



NGO strategy implementation monitoring report – Q4 2022

HSE National Office for Suicide Prevention



Connecting for Life



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Connecting for Life



1: Introduction

This is the implementation monitoring report for Connecting for Life (CfL) for the activities of our NGO partners. Comprehensive work is being carried out by our NGO partners and this report does not capture everything. It provides a broad overview of reach and developments in Q4 2022.

NOSP works to ensure that funded initiatives align to the strategic objectives of CfL. A Service Level Agreement (SLA) is in place with all funded NGOs. The NOSP aims to work collaboratively with our NGO partners and to facilitate opportunities for networking, sharing knowledge and learning, resources and expertise. The NOSP continues to facilitate and support monthly networking calls with representatives from all funded NGO partners and to have NGO representation on the National CfL Cross Sectoral Steering and Implementation Group.

Many of our NGO partners work with specific priority groups that have been identified in *CfL*, for example, people with mental health problems, those bereaved by suicide, the LGBTI+ and Traveller communities and younger people.

Our NGO partners offered a diverse range of interventions to services users / clients this quarter, including psychotherapeutic counseling, bereavement supports, addiction and wraparound supports, helplines, email and text supports.

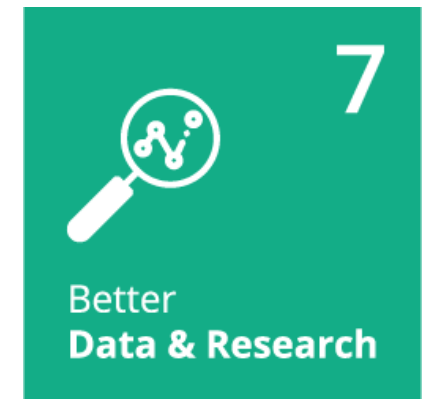
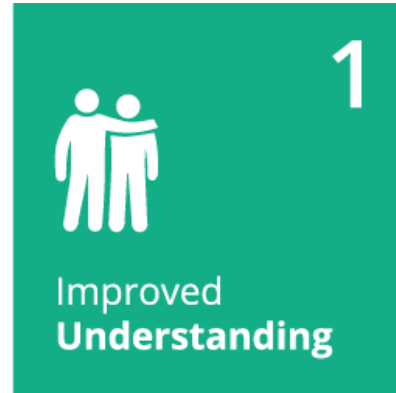


This quarter **updates were received from 17 CfL NGO** implementation partners:

- Aware
- BeLonG To
- Dublin Simon Community
- Exchange House Ireland
- First Fortnight
- Family Resource Centre (FRC)
- ISPCC Childline
- LGBTIreland
- Men's Health Forum in Ireland (MHFI)
- MyMind
- Pieta House
- The Samaritans
- Shine
- Spunout
- Suicide or Survive (SOS)
- USI
- Turn2Me



2: Overview of progress on CfL strategic goals





Goal 1: Improved understanding

1.1 Understanding suicidal behaviour	1.2 Awareness of services	1.3 Reducing stigma	1.4 Media and reporting
	<ul style="list-style-type: none">• Childline.ie had 46,001 users in Q4 (136,523 full year) ISPCC.ie Users: 36,826 (132,181 full year)• Spunout continues provision of specific information to at-risk groups who require more targeted information services (e.g. Disability, Traveller, LGBTI+, Migrants, BIPOC)• Samaritans - Continued training and awareness sessions with the IMI & INOU staff, Awareness session via webinar with MABS. Awareness SHUSH listening tips delivered to Calor and Coupa staff. Engagement at NTMH conference.• BeLonG To continued to run awareness raising and help seeking encouragement campaigns through social media. Website Visitors: 17,628 (53,717 total in 2022). Campaign in Q4 included '12 Days of Christmas Self-Care' which provides 'self-care' tips for LGBTQ+ youth who may struggle with their mental health over the holiday period, and promotes help-seeking behaviour & signposts to the 50808 text line. Using social media platforms 27,148 impressions were generated, and 1,365 post engagements.• Turn2me Trilogy of film completed (highlighting MH struggles in travelling community)To date the films have had in excess 30,000 views online, sharing an important message that suicide is not the answer.	<ul style="list-style-type: none">• Shine launched the month long Green Ribbon campaign Sept 1st . The See Change project continues to deliver their workplace programme, 11 workshops and 234 managers participated. The Ambassador Programme training offering included topics on: What is stigma, Self care, telling your story and Headline media guidelines.• Turn2me in collaboration with Exchange House have completed the series of 3 films and the final was launched in Q2• USI - Resource hub for student union officers developed & launched. Mental Health Campaign 'Open Up' continues & Reflect event held in February	<ul style="list-style-type: none">• Shine: Participated in 21 external presentations in total including, Ambassador Presentations, 8 Stigma presentations, 4 Lived experience talks, 2 Panel discussions and 7 staff presentations.• As part of See Change in the Workplace, they delivered 7 workshops to 73 participants.• The Headline Media Monitoring service monitored 3232 priority articles and 254 broadcast segments. Headline education delivered 9 workshops to 26 participants.• Shine also held their Mental Health Media Awards, with the Shine Audience Choice Award garnering over 1800 public votes.



Goal 2: Empowered Communities

2.1 Multiagency community responses	2.2 Accurate information and guidance	2.3 Education and training
<p>BeLong To held 3 (12 total 2022) National network meetings during Q4 to provide a forum for knowledge exchange, peer support, and collective planning. In 2022 - 818 LGBTQ+ young people engaged with the National Network, 508 of whom were aged 15 to 17 yrs. 542 one to one sessions were delivered to 347 individuals (young people and families), with indirect support provided to 189 professionals supporting LGBTQ+ young people and families. The main presenting issues reported were Mental health, bullying and victimisation.</p> <p>BeLong To's Dublin service supported 320 young people in 2022 - 47.5% of caseload & 26% increase in attendance. Supports were sought for Trans specific issues, Coming Out, Relationships with family/ friends/ peers & mental health, depression, anxiety and self-harm. Provision of ongoing guidance, information, advice, and training to national network members on the emerging issues/ needs within their youth service and LGBTI+ youth in their catchment.</p>	<ul style="list-style-type: none"> • Family Resource Centre - Mental Health Promotion Project: <ul style="list-style-type: none"> ➤ delivered 2 x Suicide Prevention Code of Practice workshops to 18 participants. Programme has been reviewed and planning for its development as an e-learning workshop for Board of Managements and Volunteers. ➤ 10 people participated in a self care session ➤ Online wellbeing programme – 30 minutes for me! – 1 session took place. Pre-recorded guided meditations are now accessible from FRC website. ➤ An Information Sharing and Networking Event took place in the Mid West in partnership with Resource Officers Of Suicide Prevention and Mental Health Ireland Development Worker and Health and Wellbeing engagement and recovery lead - 30 people participated) 	<ul style="list-style-type: none"> • Suicide or Survive training and education offering continued in Q4 as follows: Supporters Programme - 2 programmes were run with 13 people successfully completed the programme. 16 Wellness workshops were delivered in Q4 which were attended by 638 people; 12 people participated from Feb to August. In the Eden programme continues (26 week educational programme with a therapeutic element for people who have attempted or contemplated suicide); 8 WRAP programmes were delivered;; 175 people availed of the Wellness Workshop for those over the age of 18 years (www.wellnessworkshop.ie) and 52 availed of the online Wellness Workshop for people aged 18 to 25 (www.youmatter.ie) • TENI's Parent module for One Family is complete and is being designed and printed now. Trans awareness training was delivered to organisations including, the Irish Cancer Society and Dublin City Council. TENI also collaborated with Rainbows and the Children's Rights Alliance, Action Aid and the National Women's Council and addressed the ACCS Principals and deputy principals conference and the LGBT Ireland Helpline Volunteer conference.





Goal 3: Focus on Priority Groups

3.1 Reducing suicide among priority groups

- **The Exchange House** duty service support 84 clients (Phone & drop ins). Main areas of focus - 50% Accommodation, 10% mental health including suicidal ideation 10% addiction. Exchange House Ireland is currently supporting the formation of a Traveller representative network in Limerick City. Women's Wellness & Beauty Group Coolock. 12 Women attended 7 weekly sessions over October & November. **Spunout** "Treatment Directions" campaign, 47% did not know where to access MH treatment.
- **Aware** continued to deliver its CBT based Adult Life Skills programme: 20 programmes (76 total 2022) delivered to 383 participants (1,115 total 2022). Life Skills Online: 362 participants (1,620 total 2022). Living Well with Bipolar Disorder: 3 programmes (18 total 2022) delivered to 26 participants (159 total 2022).
- **First Fortnight** Quarter 4 of 2022 saw a total of 129 scheduled creative therapy sessions. Over 2022, a total of 541 sessions related to NOSP funding have been scheduled with a total of 39 DNA's (7.2%). Based on these figures, we have exceeded our target of 500 scheduled therapy sessions by the end of 2022 as per our funding agreement. 2022, First Fortnight continued to build strong partnerships both within and outside of the Homeless and at risk sectors
- **LGBTIreland** delivered 4 workshops with a total 63 participants. Services included Addiction Recovery centre. 4 hour online training focused on the needs of older LGBT+ people and targeting health & social care professionals in key older people's services- 1 workshop / 9 participants. 4 hour online training or in-person with specific content regarding the situation of LGBTI+ people seeking international protection in Ireland living in Direct Provision; 1 workshop; 9 participants from 4 DP centres.
- **HUGG** had a total number of 1,559 participants at HUGG meetings in 2022.
- In 2022 **Belongto** developed a new group therapy service in partnership with therapist Jim Hutton MIACP of GSD (Gender & Sexual Diversity) Counselling, Psychotherapy & Awareness and funded by the Late Late Toy Show. The total number of sessions in the reporting period was 47, including 17 Initial Assessments, 25 Group Therapy Sessions, 2 Review sessions, and 3 Acute sessions. Referrals have come in from 11 counties.

3.3 Supports for young people

- **Childline.ie** had 46,001 users in Q 4 (136,523 total 2022) & **ISPCC.ie** had 36,826 users in Q4 (132,181 total in 2022), with 370 contacts relating to suicide. 70 referrals received to the online digital Mental Health and Wellbeing services between October to end of December 2022. 39 clients have engaged in the digital programmes in Q4, 2022 (172 opened in 2022 and 191 closed in 2022 - April to Dec) Intervention and psychological support between April and Dec 22 young people reported 96% satisfaction with the programme.
- **TENI** delivered training for NEPS to provide psychological support to schools and students who are struggling Continued the work with An forus Pátrúnachta on their policy and best practice guideline.
- **USI** – 8 campuses visited between October & December 2022, just under 200 additional newsletter subscribers during this period. 200 additional newsletter subscribers. Resources hub for student union launched. 70 referrals received to the online digital Mental Health and Wellbeing services between October to end of December 2022. 39 clients have engaged in the digital programmes in Q4, 2022. Between April and December 2022, young people reported 96% satisfaction rates with the programme while parents/carers have reported satisfaction rates of 98%.
- **Belongto** – Safe and supportive schools work ongoing – 100 applicants received. 40 new schools brought in to quality mark process. All participating schools underwent self-assessments in Qtr. 4, and the first of quarterly Regional Network Meetings were held in 4 regions nationally.



Goal 4: Better access to support

4.2 Therapeutic Interventions

- **Dublin Simon** in Q4 had 69 (265 total 2022) new referrals for counselling services & delivered 368 hours (1712 hrs total 2022) of 1:1 referred clients - face to face 223 (864 total 2022) / remote 145 (848 total 2022). Main reasons for referral to service were depression-Anxiety-Addiction. Total Drop-in Visits: 115 (901 total 2022). Counsellor to work exclusively with 18-24 yr. olds recruited.
- **First Fortnight** delivered 129 (541 total 2022) creative therapy sessions and attended to a minimum of 135 calls over Q4. A 'creative therapy taster session' was facilitated for Exchange House to support strengthening of the partnership. The continued development of partnership working arrangements with sectoral partner services has made it possible to expand availability of the service and is currently provided from Haven House and on an outreach basis from Exchange House and Mosney. In Q4, they completed an update of their website which made firstfortnight.ie secure, GDPR compliant and Charity regulator compliant. Q4 saw continued development of the Music In Minds programme and the continued provision of the new CACTus outreach programme.
- In the final quarter of 2022 **MyMind** provided approximately 11,567 appointments, of which 4,074 were at low fees. This is double the number of appointments on the previous quarter.
- In this reporting quarter, **Pieta** has worked with 2,256 unique intervention clients requiring support for suicidal ideation and/or self harm (907 Under 18; and 1,349 Adults). In the reporting quarter, a total of 9,646 client appointments were attended (1,175 of these were initial assessments).
- Between January to 31st December **Turn2Me** delivered 4,528 counselling sessions and 325 support groups with a total of 1667 users reserving a place in a support group.
- **Pieta's** bereavement counselling service worked with 369 unique clients this quarter (63 Under 18; and 306 Adults). In the reporting period, a total of 1,948 appointments were attended (148 of these were initial assessments). Of the 11,594 appointments that were attended by individuals availing of our intervention and bereavement services, 7,512 (65%) of these were appointments with high risk individuals (average of 578 high risk appointments per week). 10,579 calls were made to Pieta's helpline during this reporting quarter (Average 115 calls per day). They also received and responded to 14,963 text messages in the period.

4.3 Support Services

- The **Pieta** SBLO service worked with 238 households in this quarter, delivering 944 client facing hours in the reporting period .
- On 20th October **HUGG** took part in a public information event 'Understanding Bereavement & Loss' as part of the South Dublin Bereavement Network. In late October they launched the second HUGG group in the Ulster region, with a new HUGG Monaghan.
- On 16th November **HUGG** along with the **NSRF** and a panel of representatives who had engaged in the workshop on suicide bereavement supports across Ireland, took part in a public webinar. On 8th November HUGG held its first Suicide Bereavement Remembrance Event and participated in the Irish Hospice Foundation's Annual Living with Loss webinar



Goal 5: High quality services

5.4 Best practice among Practitioners

- **MHFI** Work in Q4 included ...
 - (a) Actioning all proposals made at the CAIRDE Stakeholder Group meeting held on Wednesday 28th September 2022.
 - (b) Inputting the remaining data from the on-site questionnaire - including thirty additional responses which were received in October.
 - (c) Engaging support from a statistician in South East Technological University to help to analyse the survey data in a more sophisticated manner.
 - (d) Undertaking a comprehensive review of the research findings, and generating a first draft report.
 - (e) Maintaining contact with, and providing updates to, the construction sites that had participated in the first wave of field research.
 - (f) Signposting staff on the construction sites to existing mental health and suicide prevention resources, training and support services - as an interim measure before the CAIRDE package is fully operational.
 - (g) Beginning a second study (which replicates the original on-site survey) with young apprentices within the construction industry.
 - (h) Continuing the two systematic reviews focussing upon: (1) mental health and suicide stigma reduction interventions for men [Jack Sweeney]; and (2) the key ingredients of mental health promoting interventions in the construction sector [Emilie Roche].
 - (i) Conducting three qualitative interviews with male construction workers who have attempted suicide [Emilie Roche].
 - (j) Planning the Co-Design Workshops for the General Awareness Training (GAT) element of CAIRDE.
 - (k) Identifying: (1) the core pillars of the CAIRDE intervention; (2) what interventions have shown promise; (3) what improvements might be achieved; and (4) the types of training / education / learning that might be most useful.
 - (l) Continuing to progress the **CAIRDE project**, which aims to reduce male suicide in the construction sector. In Q2 developments included:



Goal 6: Reduced access to means

6.2 Lethal methods

- The **Samaritans** continue linking with wider Samaritans work on High Risk Locations.
- **NSRF** Meeting held including the IPU and PSI regarding material optimisation (Nov 11th). Pharmacy flyer subsequently optimised and with NOSP for design agreement January 12th.
- **The NSRF** met with transport infrastructure Ireland in relation to ongoing research on SP on motorway bridges. Prepare briefing.





Goal 7: Better data and research

7.2.1 Develop capacity for observation and information gathering on those at risk of or vulnerable to suicide and self-harm. This includes children/young people in the child welfare/protection sector and places of detention, including prisons

- The **NSRF** has published the Annual Report 2020 of the National Self-harm Registry Ireland. 2020 CHO Area Reports to be completed in Q1 2023 Joint DRO meeting with NI Registry to take place in March 2023.
- Two-year report on self-harm in Irish prisons in 2020 & 2021 to be prepared and published in Q1 2023

7.4 Research and Evaluation Plan

- **BeLong To** - LGBTIreland study 2 began in n 2022 (1st study published 2016). Rebranded to 'Being LGBTQI+ in Ireland' giving it a fresh, cohesive design for the lifetime of the project. Trinity College Dublin (TCD) are now conducting an analysis of community survey as part of module 1 of the research, which had an incredible response from over 2,500 people. The TCD have begun planning work for module 2 on public attitudes.
- **BeLong To** - The 2022 School Climate Survey was published in November 2022. The report details the experiences of 1,208 LGBTQ+ second-level students living in every county of the Republic of Ireland, regarding their school experiences, supports available to LGBTQ+ students in their school, and the impact of school challenges on their mental health.
- **SHINE** - Joint paper from NUIG and Headline in final stages of peer review before publication in Irish Journal of Psychological Medicine. Development of educational resource to accompany Headline research from 2021 underway.
- **NSRF** are developing a scoping review on suicide and self-Harm related research published by authors based on the Island of Ireland since 2015.





HSE National Office for Suicide Prevention – January 2024

