6 Improved use of evidence, data and intelligence							
Short Term Outcomes	Short Term Outcome 19 To establish a data collection and evaluation system to track progress	Short Term Outcome 20 A consistent Suicide Audit template and schedule is agreed by all LAs		Short Term Outcome 21 To have a 'Real-Time Data' surveillance system across Lancs and SC re suicide and attempts and drug related deaths		Short Term Outcome 22 Sharing lessons learnt, best practice and recommendations from Serious Case Reviews/ Child Death Overview and Domestic Homicide Reviews		
Signs of success	Performance Management framework which monitors interventions and impact on Suicides across Lancs and SC	A consistent suicid collection method adopted across La Regular Suicide A conducted across	which is ancs and SC udits are	Real time data Suicide and attempted suicide, drug relat death Surveillance system in Signed and agreed information sharing protocol Key stakeholders have an ind awareness of the suicide pict across Lancs and SC	place on creased	Agencies have an increased awareness lessons learnt from Serious Case Reviews and Child Death Overview and Domestic Homicide Reviews		
Reach	Suicide Prevention Oversight Board, ICS Governance, NHS England, PH England	LA Public Health L Coroners Police	eads	Police, NWAS, LA PH Leads, Coroners, Commissioners, Substance Misuse providers, LA Safeguarding Leads, LA S Prevention Groups, ICS partr Information Governance Lead	GPs, Suicide hers,	Local Safeguarding Boards (Adults and CYP), Local Authorities/ Primary and Secondary Health services, NWAS/ Police/ Prison/ Probation/ CCGs		
Output	Quarterly performance reports	Consistent data co Lancs and SC Suicide Audit Time Suicide Audit repo across the ICS foo years	etable agreed	Joint information sharing prot Real time data available for F Health Leads in each LA Responsive coordination and collection of suicide, attempte suicides and drug related dea information	ocol Public	Standardised process for sharing the lessons learnt		

Activity	Develop a performance management framework that is able to track progress made against the action plan Produce reporting template that can be used in CCG IAF submissions. Stakeholder agree data sources that will be used for performance monitoring	Review the current suicide audits templates that are currently being used for data collection across Lancs and SC Develop Suicide Audit template Develop Suicide audit timetable which is agreed by all LA PH leads	Regular reports provided to ICS Governance Board, LA Safeguarding Boards (Adult and CYP) Feasibility scoping exercise conducted for implementation of a 'Real Time Suicide Surveillance system Consistent data collection process agreed Develop information sharing protocols Mapping of current data that is collected around suicide, attempted suicides and drug related deaths	To standardise post-incident reviews, share best practice, lessons learned and review recommendations to ensure that they are implemented
Inputs	Data Analyst, All Key Stakeholders, Staffing, Technology	Staffing capacity Technology	Data Analyst Time Staffing Technology Financial	Staffing Technology Financial