Suicide Mitigation: Compassion and governance

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Clinical Director Connecting with People

@AlysColeKing
@connectwpeople
“I’ve got one of yours here.”

Which one?
Organisational Identification and Response to Suicide

(Cole-King 2015)
Relationship self-harm to suicide

Suicidal Thoughts

Suicidal behaviours

Self-harm

NSSI

Suicide
Breaking down the stigma of suicide

http://www.connectingwithpeople.org/wspd
Identification of suicide risk

People identified as high risk

People identified as low risk
Assessing patients at risk of suicide

Team culture
Corporate risk strategy
Organisational support
Strategic suicide prevention

- Awareness
- Compassion
- Eradicate Stigma
- Self-care
- Resilience
- Resources
- Help
- Seeking
- Governance:
- Assessment
- Triage
- Referral
- Response
- Suicide Prevention
Suicide & Self-Harm

- Specialist suicide prevention
- Safeguarding role
- MH focus
- Everyone
Person in distress

Young person

Parents
Potential areas for intervention

- Own resources
- Family, friends, community
- Third sector
- Frontline
- Primary Care
- ED
- MH
Synergistic roles for different sectors

Mitigation Plans

Resilience & Resourcefulness

Safety Plans

Wellbeing

Hope

Compassion

Social Network

Secondary Care

Primary Care
Third Sector
General Hospital,
Specialist frontline
services

Non-clinical NHS/Social Care
Frontline staff: Workplace,
Education
General Public

GIG CYMRU
Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

CONNECTING WITH PEOPLE
Person in distress

- Young person
- Emergency Dept
- CAMHs
- GP
- Siblings
- Best friend
- Parents
- Wider family
- Friends
- Social media
- Third sector
- School
- School nurses
- Form teacher
- Counselling
<table>
<thead>
<tr>
<th>Aspects of Plan</th>
<th>What I will do</th>
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<tbody>
<tr>
<td>Reasons for living</td>
<td></td>
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<tr>
<td>Making my home safer</td>
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<tr>
<td>Avoiding/minimising ‘triggers’</td>
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<td>Rehearsing response to ‘triggers’</td>
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<td>Lifting my mood</td>
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<td>Calming activities</td>
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<td>Distracting activities</td>
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<td>Day to day support</td>
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<td>Support if suicidal</td>
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<td>Local healthcare support</td>
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<td>Emergency support</td>
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SAFETool Triage

Clinical Safety Sign off:
Dr Tony Penney
Chief AGEM Clinical information officer and GP

SystmOne Design & Build:
Seth Meakin
Clinical Systems Specialist

Arden and Greater East Midlands Commissioning Support Unit
Francis Crick House
6 Summerhouse Road
Moulton Park Industrial Estate
Northampton
Northamptonshire
NN3 6BF
Tel: 01604 651234

Nene Clinical Commissioning Group

Corby Clinical Commissioning Group

Arden&GEM
CONNECTING WITH PEOPLE
SAFETool Triage Expert Reference Group

- **Prof Ella Arensman** President International Association for Suicide Prevention
- **Jonny Benjamin** Expert by expertise
- **Dr Nadine Dougall** Health University of Stirling
- **Sheila Hardy** Member of RCGP MH Training Advisory Group
- **Dr Peter Ilves** GP, Big White Wall Ltd and Connecting with People Associate Director
- **Dr Kirsten Lawson** Consultant Liaison Psychiatrist, RCPsych Liaison Faculty Executive
- **Prof Margaret Maxwell** University of Stirling
- **Prof Rory O’Connor** President IASR, University of Glasgow
- **Prof Siobhan O’Neil** University of Ulster
- **Prof Stephen Platt** 2nd Vice Pres International Associate for Suicide Prevention
- **Prof Ellen Townsend** Associate Professor University of Nottingham
- **Keith Waters** Clinical Advisor Suicide Prevention EMHSN
- **Sharron Scotson** Connecting with People Associate Trainer
- **Dr Judy Shakespeare** RCGP Lead on Perinatal mental Health
SAFETool Triage & Assessment Application

This is a triage tool helping people accurately record and develop a safety plan.

This tool can only be used as a guide and does not replace clinical judgement.

This should only be used following training.

1. Click the button below to begin
   - Launch SafeTool Application

2. Click the button below to Print (or Reprint) the latest Immediate Safety Plan
   - Launch PRINT: SafeTool Immediate Safety Plan

Wellbeing Plan

This document contains information / contacts and can be printed anytime.

1. Click the button below to print a Wellbeing Plan
   - Launch PRINT: Wellbeing Plan

Connecting With People is the trading name of Open Minds Alliance CIC 33 St James’s Square, London, SW1Y 4JS.
Registered in England & Wales No. 7300381
SAFETOOL: Section 4

Tailored Mental State Examination and Suicidal Thoughts

Responses from Section 2

- Resistibility - Dangerous & imminent
- Degree of Planning - Dangerous
- Means or practical arrangements - Dangerous
- Intrusiveness and distress - Active
- Hope or Solutions - Passive

Overall Classification

The results from Section 2 are displayed above. Based on these results and your clinical judgement, select an overall classification for the individual’s suicidal thoughts.

Your classification should not be lower than the most serious classification in Section 2.

- Passive
- Active
- Dangerous
- Dangerous & imminent

Would you like to create an Immediate Safety Plan for this patient?

- Yes
- No
Safe Environment
(Removal/mitigation of access to means and ask patient to identify/avoid triggers)

Try to stay with friends while arranging new accommodation

2 Activities to distract or calm
(If suicidal thoughts are getting stronger)

Enjoy running

3 Support
(Names and contacts of supportive family and friends)

Sister Test
Friend Test

4 Specific Suicide Prevention Safety Plan
(Names and contacts of supportive confidants, voluntary support organisations and professional support)

Local changing minds team: 01327 708121
Feedback so far

As a GP

» SAFETool Triage helpful reminder
» Daily use of Safety Plan & well-being plan
» Fewer referrals to crisis team

As a Commissioner

» Well attended with over 30 GPs turning out first evening
» Positive evaluation
» Positive feedback from nurses
GP afternoon PLT session

Questionnaires 3 weeks post training 40/133 returned

Will your practice change?
Yes 23  No 2

Did you value common language when assessing/referring Pts
Yes 25  No 1

- ‘Excellent module.’
- ‘Very stimulating and interesting’
- ‘Valuable training and will definitely change the way I approach consultation and assessment of suicide risk and response’
Student mental wellbeing in higher education
# Student referrals

<table>
<thead>
<tr>
<th></th>
<th>Total number of referrals</th>
<th>Number of referrals for suicide ideation</th>
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<tbody>
<tr>
<td><strong>January 2015</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>pre CwP training</td>
<td>70</td>
<td>25</td>
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<tr>
<td><strong>January 2016</strong></td>
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<tr>
<td>post CwP training</td>
<td>34</td>
<td>5</td>
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Self-help leaflets

U Can Cope

Feeling overwhelmed and staying safe

Feeling on the edge helping you get through it

www.connectingwithpeople.org/
Staying safe if you’re not sure life’s worth living

This has been written by a group of people to support anyone in distress and feeling suicidal. We are a mixture of professionals supporting suicidal people, people who have got through tough times and people who have supported their own friends and family.

Why we hope you read this

- Because you know things are not going well or if someone asked if you were OK as they were worried about you.
- You matter to those of us who wrote this.
- Life can be tough and we want you to know how you can get through despite feeling like this.
- You may have found yourself wishing that you were dead, or perhaps thinking that the people who you care about would be better off without you.
- At times many people feel like they are not sure if they want to live or die and with support they can choose to live.
- It will feel hard for you at the moment but it won’t always feel this way.
- You too can find a way past how you feel now.
- We hope you can manage to keep yourself safe. We would like you to think about how you may be able to do this, just until you can talk to someone about what is going on for you.
The ‘Dear Distressed’ project invites people with lived experience, who are now in an emotionally-safer place, to write and publish a letter to themselves that would have helped in their darkest moments.

Our objectives are to send clear messages:

• to anyone emotionally struggling that “suicidal thoughts are a sign to change something in your life, not to end your life. It IS possible to recover, with the right support.”

• to everyone that “anyone can find themselves thinking that life isn’t worth living and it’s essential that we all act compassionately not only to ourselves, but to others around us.”
Jonny Benjamin

Jonny Benjamin is an award-winning mental health campaigner, film producer, public speaker, writer and vlogger.

At the age of 20 he was diagnosed with schizoaffective disorder, a combination of schizophrenia and bipolar, and later began making films on YouTube about the condition that have been watched by hundreds of thousands of people.

Jonny now speaks publicly about living with mental illness and has written articles and given various interviews on TV, radio and in print around the world to help educate and break stigma. He has also produced and presented documentaries on BBC Three and Channel 4 on the subjects of mental health and suicide.

His 2014 social media campaign with Rethink Mental Illness to #findMike, the man who talked him out of jumping off a bridge when he was suicidal, when viral and led to Jonny becoming a prominent spokesperson on the subject of suicide.

He is currently writing the first of 2 books on mental health due to be published by Pan Macmillan at the start of 2018, as well as training for the 2017 London Marathon with Neil Laybourn, the man who stopped Jonny on the bridge, to raise money for Heads Together, a coalition of major mental health charities.

Dear Jonny,

I don’t really know where to start but I’m going to begin by saying:

**It’s OK.**

It is absolutely OK to feel the way you do. It is human. You feel like you’re the only person in the world going through this but believe me there are many. Millions of them in fact.

I know it doesn’t make it any easier of course but I want you to know you are truly not alone.

More than that I need you to know this:

**It Gets Brighter.**

You can and will overcome this despair. You’re so much stronger than you realise.

Right now, you feel like you’re past the point of no return. You think that there’s no reason to see each day through. You believe the best and only resolution for yourself and those around you is for you to end your life.

I understand. I do. It’s been years of torment inside your mind. You’ve had enough now.
Take home messages

Suicide is not an inevitable outcome of suicidal thoughts

*Do not be scared to ask the question ...*

We ALL have a role in suicide prevention

Everyone at risk needs a safety plan
Staying safe if you’re not sure life’s worth
http://www.connectingwithpeople.org/StayingSafe

U Can Cope 22m film and online resources
http://www.connectingwithpeople.org/ucancope

RCGP free suicide prevention e-learning
Self harm and suicide Prevention Module

http://www.thepca.co.uk/7232.html
• **Mental Elf Blog**

• **Online webinar in youth suicide prevention**

• **Mental Elf Blog and Lancet Podcast**
References - Chapters


Cole-King A. 2015 Compassionate suicide prevention in Charlton, R. Compassion, Continuity and Caring in the NHS. 224pages, Published 2015-10-05, Royal College of General Practitioners Publishing. ISBN: 9780850844016
References - Peer reviewed publications


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• **Cole-King A**, Lepping, P Suicide mitigation: time for a more realistic approach. 2010. BJGP 3-4


• **Cole-King A** (2010) Suicide Awareness in Primary Care: How making the right connections can save lives. *RCGP News* p 6.

• 2009 4 RCPsych peer reviewed poster presentations of all clinical tools