

11.1 Reducing Suicides

Project Aim		Start Date	Testing End Date	Progress Scale	Project RAG
Reduce the rolling 3-year average number of suicides in Aberdeen to below 26 by 2023. Project Manager: Juliet Henderson, Police Scotland, Revised Charter Approved: Sept 2021		July 2020	Dec 2022	6 – Testing Underway	G – on track
Changes being tested		Are our changes resulting in improvement?			
What changes are being tested?	Which Locality and/ or test group	Current Position Oct 22			
<p>1. Roll Out Online Suicide Prevention Training We are continuing with the successful implementation of suicide prevention training provided by SAMH for free.</p> <p>In April to May 2022, new material for professionals who come into contact with those who are experiencing suicidal thoughts/have concerns of suicide will be rolled out across the City by electronic means. Listening to feedback, we understand that capacity can be a blocker to undertaking training. The material and an accompanying video is hosted on Community Planning Aberdeen’s website and has been promoted and shared on Police Scotland Social Media channels. This material can be referred to immediately and will be made available to any and all who will find it beneficial.</p> <p>Suicide Prevention material has been made available to partners and circulated to all Community Councils.</p> <p>Additional training and materials have been made available to all Police Officers and staff with all new recruits from A Division being provided with Suicide prevention Training following their initial 12 week initial training at Tulliallan.</p>	City wide/Teachers, Police, NHS staff, HR personnel within industries employing High Risk (i.e. Oil and Gas/Sea based occupations)	<p>Data from September 2022 indicates the overall rolling 3 year average is 28. This shows an increase of 2 compared to baseline data in 2019.</p> <p>Change idea 1 - Roll Out Online Suicide Prevention Training - Over 1000 people trained in Aberdeen since training began. SAMH were subject to a Cyberattack and thereafter lost a large number of historical data to provide exact numbers on which areas training had been provided.</p> <p>100% of all new recruits from A Division being provided with Suicide prevention Training during their 12 week initial training at Tulliallan. Feedback has been positive with officers having knowledge from the outset on how to deal and support someone who is having suicidal thoughts. Since March 2020, 206 North East probationary officers have received Suicide Prevention Training. A further 15 officers will be trained in November 2022. No specific data is available from Officers as to whether or not they have used their training. Since the roll-out of the training, deaths by suicide in Aberdeen have fallen by roughly 50%. However, it is not possible to demonstrate a causative link. The video on Community Planning Aberdeen’s YouTube channel has had 192 views. We are awaiting the Analysis of Police Scotland’s Social Media channels and the quantity of material circulated by AVCO to 3rd Sector organisations within Aberdeen.</p> <p>Change idea 2 - Identifying and Reaching At Risk Groups – Additional Change Idea (September 2021) – Analysis of Police data over a 6 month period in 2021 showed that 19% of all attempted suicides/self-harm calls occurred in Northfield</p>			

<p>2. Identifying and Reaching At Risk Groups – (Additional Change Idea September 2021) Engage with organisations and at risk groups to test the impact of</p> <ul style="list-style-type: none"> • Providing organisations interacting with, representing or the groups themselves with material, including training about where they can seek help, • providing information about how to have conversations about suicide prevention or, • providing people/resource to support to these groups <p>Work is ongoing with the LEGS and Localities to ensure that Suicide Prevention messaging and training is made available to the most vulnerable in our communities. Their support in identifying groups is crucial to reaching them.</p>	<p>City wide/Organisations interacting with, representing or those in an at risk group (Men & Oil and Gas/Sea based occupations, football). Additionally geographical areas where completed suicides may be elevated. Northfield</p>	<p>– the highest in Aberdeen. All of these occurred in a domestic setting. Engagement in Northfield area and within Northfield Academy was welcomed. Qualitative feedback indicated a strong desire for SAMH to deliver training within the School setting. During early 2022 Northfield Academy staff were offered appropriate training to better engage with vulnerable pupils, but there was minimal uptake. In the same 6 month period in 2021 there were 2 deaths by suspected suicide in Northfield*. For the same time period in 2022 there were 4 deaths by suspected suicide*. Changes to how attempted suicide data is now classified prevent a like-for-like comparison. That being said, attempted suicides in Aberdeen have fallen from 229 (Jan-Oct 2021) to 189 (Jan- Oct 2022), a fall of 17.5%. The areas with the four highest percentage of incidents, including Northfield, (16%-19%) are all indicated as deprived areas (SIMD). We are exploring training Housing Associations and Officers. Engagement has taken place.</p>
<p>3. Creating and launching a prevent suicide app to increase access to supports. The prevent Suicide App was created as a safe place that could be accessed for meaningful local advice for those with suicidal feelings, for families of those with suicidal feelings and for professionals.</p>	<p>At Risk Groups/Individuals with suicidal feelings.</p>	<p><u>Change idea 3 - Prevent Suicide App</u> Advertising and promotion of the App across various media platforms has seen the download rate almost double in less than one year. Figures from Faff Digital show between 1st January 2022 and 17 October 2022, 6513 people across Aberdeen City have used the Suicide Prevention App.</p>
<p>4. Changing Room Programme Tested with SamH and Aberdeen FC. The Changing Room is a national programme supported by SAMH and funded by Movember and is already delivered or soon to be delivered at 21 other Scottish League Clubs.</p>	<p>Aberdeen FC Fans</p>	<p>By 17 October 2022, 23,383 people in Aberdeen had accessed the website. Since mid-2021 website traffic has more than doubled (exact figures not provided). There are clear peaks in usage in late spring/early summer and late summer where usage, briefly, more than doubles. This correlates with peaks in deaths by suicide seen in Police data.</p>
<p>5. Development of Traumatic Death Packs for Officers to reduce impact of bereavement and bereavement by suicide (Collaboration with SAMH, PSOS & PETAL</p>	<p>Police Officers</p>	<p>The 25-34 age group account for the most common users at 25% of those accessing the website. No data is available for the app. Males account for 57.9% of website users. Again, no data is available for the app.</p>
<p>6. Connecting all People who feel suicidal and come to the attention of Police towards immediate support.</p>	<p>Police Officers</p>	<p><u>Change 4 – Changing room programme</u></p>
<p>7. Raising Awareness/Ongoing Communication Campaigns</p>	<p>The aim is to reach far and wide</p>	<p>19 participants completed The Changing Room programme. Participants from the first and second programme have referred current participants. Another</p>

<p>A media campaign highlighting the importance of Suicide Prevention will go live immanently focussing on community reassurance, that SP is everyone's business and empowering those in our communities to respond with compassion and confidence to those experiencing a crisis</p> <p>Regular Suicide Prevention messaging scheduled on all Police Scotland Social Media Accounts.</p> <p>A Year of Action has been planned for 2023 focussing on a different contributing factor each month.</p>	<p>throughout Aberdeen City.</p> <p>Collaboration with NHS means that multiagency messaging and content will be produced and shared in local press in June 2022.</p>	<p>participant is on the verge of launching his own Mental Health business and has trained to become a Mental Health First Aider and Trainer. Changing Room have had men who have found the strength to change occupations, address issues with colleagues and be able to reconnect with family and in general have tools and coping mechanisms to recognise and stop bad days or moments affecting them so much as they had done in the past. Given the success, groups are considering other groups to test with, however there are no firm plans as yet.</p> <p>As mentioned above, levels of distress in Aberdeen appear to be falling in recent months, but there is no provable causative link.</p> <p><u>Change Idea 5 Traumatic Death Packs for Officers</u></p> <p>To reduce impact of bereavement and bereavement by suicide on members of the public, information on support services focussing on Traumatic Death has been circulated to CID Officers. When Police Officers encounter someone who has been affected by suicide, they can provide these packs to the families etc. 100% positive qualitative feedback has been received from Officers and members of the public.</p> <p>As such, Police Scotland and SAMH are in the process of revising SAMH's After a Suicide booklet and will develop an After a Sudden Death booklet for Police Officers to offer to the bereaved.</p> <p>Outside of mental health concerns and substance misuse, bereavement is one of the most common contributing factors in suicide according to Police data. It was listed as a factor in 16% of male and 21% in female suspected deaths by suicide. In a recent study, following a bereavement by suicide, 38% of the 7,150 bereaved respondents contemplated taking their own lives.*</p> <p><u>Change Idea 6- Well Service</u></p> <p>Well Service was tested initially with concerns in the Tillydrone and Seaton areas on one late shift per week. This was the area identified where the largest number of relevant incidents had been identified and, during this initial stage, Well Aberdeen conducted training and recruitment was conducted. The Well</p>
--	--	--

Aberdeen service was then expanded across the entire city and extended to 4 days with a mix of early, late and weekend cover, the Saturday service being offered as part of the support provided within Kittybrewster Custody Suite. This service includes the ability to make referral for people in immediate crisis, including suicidal concerns. They assist in providing immediate support and also moving forwards. It is also an addition option to make a risk assessment as to whether the person is appropriate to be left or whether further services require to be contacted. The outcome/feedback of that testing was that those who used Well reported the staff as being knowledgeable, supportive, able to engage and provide onwards referral to services. The service hadn't been picked up as much as had been expected as yet but this is still the pilot period with a review being conducted at the end of October. Adaptations are being made in relation to times and dates the service is available and also to highlight the service to officers so it can be used more widely. Data of how many referrals made has been captured within the graph below. Information is still being sought as to whether any of these referrals related to suicide as a concern.

Change Idea 7

A Year of Action has been planned for 2023 focussing on a different contributing factor each month. Discussions are ongoing with SAMH and Police Scotland as how best to measure the impact this will have.

For example, in April 2023 the focus will be on Anxiety and Depression. These are listed as contributing factors in 32% and 73% of female suspected deaths by suicide, and 24% and 44% of male suspected deaths by suicide respectively according to Police data. Analysis, over several months, will record social media interactions, the number of relevant Concern Reports (VPD) submitted, DBI referrals, attempted suicide incidents and deaths by suspected suicide. This will be compared to similar data from previous years. Although a causative link could never be proved, there may be correlations and coupled with qualitative or anecdotal evidence this may give reasonable to good indications of effectiveness.

All analysis and findings will be reported from 2023 onwards.

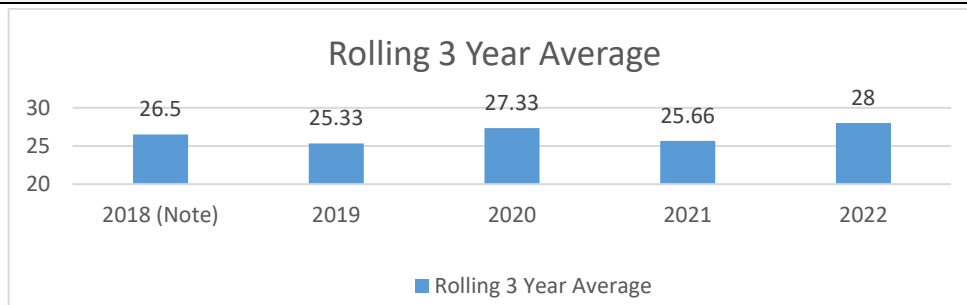
Emerging Threats

The Project team met with the North East Suicide Prevention Lead Group to plan its proactive response to the Cost of Living Crisis reported by several help organisations to be creating high demand from concerned people. The lead group have taken ownership of work to better inform financial help organisations of Suicide Prevention.

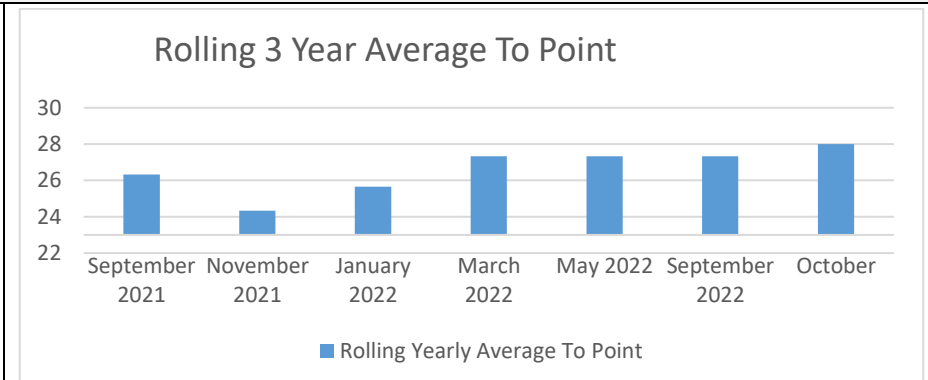
A greater input from, and a collaboration with Primary Care would be hugely advantageous to this project and other suicide prevention initiatives in Grampian.

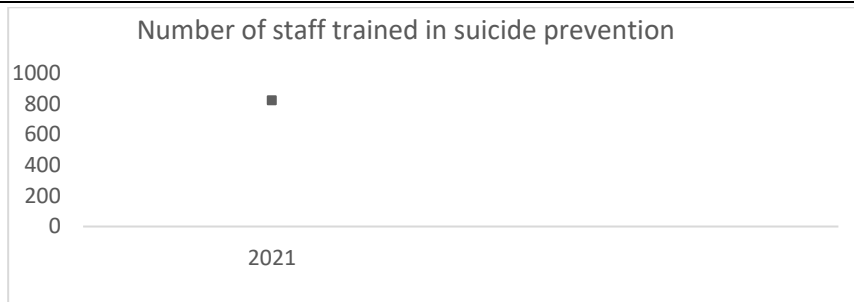
Relationship breakdown and being a victim of abuse, outside of mental health, is the biggest contributing factor in suspected deaths by suicide for males and females respectively according to police data. With increased family pressures due to the energy crisis, cost of living and the colder weather it is anticipated that instances leading to these circumstances will increase significantly. This is compounded by budget restrictions and potential reductions in support services.

Improvement Data



Note. Interrogation of 2018 data to establish Aberdeen as location has not been possible due to recording methods utilised at that time. Rolling 2 year average provided.





Due to SAMH losing historical emails due to a cyberattack, they have no way of providing an exact number of staff trained in Suicide Prevention. According to figures from Eventbrite, which is used to book courses, SAMH have trained 4500 people in the North east. Eventbrite does not record the locations of where attendees work or reside.