

Derbyshire Self-Harm and Suicide Prevention Strategic Framework

2018-21

Introduction

The effects of self-harm and suicide can be devastating. Many people – friends, family, professionals, colleagues and wider society will feel the impact. There are also significant financial costs associated with a suicide. The average cost of a completed suicide of a working age adult in the UK is estimated to be £1.67m.

We believe that too many people die from suicide and are touched by self-harm in Derbyshire. We also believe that in many cases the death may have been prevented if the signs of distress that the person was displaying were recognised and appropriate support provided.

We have formed a group, the Derbyshire Suicide Prevention Partnership Forum, for our organisations to work together across Derby City and Derbyshire County to achieve our vision. This Framework sets out our approach to achieving this goal.

Our vision is simply that in Derby City and Derbyshire County, we want as few people as possible to die from suicide, and to reduce the impact from suicide and self-harm

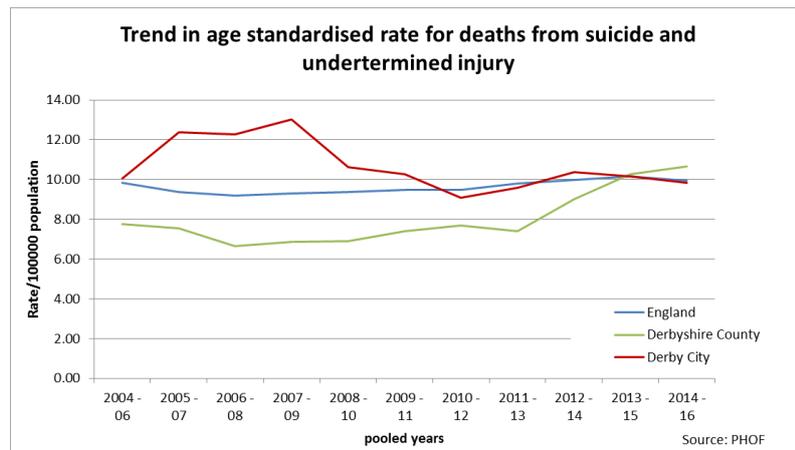
However, we continue to live in very challenging times for some people and acknowledge that the reasons that lead someone to harming themselves or taking their own life may be extremely complex. No single organisation can address all the factors that may contribute towards self-harm or suicide. For this reason, professionals, service-receivers, community groups, volunteers and individuals in society need to work together to reduce the risks of suicide.

We invite you to join us in making a contribution towards this important agenda.

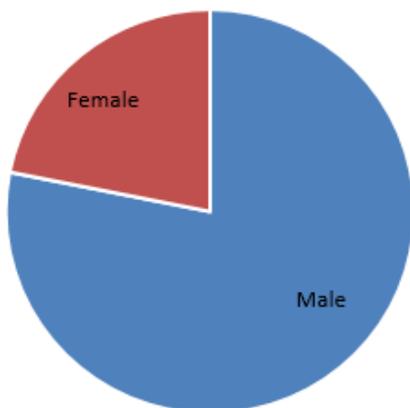
Terminology: throughout the report, Derbyshire refers to both Derby City and Derbyshire County combined. Where differentiation is required, Derby City and Derbyshire County are used.

Suicides in Derbyshire

Between 2014 and 2016 there were 288 deaths from suicide in Derbyshire, 63 in Derby City and 225 in Derbyshire County. The rate in both Derby City and Derbyshire County is similar to the national rate. Since 2011-13 the suicide rate in Derbyshire County has increased, while in Derby the rate has remained similar.



Gender split in completed suicides in Derbyshire, 2014-16



Between 2014 and 2016, 225 of the 288 completed suicides in Derbyshire were amongst men. The highest proportion of deaths from suicides occurred in those aged 40-49 years for both males and females. There is no obvious pattern as to the time of year that suicides occur.

The most common method of suicide for men was hanging, and for women were hanging and taking an overdose. Most suicides take place in the home. For those that occur outside the home there is evidence to show that people did not travel far from their residence.

There are very few deaths from suicide among young people – between 2016 and 2016 in Derbyshire there were eight deaths from suicide among under 19's. However, the data only includes deaths of under-15's where there is sufficient evidence of suicidal intent, and therefore the number of suicides in young people may appear lower than local intelligence would indicate.

Derbyshire has a rate of emergency admissions for intentional self-harm which shows a trend significantly higher than the national rate.

More detailed information on suicides in Derbyshire County and Derby City is available [here](https://observatory.derbyshire.gov.uk/IAS/Custom/Pages/health/lifestyle/MentalHealth.aspx). [https://observatory.derbyshire.gov.uk/IAS/Custom/Pages/health/lifestyle/MentalHealth.aspx]

Our common approach

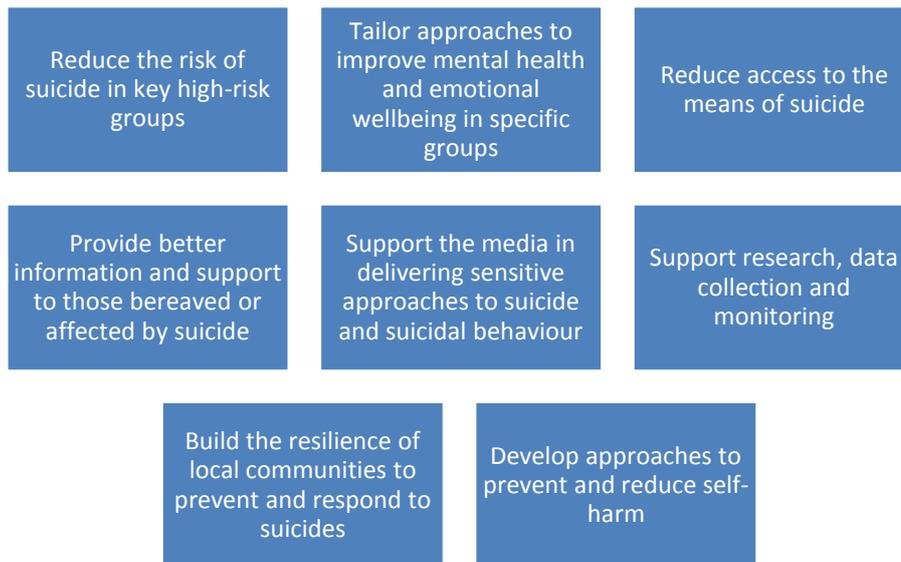
We have developed this Framework to set out how we can achieve our goal. It will help organisations to work together and share resources where appropriate. Where possible, we will implement actions that have been demonstrated to work elsewhere. However, we do not want this to be at the expense of innovation, and therefore encourage individuals and organisations to try novel approaches to different problems.

Through working together we have agreed a common approach to achieve our goal, including identifying the principles that support our work, and our priorities. The areas for action in this Framework are the key areas that require attention in Derbyshire within each priority. These have been identified through a review of the national strategy *Preventing Suicide in England* and associated documents, data and information, and the views and knowledge of local stakeholders. They are a balance between acknowledging the national recommendations with identifying local priorities.

Our principles

- our work will be based on understanding and responding to the needs of our population. This will require us to balance targeting those population groups known to be at increased risk of suicide, with an approach that recognises that self-harm and suicides can occur in any population group
- whenever possible, support should be provided before people reach crisis
- staff supporting individuals in emotional distress should balance acting with professionalism with demonstrating compassion and empathy
- communities should play an important role in reducing self-harm and suicides by providing support to their members. Organisations should support this by providing communities with opportunities to develop community resilience and individuals with the opportunity to stay well
- we want our communities to be able to support people experiencing distress, by allowing them an opportunity to talk openly and honestly about their feelings
- contributions towards self-harm and suicide prevention work are welcomed from any organisation, community or individual in Derbyshire
- we will recognise and address the wider impact of self-harm and suicide

Our strategic priorities



Implementing the Framework

We have committed to being champions for suicide prevention, and will lead the self-harm and suicide prevention agenda within our own organisations and networks. However, the areas for action have been developed to encourage other groups and organisations to identify the contributions they can make to preventing self-harm and suicide across Derbyshire.

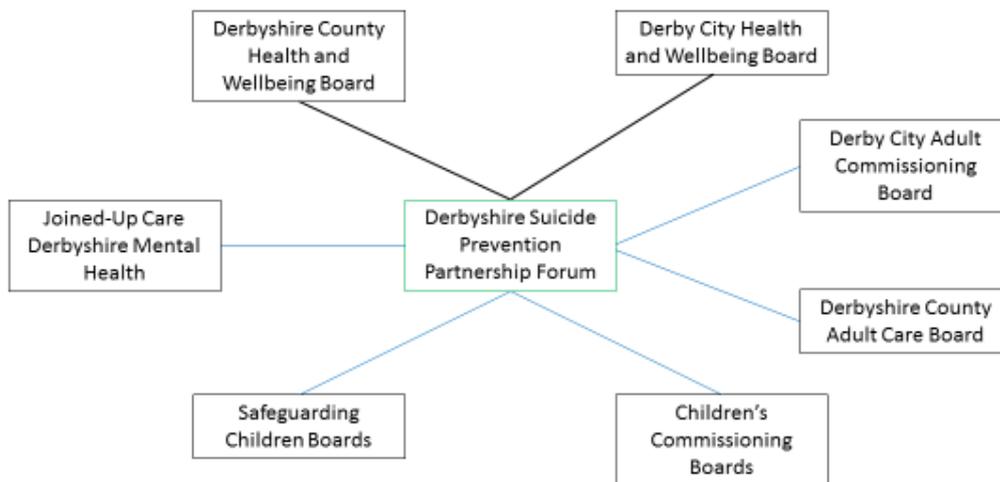
As stated in the principles, we want our work to respond to the changing needs of our local population. As a result, the areas for action are not fixed and can be amended when needs change.

The Strategic Framework is owned by the City and County Health and Wellbeing Boards, and the Derbyshire Suicide Prevention Partnership Forum will be responsible for overseeing implementation. Our influencing and reporting structures are shown on the following page. We encourage other organisations to report actions they have implemented through their own corporate structure as well.

We will hold an annual Stakeholder Event to engage with a wider range of organisations, including reporting on progress and discussing priorities for action.

Influencing

This forum has direct lines of reporting to the Derby and Derbyshire Health and Wellbeing Boards. In addition, this forum will align with and influence other Boards and Partnerships as outlined below.



Our measures of success

We will review the number of self-harm incidents and suicides that occur in Derbyshire each year. However to build up a more complete picture of local needs we will also share other relevant information at the Partnership Forum. We will measure our success by looking at a range of indicators, including the number of suicides, but also the number of police call-outs to individuals in emotional crisis, attendances at A&E departments for psychiatric reasons, and number of people attending and using the skills and knowledge learnt on suicide awareness and prevention training.

We are not working in isolation, and there is much other work happening across the City and County that will support us in achieving our goal. The following are examples of the work that we will link with:

Derbyshire's Crisis Concordat

Derbyshire County Joint Vision and Strategic Direction of Travel for Adult Mental Health

The Future of Mental Health Services in Derby

Derbyshire Healthcare Foundation Trust Suicide Prevention Strategy

Prevention Concordat for Better Mental Health

Future in Mind Transformational Plans

Health and Wellbeing Strategies for Derby City and Derbyshire County

Joined-Up Care Derbyshire

Derbyshire Mental Health Prevention Framework

Membership of Derbyshire Suicide Prevention Partnership Forum

The following organisations are represented on the Derbyshire Suicide Prevention Partnership Forum:

- British Transport Police
- Derby City Council
- Derby University
- Department for Work and Pensions
- Derbyshire County Council
- Derbyshire Fire and Rescue
- Derbyshire NHS Healthcare Foundation Trust
- Derbyshire Mental Health Forum
- Derbyshire Police
- Derbyshire Voluntary Action
- East Midlands Ambulance Service
- Erewash, Hardwick, North Derbyshire and Southern Derbyshire Clinical Commissioning Groups
- Future in Mind representative
- Harmless
- Healthwatch – Mental Health Together
- Network Rail
- NHS England
- Relate
- Rural Action Derbyshire
- Safeguarding – children and young people
- Samaritans

We also welcome input from individuals in Derbyshire with expertise in suicide prevention who may not be associated with a specific organisation.

The role of members of the Forum is to:

- attend meetings of the group
- share data, within the bounds of data protection legislation, that will inform development of suicide prevention priorities
- champion self-harm and suicide prevention work within their own organisation, including development of an organisational suicide prevention action plan
- support communication between members of the group, external to Forum meetings, to develop a self-harm and suicide prevention network across Derbyshire
- support engagement with a broad range of local organisations and community groups, including support to identify the contribution they can make to the self-harm and suicide prevention agenda

- share details of the self-harm and suicide prevention work that their organisation is currently delivering or planning with the group

