

NESP Oversight Reporting Year 1 update

Priority / Area of Focus: OVERALL REPORT

Reporting Period: Year 1 – May 2023 – April 2024

Status Key	
On-Track to Deliver by Year End	10
Slightly Delayed – Deliverable with adjustments / resources	4
Delayed - Unlikely to deliver within timescales	0
Not in Scope / Additional funding dependant	2

F/C – Forecast

Act – Actual

Summary:

This is the first year reporting detailing our progress between May 2023 and April 2024. More specific detail can be found in the quarterly reporting. Year one saw a period of recruitment with five new staff joining the suicide prevention team: four Community Engagement Officers covering the Grampian area, following the success of the role piloted in Aberdeenshire in 2022-23, and a Bereavement Link Worker to support and coordinate bereavement work.

Year 1 Priority:	Red	Amber	Green	Total Active	NIS / Add fund
1. Building Community Capacity		0	4	4	
2. Lived Experience			1	1	
3. Data, Analysis and Reduction of Risk		3	2	5	
4. Children and Young People			2	2	
5. Bereavement		1	1	2	2
Total		5	9	14	2

Final Report:

	Year 1 Outcome	Y1 ACT	Progress Achieved / Activity Last Year	Year 2 Q1 objectives
1	Building Community Capacity			
1.1.1	Identifying & engaging network of Community Champions representing communities throughout Aberdeen City, Aberdeenshire & Moray		<ul style="list-style-type: none"> Development of eight suicide prevention sub groups involving community members from throughout Aberdeen City, Aberdeenshire & Moray Recruitment of four Community Engagement Officers based throughout Grampian Events planned and delivered with input from local communities – 36 events in total including agricultural shows, freshers fairs and community gatherings. 26 information stalls provided at work places or high traffic areas – supermarkets, Pittodrie. Distribution of over 100,000 pieces of literature to communities through Grampian – literature in bars and restaurants as well as police stations & health facilities. Training delivered to 1483 people (Value £99,600 if delivered off contract by SAMH) - included targeted training to farming community, 	<ul style="list-style-type: none"> Planning for lived experience event to bring community champions together. Continued delivery of training and presence at community events. Suicide Prevention stalls booked at three agricultural summer shows – Banchory, Turriff and Keith

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			<p>conversations occupations (taxi drivers, tattoo artists, hairdressers, pub and bar staff)</p> <ul style="list-style-type: none"> • App usage increased from 123,097 users to 146,221 in the last year – an increase of 23,124 users. • A new Instagram page has been set up and the Facebook page has seen numbers grow from just over 2,000 to over 4,300. Over 200,000 impressions on social media. • A number of printed press articles throughout year. 	
1.2.1	Establish base line and shared understanding of measures of 'suicide safer community' and identify key partners in building suicide safer communities		<ul style="list-style-type: none"> • Development of eight suicide prevention sub groups involving community members • Active input from communities into suicide prevention work • Multi agency partnerships developed in all five priority areas and all three geographical areas • Development of cluster guidance • Piloting of workplace input with pre and post evaluation to gauge long term impact of suicide prevention input. Shell chosen as preferred workplace. • Also being piloted with physical health support organisation. Eight organisations have expressed interest in involvement. 	<ul style="list-style-type: none"> • Choose preferred organisation for physical health pilot • Explore options to evaluate impact of localised input
1.3.1	<p>Increase the number of Suicide Prevention trainers in Grampian.</p> <p>Identify needs of education institutions, staff and students throughout Grampian.</p>		<ul style="list-style-type: none"> • SAMH sponsored Applied Suicide Intervention Training (ASIST) Trainer for trainers – Local ASIST trainer numbers grown from six to thirteen • Introduction to Suicide Prevention (ISP) & Introduction to Young People Suicide Prevention (IYSP) trainer numbers grown from three to seven (SAMH product – 100% of team now delivering) • Initial engagement with all high schools, colleges and universities to understand needs and develop and pilot training programmes and lecture material for delivery. 	<ul style="list-style-type: none"> • Support new ASIST trainers to get comfortable with delivery of ASIST programme. • Expand delivery of training into wider school network – up to 20 schools have shown interest.
1.3.2	<p>Forging links with existing Changing Rooms projects and understand room for rural expansion.</p> <p>Proposition to local clubs.</p> <p>Identify potential for additional funding.</p>		<ul style="list-style-type: none"> • Expansion and establishment of Changing Room project at Elgin Football Club (FC) • Funded in partnership via SAMH and Elgin City FC • Proposition of Changing Room project with Huntly FC and Cove Rangers FC • "Movember" funding due to end in September. SAMH actively looking at additional and new funding options. • Application to Nuffield Foundation submitted for agricultural peer support group. Bid was unsuccessful but SAMH have since introduced NFU to a local group to fund and develop a support group for rural workers which went live in March 2024. 	<ul style="list-style-type: none"> • Continue Changing Room projects at both Aberdeen and Elgin Football Clubs • Explore funding opportunities for expansion – Cove and Huntly.

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2	Lived Experience			
2.1.1	<p>Scoping models at different levels of engagement and resources.</p> <p>Engage with lived experience voices in the development of the Grampian action plan to co-develop a North East Suicide Prevention Forum.</p>		<ul style="list-style-type: none"> • Development of Lived Experience sub group • Planning for Lived Experience Forum in September 2024 • Engagement with Scottish Recovery Network (SRN) to roll out peer support training modules to lived experience groups • Lived Experience voices developing and reviewing app content – (e.g. development of bereavement landing page) • Engagement with National Lived experience Panel through work of SAMH and representation from North East on national group. • International Women’s Day Conference held, 5 local speakers with differing lived experiences. 64 attendees. 	<ul style="list-style-type: none"> • Work with SRN to provide training and support to local peer support and lived experience groups. • Planning of Lived Experience event – (held in September 2024)
3	Data, Analysis & Reduction of Risk			
3.1.1	<p>Formalise the current arrangement developed in partnership between Police Scotland and SAMH and incorporate learning from the NSPLG death review pilot and other death reviews – adverse death reviews, drug and alcohol deaths etc.</p>		<ul style="list-style-type: none"> • Strong working relationship with Police Scotland and suicide review process developed with over 200 historic and recent deaths reviewed • Restructuring of Police Scotland resourcing has reduced the size of the data set provided and extent of the in-house analysis <ul style="list-style-type: none"> • Engagement with Public Health Scotland to pilot use of QES (name of business) review system. <ul style="list-style-type: none"> • Currently used in England and allows capture of data from multiple sources including health 	<ul style="list-style-type: none"> • Exploring options to add SAMH to data sharing agreements • Take a decision whether to progress with QES system
3.1.2	<p>Adapt the Grampian Statistic Review Group to conduct an annual review including reviewing incidents and deaths in addition to establishing the most effective way of real time data monitoring.</p>		<ul style="list-style-type: none"> • The data group continue to meet quarterly • Police Scotland providing annual review (calendar year) on deaths by suicide detailing locality, method, ages and potential triggers. • Additional overview of the information gathered from the SAMH/Police Scotland death review process has been produced by SAMH • Proactive reaction to spikes in data 	<ul style="list-style-type: none"> • Work with Tayside Multi agency Suicide Prevention Review Group to adapt annual report on deaths by suicide.
3.2.1	<p>Understand how Grampian data on method and means varies from the Scottish data, identify those susceptible to intervention.</p> <p>Action plan for reducing access to methods and means produced and tested.</p>		<ul style="list-style-type: none"> • Data on method and means used in suicide deaths continues to be addressed as part of the data review group and work of the SAMH Engagement Officers as they respond to patterns and spikes in data. • Increased focus on groups where we do see change or increased risk including women, asylum seekers and refugees, older people and rural workers • Training offered to groups working with these communities. 	<ul style="list-style-type: none"> • Training offered and events held within communities with higher risk factors identified by data • Establishment of North Scotland SP lead group to share across region information and findings.

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3.2.2	Engagement with sudden death group to learn best practices in death reviews. Shared learning.		<ul style="list-style-type: none"> Links have been made with the Grampian Drug Related Death and Adverse Event Review Groups by the Police Scotland Suicide Prevention Officer and work is continuing to build connections between these review groups and the NESP team. 	<ul style="list-style-type: none"> Improve data sharing agreements to collate shared knowledge
3.3.1	Identify the at-risk groups relevant to the Grampian region and their associated audiences. Establish best practices for engaging with those audiences to inform the development of an engagement plan.		<ul style="list-style-type: none"> Targeted work undertaken with communities identified through data analysis, such as women in Aberdeenshire, young people in Northfield and famers across rural North-East areas Providing staff capacity and resources to a cluster response in the Banff and Buchan area Evaluation of engagement is ongoing to establish best practice. 	<ul style="list-style-type: none"> Explore ways to engage with at risk groups.
4	Children & Young People			
4.1.1	All schools, FE, and HE to be aware of the SP partnership and work. Partnership to understand the current needs, levels of knowledge in schools, and levels of engagement with Mentally Healthy Schools.		<ul style="list-style-type: none"> All high schools aware of Suicide Prevention work and SAMH NESP team High schools prioritised due to age appropriate training products Ongoing meetings with SLT and guidance teams within schools to further understand needs and wants Training delivered to teachers including seminar for 90 teachers and school staff at Peterhead Academy. Delivery started of training to college and university staff Pilot started of joint self-harm and suicide prevention training to school pupils and staff in partnership with Penumbra at Harlaw Academy, interest from bridge of Don, Bucksburn and Northfield Academies. Development of lectures and workshops for university students – in partnership with Robert Gordon University (RGU). To be started year 2 quarter 2. Working with University of Aberdeen to establish suicide prevention strategy. Delivery of ASK (Assessing Suicide in kids) training to primary school staff 	<ul style="list-style-type: none"> Continued roll out of training to schools across region. Evaluate success of ASK and look at options for further roll out. Final drafts of RGU training materials to be signed off ahead of Q2 delivery.
4.1.2	Partners schools identified and a development model coproduced with them. Work in partnership with all those involved with Grampian schools in relation to issues carrying an increased suicide risk.		<ul style="list-style-type: none"> Working with SAMH Children and Young people (CYP) Teams to deliver input to schools across Grampian. Co-production and joint delivery of self-harm and suicide prevention sessions with Penumbra and piloted in schools across region Development of close links with other areas and PHS national initiatives. 	<ul style="list-style-type: none"> Work with other areas in Scotland to understand CYP successes and offerings.

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	Learnings from other areas – Perth & Kinross ran suicide prevention survey with schools			
5	Bereavement			
5.1.1	Evaluate, involving key partners, the NSPLG Suicide Bereavement Support Service pilot in Highland and Ayrshire for suitability for implementation in Grampian. (Additional Funding Dependant)		<ul style="list-style-type: none"> • Evaluation of Bereavement Pilot now available • SAMH developing Bereavement in Place offering 	
5.1.2	Evaluate, involving key partners, the Amparo/SAMH model for suicide bereavement support for suitability for implementation in Grampian. (Additional Funding Dependant)			
5.1.3	Place-based response to provide to one or more test sites in Grampian.		<ul style="list-style-type: none"> • Recruitment of Bereavement Link Worker • SAMH developing Bereavement in Place offering to support those in work places and other 'non immediate family' groups or settings • Development and roll out of cluster guidance • Work with Peterhead Academy following pupil bereavement – teacher training, literature and ongoing support and training for staff. 90 staff attended suicide prevention training • Local Area cluster response developed for Aberdeenshire – Aberdeen City and Moray versions still to complete • Cruse Counselling supporting a number of workplaces throughout region and referral pathways to workplace support service developed • Awaiting national roll out of Wave after Wave training for delivery across NE. 	<ul style="list-style-type: none"> • Explore barriers to those seeking bereavement support.
5.1.4	Develop an approach for integrating placed based support with the bereavement support model adopted by Grampian.		<ul style="list-style-type: none"> • SAMH developing Bereavement in Place offering to support those in work places and other 'non immediate family' groups or settings • SAMH partnership working with Suicide Behaviour Research Lab • Preparatory work for Bereavement Webinar to be delivered in May 2024. • Initial engagement with UK Survivors of Bereavement by Suicide (SOBS) to offer expanded community based SOBS groups • Support those already offering bereavement type support – training, funding avenues, facilities. 	<ul style="list-style-type: none"> • Identify and explore suitability of specific rural communities for SOBs groups. • Host bereavement webinar

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