



Connecting for Life

NGO strategy implementation monitoring report – Q3 2021

By: HSE NOSP (2021)



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1: Introduction

This is third 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 Q3 2021.

It was World Suicide Prevention Day on 10th September. Many NGOs worked in partnership delivering a variety of online initiatives and signposting to relevant supports.

Our NGO partners offered a diverse range of interventions to services users / clients this quarter, including psychotherapeutic counselling, bereavement supports, addiction and wraparound supports, helplines, email and text support. The majority of services are now offering blended support, with both face and face and online therapeutic interventions available.

While there is a reduced demand for training in the summer months, a variety of online training and workshops have been delivered to practitioners and members of the public such as webinars / workshops on wellness, relaxation and suicide prevention.

Many organisations are reporting an increased demand for services, especially among children and young people. There is growing concern around the impact of the pandemic, and the gradual opening of society, on young people. One organisation has reported issues in recruiting therapists qualified to work with this age group.

As in the previous quarter, many of our NGO partners are currently recruiting staff to meet the increased demand for services. Vacancies in some organisations meant capacity for delivering training and other supports was temporarily reduced this quarter. Some organisations are reporting concerns around burnout of frontline staff.

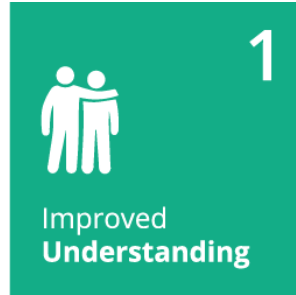


This quarter **updates were received from** 16 CfL NGO implementation partners:

- Aware
- BeLonGTo
- Exchange House Ireland
 - First Fortnight
- Family Resource Centre (FRC)
- Gaelic Athletic Association (GAA)
 - ISPCC Childline
 - LGBT Ireland
- Men's Health Forum in Ireland (MHFI)
 - MyMind
 - Pieta House
 - Simon Community
 - The Samaritans
 - Shine
- Suicide or Survive (SoS)
 - SpunOut



2: Overview of progress on CfL strategic goals



Improved
Understanding



Empowered
Communities



Focus on
Priority Groups



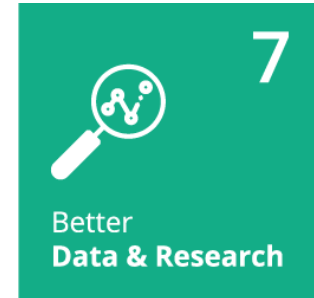
Better Access
to Support



High Quality
Services



Reduced
Access to Means



Better
Data & Research

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"> The GAA launched the Dads and Lads programme targeting males aged 35+. Over 60 teams are already registered across the country. BeLonGTo launched their <i>Better Out than In</i> signposting programme. 	<ul style="list-style-type: none"> As at the end of August, The Samaritans had responded to 271,673 calls and emails. ISPCC continues to promote and signpost to online content on the Childline.ie site including tips on handling anxiety; going back to school and managing fears on climate change. SpunOut continues to promote the content produced as part of the <i>Sexual Violence and Building Resilience and Strengthening Well-being</i> campaigns. 	<ul style="list-style-type: none"> First Fortnight issued a call for applications for the 2022 festival. All applications have been reviewed and a variety of both online and in-person events have been scheduled across the country for January next year. 	<ul style="list-style-type: none"> Headline carried out a series of media surveillance work in Q3: 2,731 online articles required review and analysis (5% increase on same period 2020) No. of critical breaches requiring engagement with editors: 9 (9 regarding murder-suicide cases) No. of publications: 10 No. of engagements actually made: 5 No. of revisions made by publications following Headline contact: 2 (40%) 255 radio & TV segments required analysis. Shine delivered online training to journalists in September.



Goal 2: Empowered Communities

2.1 Multiagency community responses	2.2 Accurate information and guidance	2.3 Education and training
<ul style="list-style-type: none"> • GAA Community & Health department supported 6 clubs impacted by suicide in Q3 • ISPCC continues to engage with all Childline staff and existing volunteers in publicising the START suicide intervention training programme. This will be advertised as an option for all future volunteer intakes going forward to register and complete on shift. 	<ul style="list-style-type: none"> • FRC developed the <i>Building Healthy Habits</i> booklet which is to be disseminated at training sessions. • As part of the GAA Healthy Clubs programme, all participating clubs now have to Critical Incident Response Plan in place for responding to suicides. • BeLonGTo held 2 National network meetings in Q3 to provide a forum for knowledge exchange, peer support, and collective planning. 	<ul style="list-style-type: none"> • SoS continues to deliver a range of education and training supports: <ul style="list-style-type: none"> • 2 Wellness Webinars delivered per week. In Q3, these were viewed by 197 people. • The WRAP programme (in collaboration with community partners.) 41 participants completed the programme in Q3, with plans underway to commence face-to-face delivery in Q4. • 11 participants completed the supporters programme. • The GAA Healthy Clubs programme supported 428 GAA volunteers to receive safeTALK training. • The Samaritans delivered 4 training sessions. • MHFI are planning to re-commence their <i>Men in the Middle</i> programme in Q4.

Goal 3: Focus on Priority Groups



for Life

3.1 Reducing suicide among priority groups

- **SoS** delivered the 26-week Eden programme to 9 participants, with 5 also completing the follow-up WRAP programme. DCU are carrying out an evaluation of the programme.
- In Q2 2021 the **Exchange House** duty service has dealt with 146 clients. The two main presenting issues to this service are accommodation (59%) and mental health (32%). 52% of presentations are from Dublin. In addition, 10 members of the Traveller community availed of therapeutic support.
- **Dublin Simon** had 259 active referred clients in Q3, who received a total of 419 hours of support. 174 were male, 84 female).
- **LGBTI Ireland** delivered:
 - 4 peer support meetings
 - New peer support group started June LGBT+ 'Recovery Group' (Exiting Addiction)
 - 4 LGBT+ Traveller & Roma Action Group meetings.

3.2 Early intervention & prevention of substance misuse with Primary Care

3.3 Supports for young people

- The rollout of Safe and Supportive Schools (SASS) which is funded by private philanthropy continued in 22 phase two pilot schools by **BeLong To**.
- In Q3 **ISPCC** had a total of 14,357 contacts:
 - 176 profiled under suicide,
 - 118 under self harm
 - 950 under mental/emotional health,
 - 14 referrals were made.
- **Turn2Me** launched their moderated peer support service in September.



Goal 4: Better access to support

4.1 Assessment & Care Pathways	4.2 Therapeutic Interventions	4.3 Support Services
	<ul style="list-style-type: none"> • Pieta has worked with 2,393 unique intervention clients requiring support for suicidal ideation and/or self harm (737 Under 18; and 1,656 Adults). • 10,193 calls were made to Pieta's helpline during this reporting quarter (Average 116 calls per day). They also received and responded to 10,916 text messages in the period. • The Samaritans dealt with 69,023 calls and responded to 1,036 emails in July and August. • In the third quarter of 2021, MyMind will have provided 10,660 appointments, of which 3,267 at low fees. As part of the Covid-19 project, 2,568 free appointments were delivered. • Turn2Me has delivered 423 Adult counselling sessions and 128 support groups this quarter. 	<ul style="list-style-type: none"> • Pieta's bereavement counselling service worked with 289 unique clients. • The SBLO service operated by Pieta worked with 247 households in this quarter, delivering 1,297 client facing hours in the reporting period.

Goal 5: High quality services



Connecting for Life

5.4 Best practice among Practitioners

- During 2021, **MHFI** is being funded by NOSP to undertake Year 1 of the CAIRDE Project. The overall aim of this three year initiative is to use the construction industry in Ireland as a setting to create and embed a whole organisation mental fitness culture, which can actively promote and support men's mental health and resilience, and reduce the risk of suicide. Developments in this quarter included:
 - (a) Approaching and engaging additional key organisations for the CAIRDE Stakeholder Group.
 - (b) Liaising with the ethical approval body for the research elements of CAIRDE.
 - (c) Securing funding for a second PhD student - through the South Eastern Regional Development Scholarship programme.
 - (d) Conducting a baseline literature review and scoping exercise - to collate the key issues and effective models of practice in this field.
 - (e) Finalising the field research questions.
 - (f) Drafting the interview schedules.
 - (g) Agreeing the consent forms.
 - (h) Establishing a rigorous academic supervision model.
 - (i) Identifying construction sites / personnel for the research process.
- **BeLonGTo** has been shorted listed for several awards in the Charity Impact Awards. The board has completed its compliance review with the Charities Governance Code. The organisation is in full compliance.

Goal 6: Reduced access to means

6.2 Lethal methods

- **The Samaritans** has engaged with Louth Partnership, Healthy Ireland, Citizens Information preparing for Seminar on Bereavement from suicide.
- **The Samaritans** are also supporting the GAA Liaison officers (branch volunteers) with awareness materials to work with clubs in the GAA Healthy Club Initiative.

Goal 7: Better data and research



7.4 Research and Evaluation Plan

- UCD in collaboration with **Pieta** secured funding as part of the HSE NOSP research grant scheme to conduct research into the psychoeducation needs of parents of young people who self harm and/or experience suicidal ideation. The first advisory panel meeting for the study took place on September 9th.
- **Shine** has issued a Request for Tender for research into language surrounding mental health.
- The evaluation of **See Change** is now complete and submitted to HSE NOSP and the charity Board.



HSE National Office for Suicide Prevention – October 2021