

Oifig Náisiúnta um Fhéinmharú a Chosc HSE Straitéis agus Pleanáil Phobail

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Report to the

National Cross Sectoral Steering and Implementation Group

Q4 2017

HSE National Office for Suicide Prevention (December 2017)

Introduction

This is the fifth summary progress report under the *Connecting for Life (CfL)* strategy. This progress report gives an outline of *CfL* activity during Quarter 4 of 2017. Implementation Monitoring Dashboards have been produced for each *CfL* lead agent responsible for implementing *CfL* actions. Monitoring Dashboards were circulated on 20 November 2017 with a return deadline of 29 November. Lead agents were requested to provide an update on the activity on their relevant lead actions during the period Q4, 2017. They were also requested to plan ahead on activity proposed to take place in Q1, 2018, based on the key milestones set as part of the *CfL* Implementation Plan. The lists to follow outline for which Government Departments and State Agencies a Dashboard Template was received from:

<u>Dashboard Templates received and included in this report:</u>

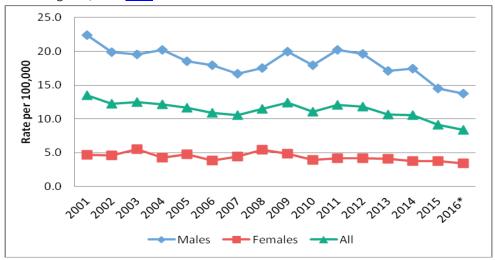
- HSE Mental Health Division
- HSE National Office for Suicide Prevention
- HSE Primary Care Division
- HSE Health & Wellbeing Division
- Department of Health
- Press Council of Ireland
- Department of Communications Climate Action & Environment
- Broadcasting Authority of Ireland
- Department of Defence
- Department of Employment Affairs & Social Protection
- Department of Transport, Tourism & Sport
- Department of Rural and Community Development
- Department of Education and Skills
- Department of Agriculture, Food and the Marine
- Department of Transport, Tourism & Sport
- Health and Safety Authority

<u>Dashboard Templates not received from the following:</u>

- Department of Justice (to also include returns from Irish Prison Service/Probation Service & An Garda Siochána) – <u>Department representative sent email to Group Chair on 06/12/2017</u> <u>acknowledging delay in providing update</u>
- Higher Education Authority and Academic Oversight Actions (which the Department of Education & Skills have responsibility to report on)
- Department of Children and Youth Affairs/TUSLA
- Local Authorities

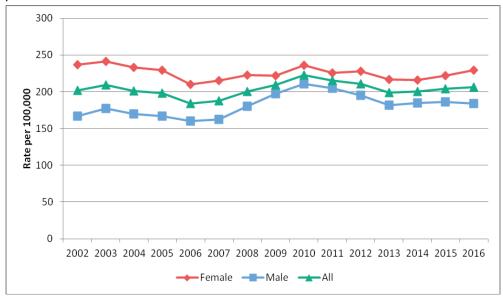
Update on Suicide and Self-Harm Statistics

On 31 October 2017, the Central Statistics Office (CSO) published official suicide figures for the year 2015. According to the CSO Report, 425 (335 male, 90 female) suicide deaths occurred in 2015. This number of suicides represents over a 12% decrease on the number of suicides recorded for 2014 (n=486). The graph below gives an outline of the rate of suicide by gender during the time period 2001-2016. Of note, 2016 figures are still provisional. For further information on the most up-to-date suicide figures, click here.



*Figures for 2016 are provisional and subject to change

On 27 September 2017, the 2016 National Self-Harm Registry Ireland Report was published. In 2016, the Registry recorded 11,485 presentations to hospital due to self-harm nationally, involving 8,909 individuals. Taking the population into account, the age-standardised rate of individuals presenting to hospital following self-harm in 2016 was 206 per 100,000. Between 2011 and 2013 there were successive decreases in the self-harm rate. An essentially unchanged rate in 2016 indicates a further stabilisation of the rate of self-harm in Ireland since 2013. For further information, view the 2016 report here. The graph to follow gives an outline of the self-harm rates by gender over the time period 2002-2016.



Definition of terms as per Monitoring Dashboard and report

The following gives an explanation of some of the main terminology used in this report;

Status of Implementation

- o Green: On track to reaching anticipated milestone in 2017
- Yellow: Needs Attention in order to reach anticipated milestone in 2017
- o Orange: Off track to reaching anticipated milestone in 2017 (e.g.)
 - Underestimated the challenges involved in making progress
 - Didn't have the right staff involved
 - Work got de-prioritised due to more pressing concerns
 - There was not enough capacity to make expected progress

Stages of Implementation

The literature clearly shows that implementation is a process that occurs in distinct stages (Exploration, planning, implementation & business as usual). Please note that this process is not a linear one, one stage does not crisply end as another begins; you may move back and forth between stages. Stages of implementation do however provide a useful stage-based framework for thinking about the work.

Implementation Stage based on The Centre for Effective Services (CES) Stages of Implementation are:

- Stage 1: Exploring and Preparing (and assessing readiness for change)
- Stage 2: Planning and Resourcing (and preparing for change)
- Stage 3: Implementing and Operationalising
- o Stage 4: Business as usual

Report Structure

For the purposes of this report, based on information provided in dashboard templates received, the NOSP has given an overall 'Status of Implementation' and 'Implementation Stage' per action. The report outlines this information by:

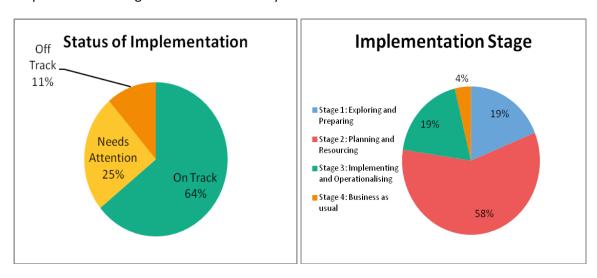
- Total number of actions in which activity was reported on as part of this reporting period
- Goal, giving also an outline of 'Key Progress' in Q4, 2017. In relation to areas of concern, a comment box is provided after the action and text inserted if necessary. Where activity is planned for Q1, 2018, this is outlined as Y (Yes) or N (No).
- CfL Action Lead Agent based on Q4, 2017 activity

Outline of CfL Implementation Progress (as of September 2017 & December 2017)

The charts to follow outline the status and stage of implementation as of September 2017 (the last reporting period) and as of December 2017 in relation to the number of actions for which an update was provided for.

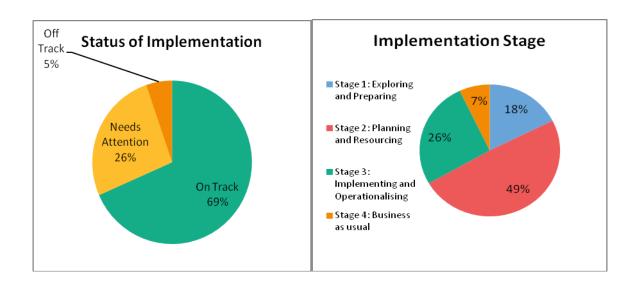
As of September 2017

As part of the September 2017 reporting period, out of 69 actions within *CfL*, an update on progress was received for 53 actions. The pie-charts to follow outline the 'Status of Implementation' and 'Implementation Stage' based on the activity conducted on these 53 actions.



As of December 2017

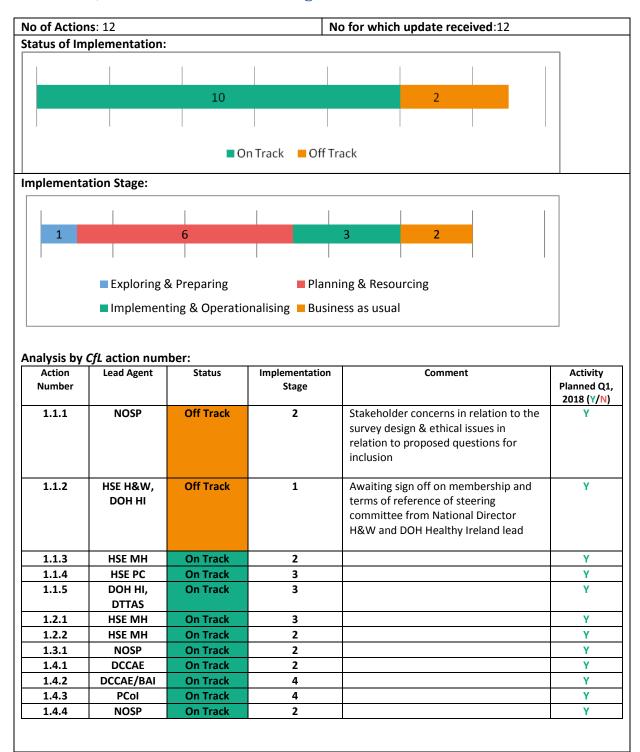
As part of this reporting period, out of 69 actions within *CfL*, an update on progress was received for 57 actions. The pie-charts to follow outline the 'Status of Implementation' and 'Implementation Stage' based on the activity conducted on these 57 actions.



Overview of Progress by CfL Goal as of Q4, 2017

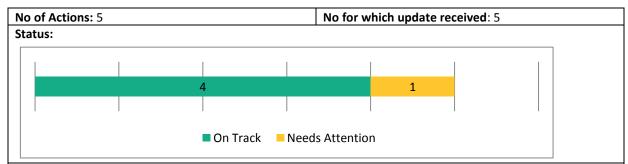
The tables to follow outline implementation progress by Goal, based on the dashboard templates received as part of this reporting period. It outlines the total number of actions per Goal, number of actions which an update has been received for, the status of implementation and implementation stage. A comment box is also completed where there are areas of concern. Key 'Progress Achieved' is also outlined. Where activity is planned for Q1, 2018 it is stated as Yes (Y)/No (N).

<u>Goal 1:</u> To improve the nation's understanding of, and attitudes to, suicidal behaviour, mental health and wellbeing

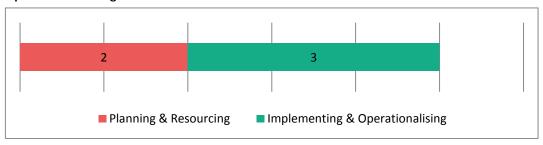


- Policy and implementation structures incorporated into scoping paper in relation to the Mental Health Promotion Plan and presented to advisory group (Action 1.1.2)
- Evaluation of #littlethings campaign conducted and is under review (Action 1.1.3)
- Minister of State for Tourism and Sport announced €2.9m worth of funding through the Dormant Accounts Fund on 13 November. This funding included Community Sport and Physical Activity Hubs, Local Sports Partnership programmes, support for National Governing Bodies of Sport and programmes delivered by Sport Ireland and the Cara Centre. (Action 1.1.5)
- #littlethings campaign has been re-designed and tailored for delivery to members of the Travelling community and for delivery to young people. (Action 1.2.2)
- NOSP engaged with Google, Facebook and Twitter regarding draft code. NOSP consulted with NGO partners around code. Permission granted for code to be based on Prevent the Attempt. (Action 1.4.1)
- No complaints received by the Broadcasting Authority of Ireland (BAI) in respect of Principle 3, pertaining to suicide and self-harm. Separately, complaints handling staff and reception staff of the BAI (who will often deal with complainants) undertook training, delivered by the Samaritans, on dealing with vulnerable individuals. (Action 1.4.2)
- Requirements regarding reporting of suicide remain in place in the Press Council of Ireland's Code of Practice. There were no complaints of breaches of requirement in 2017 (Action 1.4.3)

<u>Goal 2:</u> To support local communities' capacity to prevent and respond to suicidal behaviour



Implementation Stage:

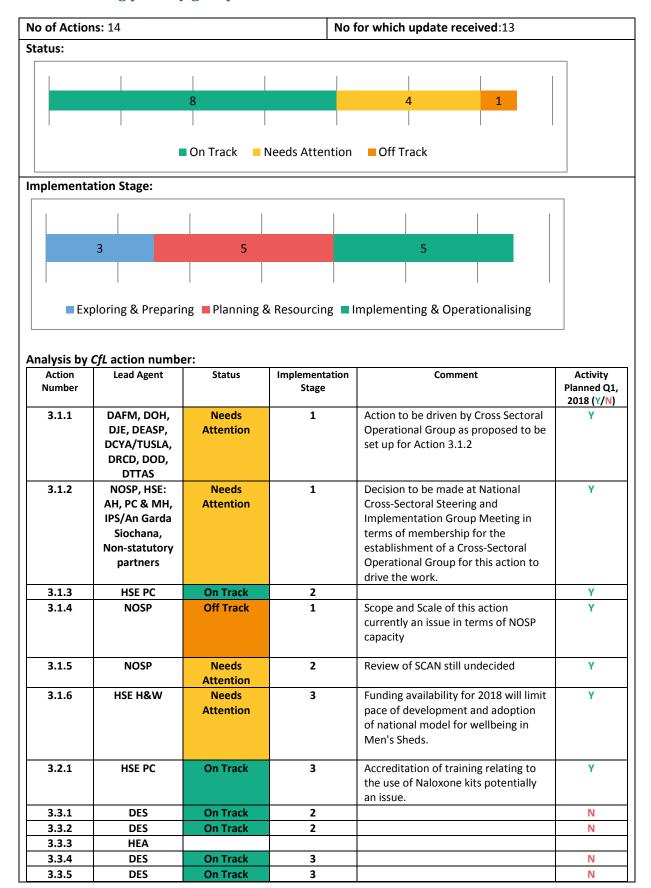


Analysis by CfL action number:

Action Number	Lead Agent	Status	Implementation Stage	Comment	Activity Planned Q1, 2018 (Y/N)
2.1.1	HSE MH	On Track	3		Υ
2.2.1	NOSP	On Track	2		Υ
2.3.1	NOSP	Needs Attention	2	Staff issues ongoing in relation to NOSP's training function and will continue into 2018	Y
2.3.2	NOSP	On Track	3		Υ
2.3.3	HSE H&W	On Track	3		Υ

- To date, 11 local CfL plans have been launched. CHO Area 2 plan to be launched 19/12/2017. (Action 2.1.1)
- 11 safeTALK trainers trained in 2017 (141 safeTALK trainers now in place). In Q4, 2017 there were 6 safeTALKs with DES completed and 1 with Union of Students in Ireland. (Action 2.3.1)
- Guidance documents on effective suicide prevention in development including: 1.Government Department guidance updated & 2. Murder Suicide/Contagion guidance (Action 2.2.1)
- New H&W Education lead in post. In discussion with NEPS about the strengths and limitations of developing an Irish mental health promotion programme (Action 2.3.3).
- Health promotion officers trained in delivery of Mindout and delivery to teachers underway. Formal launch to take place in Q1, 2018. (Action 2.3.3)

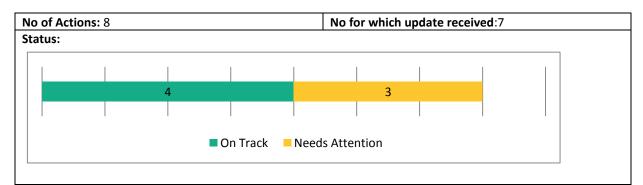
<u>Goal 3:</u> To target approaches to reduce suicidal behaviour and improve mental health among priority groups



3.3.6	HSE PC	On Track	2		Υ	ſ
3.3.7	HSE MH	On Track	3	Launch of Task Force report has been	Υ	
				delayed		

- NOSP facilitated the training of 60 physiatrists and health care staff in suicide prevention and mitigation training (Action 3.1.5)
- As part of Q4 T4T, NOSP trained 4 Training and Development Officers from TUSLA to become safeTALK trainers (Action 3.1.5)
- National Sports Policy is currently with Ministers in DTTAS for approval and will subsequently be submitted for Govt. approval. Publication will subsequently follow (Action 3.1.1)
- 9 youth Mental Health Promotion workshops delivered in Q4, 2017 (Action 3.1.6)
- Meeting convened with senior stakeholder representatives to finalise draft for sign- off of Discharge
 Protocol for Homeless Persons in Acute Hospitals and Mental Health Facilities (Action 3.1.3)
- To date in 2017, 793 people have been trained in SAOR. Work on the SAOR II training pack is in consultation with a working group that includes 2 of the authors of SAOR, TUSLA, Probation and several SAOR trainers (Action 3.2.1)
- In relation to the provision of Naloxone in 2017; there were 327 kits provided with 7 uses. In terms of training, 20 HSE staff, 19 homeless services staff, and 50 voluntary sector staff trained (Action 3.2.1)
- National Anti-Bullying procedures currently being implemented by all 4000 primary and post-primary schools (Action 3.3.4)
- A Community CAMHS Eating Disorders team is in place operating from the Linn Dara service (Action 3.3.7)
- Review of CAMHS Standard Operating Procedure is on-going with an implementation and training plan under development. Planning and consultation regarding CAPA is underway with a view to identifying learning sites (Action 3.3.7)
- HSE MHD convened a digital strategy planning group in anticipation of Task Force actions on the development of online resources for youth mental health (Action 3.3.7)

<u>Goal 4:</u> To enhance accessibility, consistency and care pathways of services for people vulnerable to suicidal behaviour



Implementation Stage:

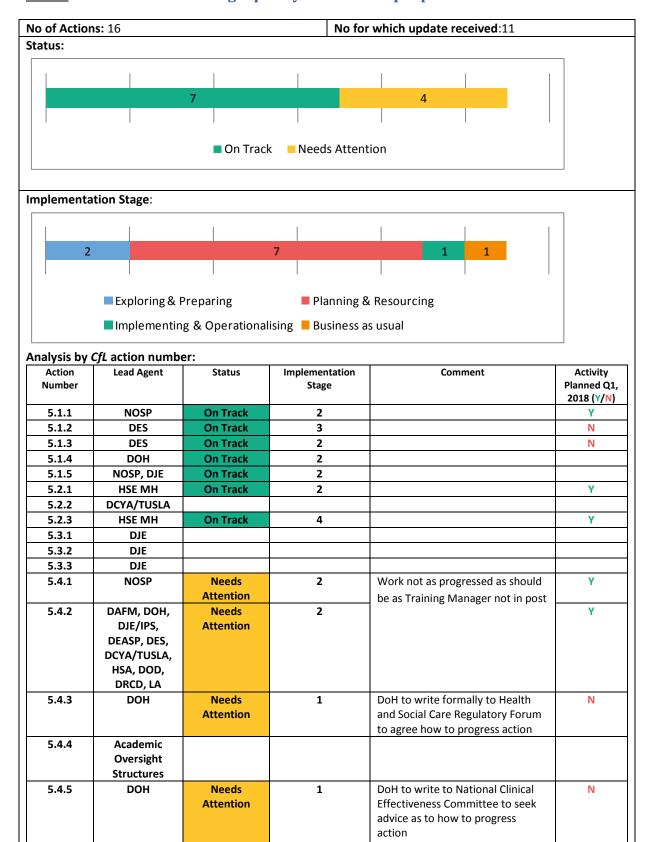


Analysis by CfL action number:

Action Number	Lead Agent	Status	Implementation Stage	Comment	Activity Planned Q1, 2018 (Y/N)
4.1.1	HSE MH	On Track	3		Υ
4.1.2	HSE MH	Needs Attention	1	Expected to be back on track given the appointment of Clinical Lead	Υ
4.1.3	DJE				
4.1.4	HSE MH	On Track	2		
4.1.5	HSE MH	On Track	3		Y
4.2.1	HSE: MH, PC	Needs Attention	2	-Youth Mental Health Task Force report launch continues to be delayed -Evaluation of Jigsaw incomplete	Y
4.3.1	HSE MH	On Track	2		Y
4.3.2	NOSP	Needs Attention	1	Transfer of ownership of this action to the HSE Mental Health Division to take place	Υ

- RE: 7/7 services, recruitment underway through the NRS (national panels) in all 9 CHOs job offers expected to be issued before the end of Q4 (Action 4.1.1)
- Clinical Lead and Programme Manager appointed in Q4 (Action 4.1.2)
- A Project Group has been established to progress actions 4.1.4 and 5.2.1 jointly. The scope of action 4.1.4 has been considered with reference to the development of routine screening in healthcare settings for suicide risk - a multi disciplinary advisory group has been invited to review the scope of the project (Action 4.1.4)
- Report on Clinical Programme published in October, which includes examples of good practice to inform the further implementation of the programme. (Action 4.1.5)
- Detailed DBT evaluation report being finalised including health economics analysis (Action 4.2.1)

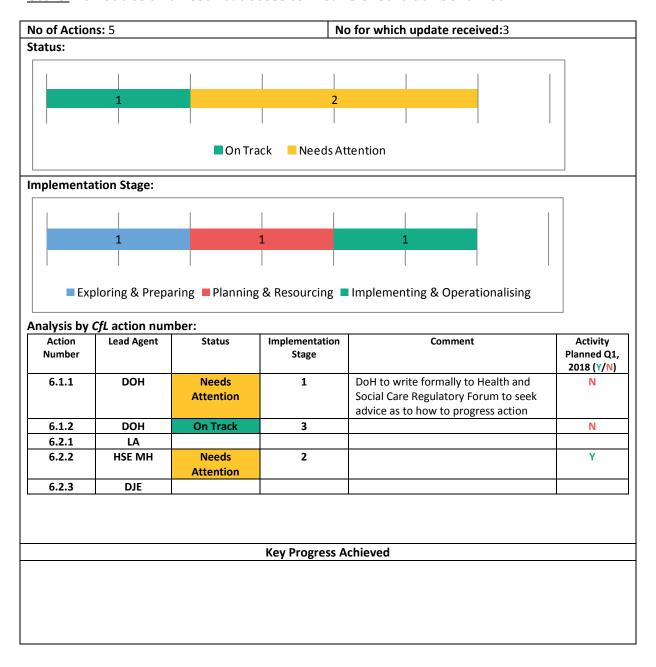
Goal 5: To ensure safe and high quality services for people vulnerable to suicide



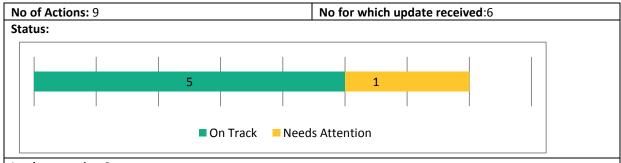
Engagement and testing of HSE Best Practice Guidance for Suicide Prevention Services with all NOSP funded agencies /NGO partners. Five testing sites confirmed. Complete project governance structure for project implementation phase. (Action 5.1.1)

 Service review protocols are in place and response practice models are routinely implemented following any incident of suicide or self harm within mental health services by QSUS Team (Action 5.2.3)

Goal 6: To reduce and restrict access to means of suicidal behaviour



Goal 7: To improve surveillance, evaluation and high quality research relating to suicidal behaviour



Implementation Stage:



Analysis by CfL action number:

Action Number	Lead Agent	Status	Implementation Stage	Comment	Activity Planned Q1, 2018 (Y/N)
7.1.1	NOSP	On Track	2	Uptake of training evaluation questionnaires amongst trainees hindering response rates	Y
7.2.1	DJE, DCYA/TUSLA				
7.2.2	HSE MH	On Track	4		Υ
7.2.3	NOSP	On Track	2		Υ
7.3.1	DJE				
7.4.1	NOSP	On Track	2		Υ
7.4.2	HEA				
7.4.3	NOSP	On Track	2		Υ
7.4.4	NOSP	Needs Attention	1		Y

- First Learning Community of Practice Meeting commenced with HSE Resource Officers for Suicide Prevention and document relating to the outcome of this meeting being prepared for the NOSP Management Team (Action 7.1.1)
- Monitoring & Evaluation system for Understanding Self-Harm Training in place (Action 7.1.1)
- Risk register is operational and includes suicide-related incidents (suicide and self-harm) as such incidents occur within mental health services or by people currently using mental health services (Action 7.2.2)
- Self-Harm profiles for each HSE Resource Officer working Area and CHO Area circulated based on 2016 self-harm data (Action 7.2.3)
- Preliminary analysis of self-harm data as captured by the Irish Prison Service (IPS) analysed and presented by the National Suicide Research Foundation to the IPS. This work is funded by NOSP. (Action 7.4.3)
- Position Paper outlining the rationale for Coronial data collection (as commissioned by NOSP for HRB to collect) produced as per recommendation of the CfL Technical Advisory Group (Action 7.4.3)
- Review of the National Self-Harm Registry Ireland to begin. This has been commissioned by NOSP to the University of Bristol to conduct. (Action 7.1.1)

Overview of Progress by CfL Action Lead Agent

The table to follow gives an outline of implementation progress to date by CfL Action Lead Agent

Name of Government Department/State Agency	No of Lead Actions assigned	No for which update received Dec 2017	Status	Implementation Stage	No of actions for which activity is planned to take place Q1, 2018
HSE Mental Health Division (MH)	16	16	12 On Track 4 Need Attention	 2 at Exploring and Preparing 7 at Planning and Resourcing 5 at Implementing and Operationalising 2 at Business as usual 	16
HSE National Office for Suicide Prevention (NOSP)	18	18	10 On Track 6 Need Attention 2 Off Track	 4 at Exploring and Preparing 13 at Planning and Resourcing 1 at Implementing and Operationalising 	18
HSE Primary Care Division (PC)	6	5 Update on 4.2.1 to come from MHD	5 On Track	 2 at Planning and Resourcing 3 at Implementing and Operationalising 	5 Update on 4.2.1 to come from MHD
HSE Health & Wellbeing Division (H&W)	3	3	1 On Track 1 Needs Attention 1 Off Track	 1 at Exploring and Preparing 2 at Implementing & Operationalising 	3
Department of Health (DoH)	9	8	4 On Track 4 Need Attention	 4 at Exploring and Preparing 1 at Planning and Resourcing 3 at Implementing and Operationalising 	0
Department of Education and Skills (DES)	7	6	6 On Track	 3 at Planning and Resourcing 3 at Implementing and Operationalising 	0
Department of Transport, Tourism and Sport (DTTAS)	3	3	3 On Track	 1 at Planning and Resourcing 3 at Implementing and Operationalising 	3
Department of Defence (DoD)	2	2	2 On Track	- 2 at Implementing and Operationalising	2
Department of Agriculture, Food & the Marine (DAFM)	2	2	2 On Track	- 2 at Implementing and Operationalising	2
Department of Employment Affairs & Social Protection	2	2	2 On Track	- 2 at Business as usual	1

Name of Government Department/State Agency	No of Lead Actions assigned	No for which update received Dec 2017	Status	Implementation Stage	No of actions for which activity is planned to take place Q1, 2018
(DEASP)					
Department of Rural and Community Development (DRCD)	2	1	1 On Track	- 1 at Planning and Resourcing	2
Department of Communications Climate Action & Environment (DCCAE)	1	1	1 On Track	- 1 at Planning and Resourcing	1
Broadcasting Authority of Ireland (BAI)	1	1	1 On Track	- 1 at Business as usual	1
Press Council of Ireland (PCoI)	1	1	1 On Track	- 1 at Business as usual	1
Health & Safety Authority/Department of Business, Enterprise & innovation)	1	1	1 On Track	- 1 at Implementing and Operationalising	1

Enablement Steps Now Required

- ➤ The Chair is to establish a Cross Sectoral working group in relation to the implementation of *CfL* actions 3.1.1 and 3.1.2. The composition of membership to be decided.
- ➤ Government Departments/State Agencies which have submitted a return for this reporting period, but have not fully updated activity by actions for the relevant Quarters in 2017 and have not indicated activity for Q1, 2018 to re-submit the Dashboard strictly before close of business on Thursday, 14 December
- All other Government Departments/State Agencies who have not responded as part of this reporting period, to submit content as originally asked for (via email dated 20 November) strictly before close of business on Thursday, 14 December