

# The Berkshire Suicide Prevention Strategy

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Reading Borough Health & Wellbeing Board

24th March 2017



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# Where are we today?

- Comments on Draft Strategy were received from a range of stakeholders.
- Many regard formatting and ordering of the strategy
- Final draft (minor amendments and formatting) agreed by Steering Group February 2017
- Action plans at Berkshire and Unitary levels
- New National Strategy to come .....



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# Stretch Target

- Suggested by stakeholders
- To exceed the 10% reduction target in the Sustainability & Transformation Plans (STPs) and NHS 5 Year Forward View - Mental Health
- To attempt to achieve a 25% reduction from 2014 levels by 2020



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# Latest Statistics

- 2015 total suicide figures just published (Dec. 2016)
- Figures show an increase in numbers for Berkshire as a whole
- We will include the new figures as well as the rates from earlier data as they show the trends



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# Latest Stats -Raw Data

	2014	2015	Difference
Bracknell Forest	5	10	+ 5 (+ 100%)
Reading	12	18	+ 6 (+ 50%)
Slough	15	9	- 6 (- 40%)
West Berkshire	5	6	+ 1 (+ 20%)
RBWM	11	11	-
Wokingham	6	14	+ 8 (+ 233%)
Berks Total	68	83	+ 22%
SE Total	794	756	- 5%
England Total	4882	4820	- 1%

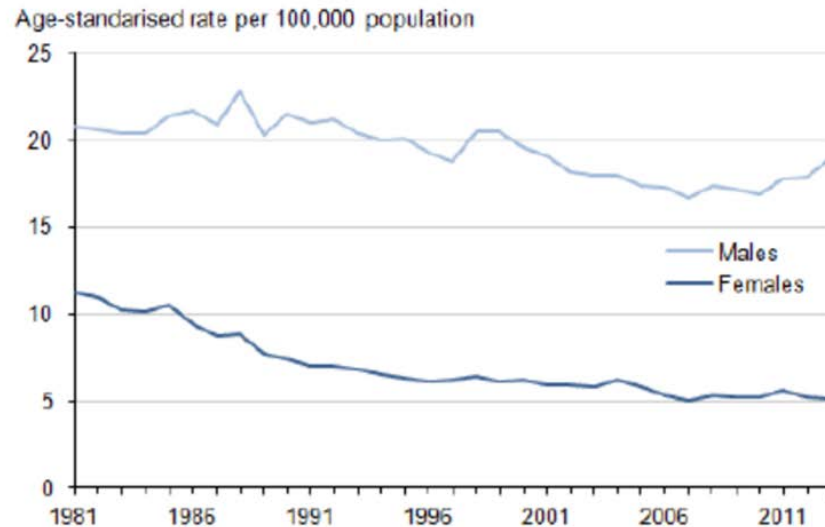


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# The National Picture

**Figure 1: Age-standardised suicide rates: by sex, deaths registered in each year from 1981 to 2013**

United Kingdom



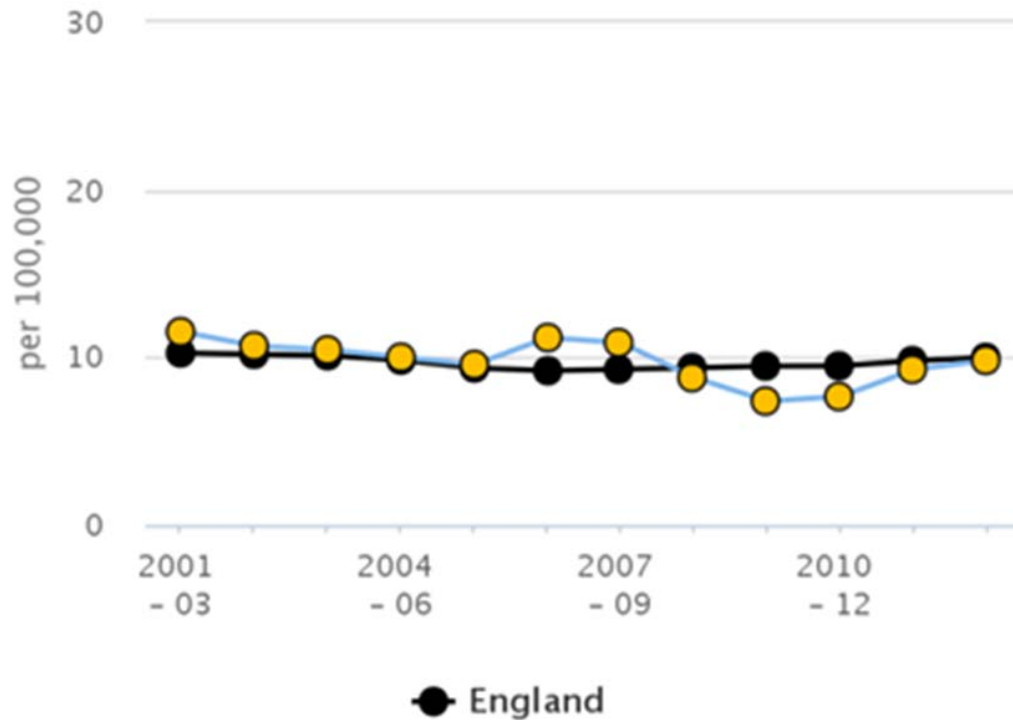
Source: Office for National Statistics, Northern Ireland Statistics and Research Agency, National Records of Scotland



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# The Local Picture

Suicide age-standardised rate: per 100,000 (3 year average)  
(Persons) – Reading



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# Over-arching Recommendations

- That the Steering Group revisit their terms of reference and membership and become known as the “Berkshire Suicide Prevention Steering Group”, with the aim of providing the governance to this strategy and its action plans.
- That organisations represented on the Berkshire Suicide Prevention Steering Group consider nominating a suicide prevention champion from within their membership.
- That all agencies represented on the Steering Group commit to an annual Action Plan of their own which can then be brought together to create a Berkshire-wide Action Plan for each year of the Strategy.
- Sign off / endorsement of this strategy by all Health & Wellbeing Boards in Berkshire.
- Launch this strategy at a multi-agency suicide prevention summit, by October 2017.
- Ensure strategic fit with the action plans of the Berkshire Crisis Care Concordat

# Recommendations - High Risk Groups

- Implement the NICE guidelines on self-harm, specifically ensuring that people who present to Emergency Departments following self-harm receive a psychosocial assessment.
- Evaluate the Berkshire CALMzone and recommission targeted suicide prevention work for younger and middle aged men.



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# Recommendations -Specific Groups

- Work to provide and commission interventions which improve the public's mental health. These may include: awareness of mental health and peer support in young people; anti-bullying campaigns in schools; addressing stigma and social isolation in older people; workplace health promotion and support with local business; working with police on mental health literacy; and addressing issues relevant to the local population.



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# Recommendations - Reduce access

- That local authority public health teams take the leadership for liaison with any Escalation Process in their area, and report on progress to the Steering Group.
- That the Steering Group seek a named Highways England officer to act as a liaison link and group member, and to share real-time intelligence of highways network incidents.
- That local authority public health teams work with other council departments such as car parks and open space services to identify local actions to prevent suicide including staff awareness training.



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# Recommendations - Support bereaved

- Ensure bereavement information and access to support is available to those bereaved by suicide.



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# Recommendations - Support Media

- Liaise with local media to encourage reference to and use of guidelines for the reporting of suicide through a summit with local press and media organisations, and to provide information to professionals on the sensitive reporting of suicide. By 20 July 2017
- (BBC Berkshire have been asked to host)



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# Recommendations - Support Research

- Develop working relationships between individual coroners and local public health teams ensure local plans are evidence based and responsive. Coroners can be invited to become formal members of any local suicide prevention groups or networks
- Coroners can also inform the local authority or Director of Public Health if they identify particular areas of concern, e.g. locations used for suicide, possible clusters of suicide, increase in a particular method or new and emerging method of suicide.
- Refresh the Berkshire-wide Suicide Audit for deaths in the period 2014-16 to include new categories based on best practice.



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# Next Steps

- Format final version of strategy
- Seek sign-off from other Health and Wellbeing Boards
- Deliver actions



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