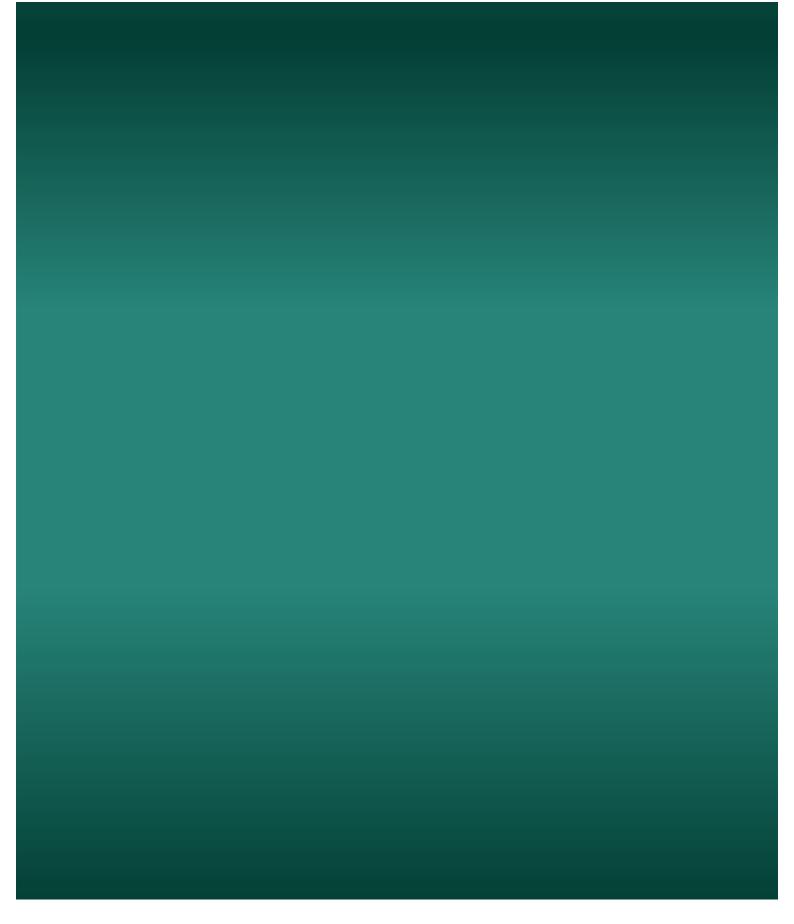


Connecting for Life
Strategy Implementation Monitoring Report
Q2 2024

**HSE National Office for Suicide Prevention** 









Introduction and Overview This Period
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- 2 Overview of Progress on Strategic Goals
- Needs Attention and Off Track Actions







#### Introduction and Overview This Period

This is the Q2 2024 implementation monitoring report for Connecting for Life. It will provide an overview of the work carried out by strategy lead agencies from April 2024 - June 2024

To date in this period, of the 67 actions in CFL, updates were received on 61. Of the 61 actions for which updates were received, 2 were logged as needing attention and 3 were logged as off track. The majority of actions were considered to be on track. Further detail on the needs attention actions are provided at the end of this report.

The NGO quarterly CFL implementation report (Q1 2024) has been completed and is available at www.connectingforlifeireland.ie

#### Some highlights from this period include:

- HSE Mental Health Operations have launched the My Mental Health Plan app.
- The Press Council of Ireland has reported one complaint under Principle 10 of the Code of Practice (Reporting of Suicide).
- In May a new e-learning training programme, Let's Talk About Suicide (LTAS) was launched. There have been 1734 enrolments to date. Tusla is working with NOSP to develop Tusla appropriate examples in the new training course. The DRCD Training Unit have set up a portal on the One Learning website that allows DRCD staff to undertake LTAS during the working day.
- NOSP Training Figures for Q1, 2024: safeTALK 1701, ASIST- 727, USH 337, USH Online 33, One Day Bereavement Training 133, STORM -39, Start 516. Community Bereavement T4T 16 participants. safeTALK T4T (Templemore) 8 participants.
- The Department of Education has published the Bí Cineálta procedures to prevent and address bullying behaviour in schools. Implementation will be supported by a suite of professional learning and information supports.
- Work of the Youth MH Transitions Specialist Group under StV was concluded with the publication by NIMC of two improvement plans: Enhanced Transition Plan for young people moving from CAMHS to AMHS & Transforming Youth Mental Health Services in Ireland: A New Model, for services up to 25. (HSE MH Ops)
- HSE Mental Health Operations have seen over 8k referrals to the online CBT SilverCloud



programme in 2024. A new Space from Sleep programme has been launched.

- The HSE has published and launched "Safe Harbour" a new illustrated story book for children bereaved by suicide.
- The CfL evaluation team sought and obtained ethics approval for a low-risk study from UCD Research Ethic Committee; a logic modelling workshop was facilitated by the evaluators with key CfL stakeholders; lit reviews underway.
- Final edit underway of HSE Community Suicide Response Guidance Doc (supporting HSE Incident Management Framework). Ethical approval for feasibility study for National Probable Suicide Register secured . Research phase commenced as part of the feasibility study into the development of the register. (HSE Mental Health Ops)

#### This period, updates were received from 18 partners:

Coimisiún na Meán (CnM)

Department of Agriculture, Food and Marine (DAFM)

Department of Children, Disability, Integration, Equality and Youth (DCDIEY)

Department of Defence (DoD)

Department of Education and Skills (DES)

Department of Health (DoH)

Department of Justice (DoJ)

Department of Rural and Community Development (DRCD)

Department of Social Protection (DSP)

Department of Tourism, Culture, Arts, Gaeltacht, Sports and Media (DTCAGSM) - Sports

Higher Education Authority (HEA)

HSE Acute Hospital Operations (HSE Acute Ops)

HSE Health and Wellbeing (HSE H&W)

HSE Mental Health Operations (HSE MH Ops)

HSE National Office for Suicide Prevention (HSE NOSP)

HSE Primary Care (HSE PC)

Press Council of Ireland (Press Council of Ireland)

TUSLA

### This period, updates were not received from 3 partners:

The Irish Prison Service (IPS)

The Local Government Management Agency (LGMA)

Health and Safety Authority (HSA)



























### Goal 1: Better understanding of suicidal behaviour.

## 1.1 Improve population wide understanding of suicidal behaviour, mental health and wellbeing, and associated protective and risk factors.

- NSRF / NOSP Oral paper on impact of suicide bereavement using Healthy Ireland data has been accepted
  at the European Grief Conference. NSRF/NOSP Presented at the Department of Health- HI research Event
  (HSE NOSP)
- Ongoing meetings of the National steering group and progress on milestones across action areas. Decision
  to meet face-to-face in September and focus specifically on shared learning and strengthening collaboration
  on Mental Health Promotion across the themes of Stronger Together. (HSE H&W)
- Following consultation with Ministers, additional work is required on the Framework, delaying publication until later this year. *(DoH)*
- My Mental Health Plan launched. Promoted through paid search, social media and digital display. New ads
  developed for national and local radio and digital audio targeting young adults. Sponsored reads on 'Talking
  Bollox' podcasts to promote the plan to younger men. Significant uplift in web traffic. (HSE MH Ops)
- Prep for IOAD continues, including an online webinar. Safer Nightlife Programme to hold events from June-Sept. Ongoing work with Night Time Economy TF. Implementation of EU Crisscross training programme.
   Ongoing collab with NRAG, tox labs, EDs and IPS re: Early Warmings. Hidden Harm work continues. (HSE PC)
- The development of the new National Physical Activity Plan is ongoing and will be published later this year. (DTCAGSM) Sports

#### 1.2 Increase awareness of available suicide prevention and mental health services.

• Since launched My Mental Health Plan has received over 33K page views, almost 8.5K people have used it and over 4K have completed it.. Work on development of web-based signposting tool for young people (14 -34) who are engaged with online help-seeking and/or information related to Mental Health. (HSE MH Ops)





Continued to promote positive mental health to priority groups including targeted paid advertising for Men's
Health Week in June. Short videos shared across social media platforms targeting young people. Continued
to work on plan to branch into Tiktok and Snapchat.. Social to promote My MH Plan. (HSE MH Ops)

## 1.3 Reduce stigmatising attitudes to mental health and suicidal behaviour at population level and within priority groups.

No significant updates to report this quarter.
 Green Ribbon planning and consultation underway.
 Shine/SeeChange/Headline corporate branding and identity review, underway - NOSP stakeholder input.
 International theme for WSPD announced. (HSE NOSP)

# 1.4 Engage and work collaboratively with the media in relation to media guidelines, tools and training programmes to improve the reporting of suicidal behaviour within broadcast, print and online media.

- No complaints have been received under Principle 3 of the Code of Programme Standards in Q2. A revised draft Online Safety Code has been published, alongside a response to the public consultation. *(CnM)*
- Timeline revised to Q2 2024 re. consultation on revised Code of Programme Standards and Code of Fairness, Objectivity and Impartiality in News and Current Affairs covering broadcasting, inviting views on coverage and treatment of suicide and self-harm. (CnM)
- Ongoing application of Principle I0 (Reporting of Suicide) of the Code. This Office received one complaint under Principle 10 of the Code of Practice from January to June 2024. (*Press Council of Ireland*)
- Collaborative media event on suicide reporting now scheduled and planning has progressed (NOSP, DoH, WHO). Roundtable event Wednesday 11th September. Conference event Thursday 13th September. (HSE NOSP)





# Goal 2: Supporting communities to prevent and respond to suicidal behaviour.

- 2.1 Improve the continuation of community level responses to suicide through planned multi-agency approaches.
- All 10 Local Action Plans for Connecting for Life are currently being implemented. (HSE MH Ops)
- 2.2 Ensure that accurate information and guidance on effective suicide prevention are provided for community-based organisations (e.g. Family Resource Centres, Sporting Organisations).
- Draft of deaths in public places toolkit ready for expert review. Launch planned for Q4 2024. (HSE NOSP)
- 2.3 Ensure the provision and delivery of training and education programmes on suicide prevention to community-based organisations.
- Training Figures for Q1, 2024: safeTALK 1701, ASIST- 727, USH 337, USH Online 33, One Day Bereavement Training - 133, STORM -39, Start 516. Community Bereavement T4T - 16 participants. safeTALK T4T (Templemore) - 8 participants. Launch of Let's Talk About Suicide May 2024 - 1734 enrolments. (HSE NOSP)
- Successful national meeting with managers of host organisation who deliver HSE-funded social prescribing.
   Scripts finalised & demo shoot underway for Stress Balance. Process evaluation of adapted version of MYWB for older people completed. Revisions underway on adapted MYWB for 3rd level students. (HSE H&W)





### Goal 3: Targeted approaches for those vulnerable to suicide.

## 3.1 Improve the implementation of effective approaches to reducing suicidal behaviour among priority groups.

- SafeTALK training continues to be provided, on request, to DSP employees by four DSP trainers. Two of these trainers have completed the course to deliver ASIST. (DSP)
- A policy initiation document has been completed and presented to NPOC National Policy Oversight Committee which has agreed that this suicide prevention policy for whole of agency be developed. Policy development has begun. (TUSLA)
- Department of Taoiseach policy handbook is still under development. This action to include a link to the Connecting for Life toolkit in the handbook will be further progressed upon its development. (DoH)
- The DRCD SICU Unit has liaised with the Department's Training Unit who have set up a portal on the One Learning website that allows DRCD staff to undertake the 'Let's Talk About Suicide' training during the working day. They have also shared the link to this training with all stakeholders of the Dept. (DRCD)
- Defence Forces Mental Health and Wellbeing Standing Committee initial planning meeting for a new strategy for the DF for 2025-2029. Suicide awareness and prevention is a key pillar in planning. OIC DF PSS is conducting review of instructors including SafeTALK to increase activity (DoD)
- Revised content for On Feirm Ground 2 (OFG2) finalised. Delivery of OFG2 training commenced. Training is being delivered to representatives. OFG1 report launched on 27/6/24. BeSafe and UCD-led "Farming Minds" projects were funded by DAFM. Continuing to issue communications to staff on positive mental health. (DAFM)
- The deaths by suspected suicide protocol between the HSE and An Garda Síochána has been approved by the Garda DPO and will be tabled for signing at the next Garda Senior Leadership Team meeting (held monthly). The Garda Commissioner's Office have indicated that there should be progress in July. (HSE NOSP)





- Tusla continue to implement Agency protocols when concerns arise regarding children in state care. Tusla
  advise DECDIY of actions requiring other agency contributions arising from recommendations of NRP
  reports. (TUSLA)
- HSE/Tusla protocol for joint working continues in management of complex cases for YP. Implementation of StV recs 8 & 37 on inter-agency working in provision of support to CYP experiencing complex difficulties.
   Collaboration with Disabilities on Roadmap for Service Improvement 2023-2026 for CYP. (HSE MH Ops)
- A meeting has been set up between the Emergency Medicine Clinical Programme, the National Office for Suicide Prevention and HSE Acute Operations (Access and Integration) to assess the pathway to content development of a training programme for a range of ED professionals. (HSE Acute Ops)
- ELS funding of €3.8m has been transferred to CHOs to further support SI S39 services. €1.1m has been allocated for wraparound health supports to clients in Housing First tenancies. This once-off money is to be utilized on a needs-based approach, varying in additional posts to other types of supports (*HSE PC*)
- NSRF commissioned work on social determinants of suicide is near completion and being written up for publication. Service evaluations of two NOSP funded programmes for priority groups have been initiated. (HSE NOSP)
- Ongoing delivery of GP education through ICGP. ICGP webinars included topics of: ICGP webinars included topics of: Mental Health, distress & healthcare utilisation in the LGBTQI+ community; The Importance of Social Interaction for Brain Health; HSE Talking Health and Wellbeing; and Mental Health Forum MCQs. ICGP also exploring feasibility of 2 day STORM. Suicide Prevention Module pilot delivery revised post stakeholder consultation Semester 1, 2024 Pilot delivery to take place in UCC and UCD. ATU and MTU currently exploring option as elective module. STORM training delivery ongoing to MH services. (HSE NOSP)
- Decision to organise and host a National Showcase event for the Traveller Wellbeing through Creativity initiative with the purpose of: showcasing the work of the projects that were funded under this initiative to date and to explore how learnings from the work can be mainstreamed into the future. (HSE H&W)





# 3.2 Support, in relation to suicide prevention, the Substance Misuse Strategy to address the high rate of alcohol and drug misuse.

752 people completed SAOR eLearning to date. SAOR training continuing nationally. SAOR Train the
Trainer (TtT) programme is open for tender with a view to training 19 new SAOR trainers in Q3-Q4.339
people completed Hidden Harm (HH) eLearning to date in 2024, and 2 TtT programmes completed. (HSE
PC)

### 3.3 Enhance the supports for young people with mental health problems or vulnerable to suicide.

- A tender issued for a new support to enhance what is already being provided to post-primary schools to strengthen supports and resources available to Student Support Teams to enhance the wellbeing and mental health of young people in the school community. (**DES**)
- NEPS are providing ongoing support to individual post primary schools and clusters of schools aligned with NEPS teams throughout the country on establishing or reviewing their Student Support Teams (SST). 82 schools engaged this year involving 273 teachers. (DES)
- Review of HEA Student Mental Health and Suicide Prevention Framework to be initiated by Q4 2024.
   Progress reports and report will now be incorporated as part of review. HEA Student and Staff Health and Wellbeing Advisory Group (of which NOSP a member) to advise on Terms of Reference. (HEA)
- The Bí Cineálta procedures to prevent and address bullying behaviour in schools were published on 19 June 2024. Implementation will be supported by a suite of professional learning and information supports. (DES)
- Senior Cycle SPHE specification is awaiting Ministerial approval. Consultation on the draft Primary Wellbeing specification, which includes SPHE, closed on 7 June. (DES)
- 10 WTEs approved (to support provision of psychological care for young people around substance use issues) and received Primary Notification numbers, pay & non-pay funding heldback and continuous engagement with DoH to drawdown announced funding. (HSE PC)





Work of the Youth MH Transitions Specialist Group under StV was concluded with the publication by NIMC of two improvement plans: Enhanced Transition Plan for young people moving from CAMHS to AMHS & Transforming Youth Mental Health Services in Ireland: A New Model, for services up to 25. (HSE MH Ops)





### Goal 4: Improved access, consistency and integration of services.

### 4.1 Improve psychosocial and psychiatric assessment and care pathways for people vulnerable to suicidal behaviour.

- Commissioned research into best practice for implementation of shared care protocols. Consultation/liaison models finalised (StV recs17 & 19). Shared care implementation plan finalised . Solace Café operational in CHO6. CHO1 secured community partner, recruitment underway. 5 sites operational. (HSE MH Ops)
- PPI overarching implementation group & Advisory Group established. Evaluation group continued to support the peer researchers. Content for the HSELand modules developed with MHER, Social inclusion & external partners. Continued to work with partners on training options to support initial site staff (HSE MH Ops)
- Project Initiation Document agreed with CES to progress with development of guidance document for suicide and self-harm, awareness, assessment and response in the health services. (HSE MH Ops)
- Clinical lead for NCPSHI is due to commence role in July. CASTOR agreement signed with HSE.
   Implementation plan in development including testing phase with SCAN service. Revised clinical guidelines for delivering NCPSHI in the ED have been published and circulated to clinical sites. (HSE MH Ops)

# 4.2 Improve access to effective therapeutic interventions (e.g. counselling, DBT, CBT) for people vulnerable to suicide.

- Improvements made to support implementation of MOC for Talk Therapies in Specialist MH Services.
   NSRF shared draft Monitoring & Evaluation plan for review. Draft Principles Paper for Talk Therapies in P-Care finalised. Over 8k referrals to SilverCloud in 2024. Space from Sleep programme launched. (HSE MH Ops)
- Ongoing service delivery of accessible, uniform, evidence based psychological interventions, including counselling, for mental health problems at both primary and secondary care levels. (HSE PC)





# 4.3 Improve the uniformity, effectiveness and timeliness of support services to families and communities bereaved by suicide.

- Safe Harbour launched. Distributed to families affected by suicide. NSRF presented finding from scoping study to identify international bereavement support models provided through coronial system to Coroner Society Educational Meeting. SBLO grief training held.Report on Improving SB supports updated (HSE MH Ops)
- Safe Harbour launched with dissemination commenced. Bespoke IHF grief training completed by SBLOs.
  Two abstracts accepted as posters for European Grief Conference. NSRF work ongoing re suicide
  bereavement supports for children and young adults. ROSP postvention workshop completed. (HSE
  NOSP)





### Goal 5: Safe and high quality services.

### 5.1 Develop and implement national standards and guidelines for statutory and non-statutory organisations contributing to suicide prevention.

- Q1 2024 NGO report developed and published. Networking event hosted for NGOs in May. (HSE NOSP)
- Guidance Unit is chairing a working group to produce a programme for post-primary whole school guidance.
   This work will increase access, enhance visibility in post-primary and will provide clarity to the scope of practice and role/responsibility of those implementing whole school guidance. (DES)
- All training available online via the wellbeing CPD directory for primary and post-primary. NEPS continue to liaise with ECSI network on roll out of trainings to schools (reluctant school attendance, trauma informed practice etc). ESCI Rep sits on Wellbeing Interagency Group who met on 20/06/2024 (DES)
- 3 CfL newsletters issued during this quarter (~1,700 subscribers).
   Additional HSE NOSP presence established on LinkedIn.
   Varied comms channels utilised, and new web content for launch of Let's Talk About Suicide (May), and Safe Harbour (June).
   (HSE NOSP)

# 5.2 Improve the response to suicidal behaviour within health and social care services, with an initial focus on incidents within mental health services.

- Project Initiation Document agreed with CES to progress with development of guidance document for suicide and self-harm, awareness, assessment and response in the health services. (HSE MH Ops)
- Tusla has a comprehensive policies and protocols in place to report and learn from deaths of children known to or in the care of Tusla. The NRP review each incident and complete a report and track recommendations. (TUSLA)

5.4 Ensure best practice among health and social care practitioners through (a) the implementation of clinical guidelines on self-harm and (b) the delivery of accredited education programmes on suicide prevention.





- SafeTALK training continues to be delivered to DSP staff where requested. (DSP)
- Tusla continues to ensure that through working with the NOSP in HSE training continues to be offered to staff at appropriate levels. Tusla continues to work with NOSP HSE regarding joint development of Tusla appropriate examples in the new training course (TUSLA)
- Ongoing delivery of suicide awareness and STORM training to staff at Oberstown Children Detention Campus. IPAS continue to link with NOSP to deliver training to staff. (DCDIEY)
- L&D Unit created a brochure promoting training in the area of suicide awareness. (DoH)
- Circulation of Presentation by Ailish O'Neill, NOSP National Education NOSP to Wellbeing interagency group. ESCI have indicated they will arrange presentation to their directors. (DES)
- All staff survey around Equality, Diversity and Inclusion (ED&I) took place within the Department. Our Department's new ED&I strategy will be produced based on the findings of this strategy. (DAFM)
- Attended Regulators' Forum, chaired by the DoH Professional Regulation Unit. Attended by CORU, the NMBI, the Dental Council, the Medical Council and the PSU as well as HSE HR. Secured commitments to advance suicide prevention education. (DoH)





### Goal 6: Reduce access to means.

#### 6.1 Reduce access to frequently used drugs in intentional drug overdose.

- DUMP policy paper subgroup has not met since April 2024, so progress has not been made here. Currently reviewing iSympathy data relating to prescribing of benzodiazepines and SSRIs, and are considering next steps. This data demonstrates patient openness to/success in changing prescribing patterns. (*DoH*)
- In relation to restriction of access to paracetamol the following took place: Second survey conducted and ready for analysis; Written updated provided to WG meeting scheduled for September 19th 2024; Dissemination of educational materials ongoing; Ethics application for mystery shopper underway. (**DoH**)

#### 6.2 Reduce access to highly lethal methods used in suicidal behaviour.

• The updated draft policy on Ligature Risk Reduction was sent for consultation with the following stakeholders: Executive Clinical Director Group, Area Directors of Nursing Group, Registered Proprietors Nominee Group, Heads of Service Mental Health Group, Service QSSI Group. (HSE MH Ops)





#### Goal 7: Better data and research.

#### 7.1 Evaluate the effectiveness and costeffectiveness of Connecting for Life.

• The CfL evaluation team sought and obtained ethics approval for a low-risk study from UCD Research Ethic Committee; a logic modelling workshop was facilitated by the evaluators with key CfL stakeholders; lit reviews underway. Contract for the evaluation of Suicide Observatory has been awarded. (HSE NOSP)

### 7.2 Improve access to timely and high quality data on suicide and self-harm.

- Tusla continues to operate its procedures for notifying concerns and incidents of self harm by children in care settings (*TUSLA*)
- Final edit underway of HSE Community Suicide Response Guidance Doc (supporting HSE Incident Management Framework). Ethical approval for feasibility study for National Probable Suicide Register secured .Research phase commenced as part of the feasibility study into the development of the register. (HSE MH Ops)
- NOSP/UCD Psychology & Agriculture academic paper on probable suicide amongst Irish farmers using IPSDS data submitted to Journal of Agromedicine for peer preview publication - pre-print available on the Open Science Framework platform. Working with the HRB and the IPH on gambling related suicide. (HSE NOSP)

### 7.3 Review (and, if necessary, revise) current recording procedures for death by suicide.

Key strands of work are ongoing including SADA reporting, AGS work to reclassify and redefine
probable/suspected deaths by suicide and CSO Summary of Suicide Statistics being planned with input of
NOSP and DoH through the CSO Suicide Mortality Statistics Liaison Group (DoJ)

### 7.4 Develop a national research and evaluation plan that supports innovation and is aimed at early identification of suicide risk, assessment, intervention and prevention.

HEA continues to support work of NSRF. (HEA)





- Q2 ExAG meeting & the CfL Evaluation Stakeholder Group meeting help in May both focused on the
  overarching CfL evaluation & researchers presented & discussed the evaluation plan. Ongoing partnership
  (& meetings) with UCD Psychology & Agriculture (Farmers project) and new partnership with IPH. (HSE
  NOSP)
- Manualising Safety Planning Intervention underway, facilitators trained, research assistant employed & participant recruitment has begun. Farmers project- national replication of survey(n=457), advisory groups established, ethics granted, interviews scheduled, protocol developed.
   (HSE NOSP)







At a Glance: Needs Attention

### Goal 3

3.1.2 Develop and implement a range of agency and inter-agency operational protocols (including protocols for sharing information and protocols in respect of young people) to assist organisations to work collaboratively in relation to suicide prevention and the management of critical incidents.

The deaths by suspected suicide protocol between the HSE and An Garda Síochána has been approved by the Garda DPO and will be tabled for signing at the next Garda Senior Leadership Team meeting (held monthly). The Garda Commissioner's Office have indicated that there should be progress in July. (HSE NOSP)

Issue(s): Timeline

Garda data sharing protocol has not yet been approved by Garda Senior Leadership Team.

#### Goal 6

6.1.1 Work with professional groups to reduce the inappropriate prescribing of medicines commonly used in intentional overdose, including benzodiazepines and SSRIs.

• DUMP policy paper subgroup has not met since April 2024, so progress has not been made here. Currently reviewing iSympathy data relating to prescribing of benzodiazepines and SSRIs, and are considering next steps. This data demonstrates patient openness to/success in changing prescribing patterns. (DoH)

Issue(s): Timeline

Insufficient progress made with DUMP policy paper subgroup this quarter.







At a Glance: Off Track

### Goal 1

1.4.2 Broadcasting Authority of Ireland will apply and monitor its Code of Programme Standards, including Principle 3 - Protection from Harm, which references self-harm and suicide, so as to ensure responsible coverage around these issues in the broadcast media.

• Timeline revised to Q2 2024 re. consultation on revised Code of Programme Standards and Code of Fairness, Objectivity and Impartiality in News and Current Affairs covering broadcasting, inviting views on coverage and treatment of suicide and self-harm. (CnM)

Issue(s): Timeline

### Goal 3

3.1.2 Develop and implement a range of agency and inter-agency operational protocols (including protocols for sharing information and protocols in respect of young people) to assist organisations to work collaboratively in relation to suicide prevention and the management of critical incidents.

 A meeting has been set up between the Emergency Medicine Clinical Programme, the National Office for Suicide Prevention and HSE Acute Operations (Access and Integration) to assess the pathway to content development of a training programme for a range of ED professionals. (HSE Acute Ops)

Issue(s):Budget

Until recently, there was no budget available to develop the training but thanks to NOSP budget may now be available

#### Goal 4

4.1.2 Provide a co-ordinated, uniform and quality assured service and deliver pathways of care for those with co-morbid addiction and mental health difficulties.







### At a Glance: Off Track

• PPI overarching implementation group & Advisory Group established. Evaluation group continued to support the peer researchers. Content for the HSELand modules developed with MHER, Social inclusion & external partners. Continued to work with partners on training options to support initial site staff (HSE MH Ops)

Issue(s):Staffing

Issues with recruitment causing delays in all initial site areas.





HSE National Office for Suicide Prevention

June 2024

