



Connecting for Life

Statutory strategy implementation monitoring report – Q2 2021

By: HSE NOSP (2021)

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1: Introduction

This is the Q2 2021 implementation monitoring report for *Connecting for Life (CfL)*. It will provide an overview of the work carried out by strategy lead agencies from April-June 2021.

The cyber attack on HSE IT systems on 14th May has caused significant disruption to work across the HSE and has caused delays on a number of projects. As it stands, there are still colleagues with no or limited IT access and the commitment of colleagues to ensuring some updates are received is greatly appreciated.

Online suicide prevention training is now being offered across a number of important programmes such as START, Understanding Self-Harm, Bereavement, and Minding Your Wellbeing. There are still some suicide prevention gatekeeper training programmes such as ASIST and safeTALK which are

delivered on a face to face basis and are still paused.

In terms of headline developments, despite the cyberattack our implementation partners and HSE NOSP have continued making progress on assigned actions. Some highlights from this quarter include:

- A data sharing protocol between HSE NOSP and An Garda Síochána Special Victims Unit has been agreed and is in the final stages of sign off. This will allow sharing of data concerning suspected suicide deaths to aid generation of more timely data and timely referral to suicide bereavement support, if appropriate.
- Local areas will be moving to the development of CHO wide as opposed to county level CfL implementation plans. It is anticipated some of these plans will be available in Q3.
- The Programme Manager and Clinical Lead for the National Clinical Care Programme for Dual Diagnosis are in post.



Connecting for Life

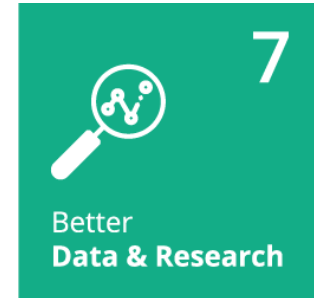
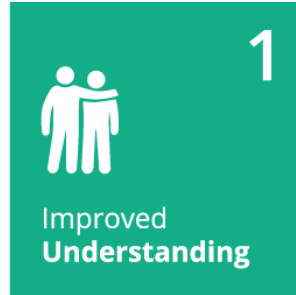


This quarter updates were received from 16 CfL implementation partners: This quarter updates not received from 4 partners:

- Broadcasting Authority of Ireland (BAI)
- Department of Agriculture, Food and Marine (DAFM)
- Department of Children, Disability, Integration, Equality and Youth (DCDIEY)
- Department of Education (DoE)
- Department of Defence (DoD)
- Department of Health (DoH)
- Department of Social Protection (DSP)
- Department of Tourism, Culture, Arts, Gaeltacht, Sports and Media (DTCAGSM)
- Health and Safety Authority (HSA)
- Higher Education Authority (HEA)
- HSE Acute Hospitals
- HSE Health and Wellbeing (HSE H&W)
- HSE Mental Health Operations (HSE MH)
- HSE Primary Care (HSE PC)
- HSE National Office for Suicide Prevention (HSE NOSP)
- Local Government Management Authority (LGMA)
- Department of Justice (DoJ)
- Department of Rural and Community Development (DRCD)
- Press Council of Ireland
- Tusla



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"> HSE NOSP and researchers from NUI Maynooth have published an article on suicidality in a sample of the Irish population during the first lockdown. The article can be found in the most recent issue of the journal Suicide and Life Threatening Behaviour. Work is ongoing regarding the finalisation of the HSE Mental Health and Wellbeing Plan. 3 out of the 6 proposed stakeholder engagement challenge panels have been completed. (HSE HW). DoH has granted €800,000 funding to Sport Ireland in 2021 for a number of physical activity programmes. 	<ul style="list-style-type: none"> Website traffic to ymh.ie is up 25% compared with Q2 of previous year - to 410,024 visits (HSE MH Ops). A 3 week radio partnership was activated in May to target older people and those living in rural areas (HSE MH Ops). Creative content was developed for GCN (Gay Community News) magazine and social media channels to support LGBTQ+ community. 	<ul style="list-style-type: none"> HSE NOSP and Health Ireland have are working with NUIG on an evaluation of mental health workplace programmes. HSE NOSP has ongoing engagement with See Change on collaborative opportunities for campaign development and targeted messaging. Facilitated meetings have take place with GCN (Gay Community News), Exchange House, HSE Social Inclusion/HSE Drugs and Alcohol. 	<ul style="list-style-type: none"> HSE NOSP became a member of Media Literacy Ireland (BAI) and supported 'Be Media Smart' Campaign social activity during Q2. BAI is underway to host an in-person training workshop for broadcast journalists on the responsible reporting of suicide and self-harm in quarter 3. It is planned that Headline will deliver the content and Learning Waves will co-ordinate.



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"> HSE NOSP / MH Ops have engaged with ROSPs collectively and on a regional basis where direct support has been requested around the development of local implementation plans. The development of local plans is progressing with most areas moving to a CHO-wide plan, rather than a county plan. 	<ul style="list-style-type: none"> HSE NOSP have appointed a content writer appointed to work on updating the Guide to Suicide Prevention in the Community. 	<ul style="list-style-type: none"> In the first six months of the year 4,257 licences were used for the online programme START. In Q2 112 people completed the online bereavement training programme. 31 Understanding Self harm workshops were delivered to 431 participants (HSE NOSP). Minding your Wellbeing on-line continues to be viewed by an average audience of 1,044 per session in Q2. The National Evaluation Framework for Social Prescribing will be launched on 15th July. A partnership is underway with HSE Psychology to develop a HSE Stress management programme funded by HSE H&W. Content development has commenced and Digital Project Manager has been appointed (HSE HW).



Goal 3: Focus on Priority Groups

3.1 Reducing suicide among priority groups

- A data sharing protocol between HSE NOSP and An Garda Síochána Special Victims Unit is ready to be signed by the HSE CEO and the Garda Commissioner (HSE NOSP).
- A researcher has been appointed to evaluate implementation of the Homeless Hospital Discharge Programme. The pilot programme continues (HSE PC).
- There are 6 Milestones associated with the Suicide Prevention Objective in the DF Mental Health Strategy (Defence Forces).
- *'Supporting young people impacted by Covid'* has been developed as a ½ day programme co delivered by Jigsaw and HSE HW. 3 programmes have been delivered in June (HSE HW).

3.2 Early intervention and prevention of substance misuse with Primary Care

- There is continued development of the Health Diversion Programme in conjunction with the DOH, DOJ and AGS (HSE PC).
- Delivery of blended SAOR training continued until mid-May (HSE PC).

3.3 Supports for young people

- 79.2% of accepted CAMHS referrals were offered an appointment within 12 weeks (HSE MH Ops).
- Jigsaw, text50808, Foroige and SpunOut have been supported to deliver youth mental health services throughout Q2 of 2021 which complement CAMHS service delivery and help to prevent referrals where possible (HSE MH Ops).
- Telepsychiatry continues to operate successfully in the 4 pilot areas in which it is being implemented (HSE PC).
- Planning is ongoing on supports for schools as they review their own wellbeing promotion. Supports include CPD which will be provided by the Professional Development Service for Teachers (PDST) and commences this year. (Dept Ed)
- The establishment of a PCHEI R&D Office is underway. Reporting requests for Mental Health funding allocation have been issued and are due to be returned on 15 July 2021 (HEA).



Goal 4: Better access to support

4.1 Assessments and Care Pathways	4.2 Therapeutic Interventions	4.3 Support Services
<ul style="list-style-type: none"> Staffing for 7/7 community mental health service provision has reached 47 out of the 48 approved posts (HSE MH Ops). The Programme Manager and Clinical Lead for the National Clinical Care Programme for Dual Diagnosis are in post. Work is underway to establish a National Working Group who will consider the Model of Care (HSE MH Ops). A new Clinical Lead is in post for the HSE National Clinical Care Programme for Self-Harm and the revised Model of Care has been completed and is awaiting approval by HSE Clinical Design (HSE MH Ops). 	<ul style="list-style-type: none"> Both the Working Group and the Steering Group for the implementation of the Talking Therapies Model of Care have convened (HSE MH Ops). Over 340 referrals have been made to the new guided online CBT service with Silvercloud, including 222 referrals from General Practice (HSE MH Ops). 	<ul style="list-style-type: none"> The '<i>You Are Not Alone</i>' suicide bereavement support guide has been published and disseminated to Resource Officers for Suicide Prevention and other stakeholders. An audio format of the guide is being provided through NCBI (HSE MH Ops).



Goal 5: High quality services

5.1 National quality standards, guidance and information for suicide prevention	5.2 Responses to suicidal behaviour in services	5.3 Responses to suicidal behaviour in the justice system	5.4 Best practice among Practitioners
<ul style="list-style-type: none"> • The HSE NOSP website has been updated with: <ul style="list-style-type: none"> ✓ NOSP-CSO Briefing Document (in line with May CSO update) ✓ Model of Care for Adults Accessing Talking Therapies (HSE Mental Health). • Q2 (to date) HSE NOSP Twitter - 189,000 impressions (number of times the content was seen). 	<ul style="list-style-type: none"> • The review of in-patient suspected suicide and suspected suicide amongst recently discharged service users has been revised and will be shared with Heads of Service for Mental Health (HSE MH Ops). • An incident-specific review tool is being developed related to suspected suicide amongst community mental health service users (HSE MH Ops). 	<ul style="list-style-type: none"> • No updates received for this action. 	<ul style="list-style-type: none"> • A first draft of a commissioned research report has been completed by an external researcher to support the development of an undergraduate curriculum in suicide prevention (HSE NOSP). • DAFM launched its eLearning resource '<i>Equality, Diversity and Inclusion in DAFM workplace</i>'. • Information on SafeTALK has been included in a revised directory of supports for schools and also circulated to all NEPS psychologists across the country (DoE).



Goal 6: Reduced access to means

6.1 Access to drugs used in intentional overdose	6.2 Lethal methods
<ul style="list-style-type: none">• DoH, HSE NOSP & NSRF met with HPRA to present Dr. Daly's paper on paracetamol. A working group comprising NOSP, NSRF and HPRA will examine how to improve awareness and reduce access to paracetamol.	<ul style="list-style-type: none">• The national ligature risk reduction guidelines document has been finalised and designed ready for publication. Training resources have also been developed (HSE MH Ops).• A survey has been completed by practitioners in CHO mental health services to guide the development of a repository of information on the built-environment and ligature risk, e.g. addressing fixtures and fittings, building design etc (HSE MH Ops).• NOSP presented to the LGMA's CCMA Rural Development, Community, Tourism, Culture and Heritage (RCTCH) Committee in May. Follow up actions include the development of crisis signage (with the Samaritans and Text 50808) and a dedicated project focussing on the Cliffs of Moher.



Goal 7: Better data and research

7.1 Evaluating CfL	7.2 High quality Data	7.3 Death recording	7.4 Research and Evaluation Plan
<ul style="list-style-type: none"> Evaluation of the implementation of the Best Practice Guidance (BPG) is completed. Review and evaluation of the implementation of a range of delivery models of suicide prevention gatekeeper training completed. The CES review of research carried out under CfL Phase 1 is in it's final stages (HSE NOSP). 	<ul style="list-style-type: none"> The Irish Suicide Information Database (ISID) reports will be published in July 2021 (HSE NOSP). HSE NOSP is supporting ROSPs in developing a dashboard to collate data on (suspected) suicides - to assist in the identification of emerging priority groups. Research ethics approval has been obtained from the Clinical Research Ethics Committee of UCC to conduct a data completeness study examining the Mental Health Commission data on suspected suicides alongside data from the National Incident Monitoring System (HSE MH Ops). 	<ul style="list-style-type: none"> No updates for this action. 	<ul style="list-style-type: none"> The HSE NOSP Research Grant Scheme – Funding Agreements have been signed (with all lead researchers). A book of abstracts has been compiled. The summary report of findings from the area-level implementation survey carried out as part of the process to review local area plans (using SUPRESE tool) is being finalised. The C-SSHRI (Connecting Suicide and Self-Harm Researchers based on the island of Ireland) network held its first Annual Suicide & Self-Harm research Workshop on the Island of Ireland in May (HEA).

At a Glance: Needs Attention (10 actions)

Goal 1

1.1.2 Develop and implement a national mental health and wellbeing promotion plan (DoH)

Action on hold as Unit resources are focussed on Covid 19 response.

Goal 2

2.2.1 Provide community based organisations with guidelines, protocols and training on effective suicide Prevention (HSE NOSP)

The launch of the Community Response Plan guidance document has been postponed due to the HSE cyber attack.

2.1.1 Implement consistent, multi-agency suicide prevention action plans to enhance communities' capacity to respond to suicidal behaviours, emerging suicide clusters and murder suicide (HSE MH Ops)

Delays have been experienced due to the HSE cyberattack and it is expected that the Local Area (CHO wide) plans will be completed and signed off in Q3.

Goal 3

3.1.1 Integrate suicide prevention into the development of relevant national policies, plans and programmes for people who are at an increased risk of suicide or self-harm (DoH)

Report by Dr J.Pillinger has been forwarded to Dept. of Taoiseach for observation. Action delayed as Unit resources are focussed on Covid 19 response.

At a Glance: Needs Attention (10 actions)

Goal 3

3.1.2 Develop and implement a range of agency and inter-agency operational protocols for critical incidents (HSE MH Ops and HSE Acute Ops)

MH Ops continues to engage with NOSP and other lead agents on protocol development across a range of areas in suicide prevention. As part of a larger programme of work related to this action, HSE MH is looking to arrange a meeting with Tusla initially, and potentially with HSE Disability Services also regarding shared care protocols at CHO level. A meeting between HSE MH, Tusla and HSE Social Care not yet arranged.

HSE Acute Operations in conjunction with HSE NOSP has assessed the potential for Phase I targeted training of ED staff. Initial plans were to progressed for January 2021 (delayed to May due to COVID ED surges Jan-April). Due the cyber attack in May and lack of hospital internet access, the roll out has been paused.

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 (HSE MH Ops)

Programme Manager and Clinical Lead in post, National Working Group to be established who will consider the Model of Care. Delays in the recruitment process of the Clinical Lead have caused delays to the project. The Clinical Lead in post from 24th June.

Goal 5

5.4.2 Deliver training in suicide prevention to staff in government departments and agencies who are likely to come into contact with people who are vulnerable to/at risk of suicidal behaviour (Defence Forces and HSA).

DF has used START to maintain momentum in suicide awareness and prevention. They plan to move back to SafeTALK training at the start of Q3 2021. Preparation has begun with refresher training for trainers completed with NOSP during June 2021.

HSA are awaiting the publication of the Health Workplaces Framework by DOH HI)





At a Glance: Needs Attention (10 actions)

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 (DoH)

Work delayed due Covid 19. However a number of actions in recent years have contributed to improving awareness of inappropriate prescribing.

Goal 7

7.2.2 Collate and report on incidences of suicide through current and expanded health surveillance systems over the life of Connecting for Life (HSE NOSP)

Cyber attack is causing communication issues which has delayed progress. A series of presentations/workshops are scheduled with key CfL stakeholders on the key findings of the ISID. Analysis of area-level data will continue.

7.4.4 Evaluate innovative approaches to suicide prevention including online service provision and targeted approaches for appropriate priority groups (HSE NOSP)

Consultant (Kate Wilkinson) presented to the NSOP SMT on the work being undertaken to review and update the CfL local action plans - in line with the extension of CfL. The cyber attack is causing communication issues - which in turn has delayed the completion of particular aspects of the project (including showcasing innovation, and the publishing the implementation survey).



At a Glance: Off Track (4 actions)

Goal 3

3.2.1 Continue the roll out of programmes aimed at early intervention and prevention of alcohol and drug misuse (HSE PC)

The cyber attack on HSE systems has impacted on access to HSELand for trainers and participants, and access to the virtual classroom for all HSE staff.

Goal 5

5.1.1 Develop quality standards for suicide prevention services provided by statutory and non-statutory organisations, and implement the standards through an appropriate structure (HSE NOSP).

There are ongoing challenges to implementation surfacing due to COVID, charity regulator requirements of NGOs and implementation supports required for project. A plan with considerations and options for sustainable implementation of project to be submitted to NOSP SMT for decision as to future of the project.

5.4.2 Deliver training in suicide prevention to staff in government departments and agencies who are likely to come into contact with people who are vulnerable to/at risk of suicidal behaviour (Dept. of Social Protection)

No training being currently delivered due to Covid-19 and suspension of classroom training. DSP plans to engage with NOSP to explore options for 2021.

Goal 7

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 (HSE NOSP)

The cyber attack has delayed progress on this action.



HSE National Office for Suicide Prevention – July 2021