



Connecting for Life

Strategy implementation monitoring report – Q3 2020

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1: Introduction

This is the Q3 2020 implementation monitoring report for *Connecting for Life*. It will provide an overview of the work carried out by strategy lead agencies from July-September 2020.

Q2 2020 saw many of our partners adapt to the 'new normal' and implement continued adaptations to services that were first required in Q1 due to the Covid-19 restrictions. Many services are now offered online or by text or telephone. Some services have returned to face-to-face delivery albeit with reduced capacity, and some outreach work is paused.

HSE NOSP has completed the implementation plan for the next phase of *Connecting for Life* 2020-2022. This monitoring report includes updates on milestones which we have agreed in collaboration with our valued partners across government and the public service.



Connecting for Life

As we enter into the final quarter of 2020 with continued 'lockdown' measures a necessity across the country in the battle against Covid-19, the importance of mental health and suicide prevention services has come to the fore. HSE NOSP has received many queries from the public regarding mental health services, the latest suicide statistics and requests for signposting to supports and sources of information and research. This has no doubt also been a concern for our implementation partners, making our collective CfL effort more important than ever.

This quarter, of the 69 actions in CfL, updates were received on 68. Of these 68 actions for which updates were received, 15 were logged as needing attention and 3 were off track. The majority of actions were considered to be on track. The main reason given for actions being 'needs attention' or 'off track' were delays or competing demands due to Covid-19.



This quarter **updates were received from** the majority of CfL implementation partners:

- Broadcasting Authority of Ireland
- Press Council of Ireland
- Department of Health
- Department of Employment Affairs & Social Protection
- Department of Education & Skills
- Department of Justice & Equality
- Department of Agriculture, Food & the Marine
- Department of Communications, Climate Change & the Environment
- Department of Community & Rural Development
- Department of Children & Youth Affairs
- Department of Defence
- Department of Transport, Tourism & Sport
- Press Council of Ireland
- Health and Safety Authority
- Higher Education Authority
- HSE NOSP
- HSE Health & Wellbeing
- HSE Primary Care
- HSE Mental Health Operations
- Local Government Management Agency

This quarter **updates not received from** 2 partners:

- HSE Acute Hospitals*
- Tusla

**CfL personnel in HSE Acute Hospitals division remain redeployed as part of the public service response to Covid 19.*

1: Q3 2020 at a glance

- **CfL Implementation Planning (2020-22):**

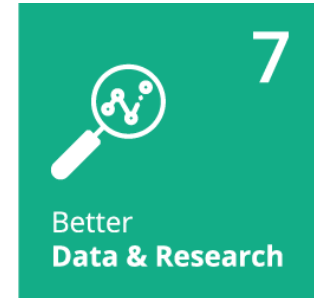
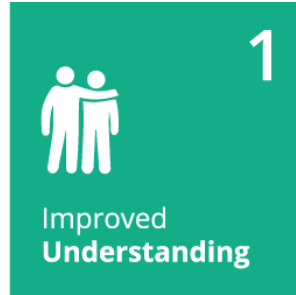
- CfL Implementation Plan 2020-22 has been finalised and will be going to Cabinet for approval.

- **Headline developments**

- The HSE Covid-19 Psychosocial Framework has been completed and will be formally launched in October. A number of HSE NOSP, HSE Health and Wellbeing and HSE Mental Health Operations personnel were redeployed in Q2 to work on the development of the framework.
- As indicated in the Q2 monitoring report, since March all face to face suicide prevention training has been postponed due to social distancing restrictions. A new e-learning programme has been launched and it is hoped there will be capacity to move other training programmes online, such as STORM.



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 has submitted a supplementary information paper to DOH regarding the inclusion of questions on suicide and exposure to suicide in the next edition of the Healthy Ireland survey. This paper addressed ethical concerns that the Healthy Ireland Survey Advisory Group had around the inclusion of these questions. HSE NOSP will arrange relevant suicide prevention training for staff in DOH and IPSOS personnel administering the survey if the questions are included. HSE NOSP continue to collaborate with researchers in Maynooth University as part of the Covid-19 Psychological Research Consortium (C19PRC). The research team in NOSP and Dr. Philip Hyland in Maynooth will collaborate in analysis of the C19PRC findings from the survey, which include questions on suicidality. The next phase of the Healthy Ireland communications campaign is being finalised and a number of events took place in Sept. as part of the European Week of Sport. 	<ul style="list-style-type: none"> There were over 300,000 site visits to yourmentalhealth.ie in Q3, with over 70% of these representing organic site visits. A review of site content and architecture was carried out by HSE MH with colleagues in HSE Digital in this quarter. HSE MH funded mental health messaging service Text50808 launched a key word partnership with PCHEI (Student Counselling) in September to support all returning and new third level students. A range of mental health supports for health care workers were developed and made available by the HSE during Q3 as part of the national psychosocial response to Covid-19. 	<ul style="list-style-type: none"> HSE NOSP has a new Service Level Agreement with Shine (regarding the delivery of See Change and Headline). HSE NOSP has delivered new "Stigma and Suicide" messaging and information marking World Suicide Prevention Day on 10th September. HSE NOSP will work with See Change to amplify and support the Green Ribbon campaign taking place during the month of October. 	<ul style="list-style-type: none"> Updated Guidelines on the reporting of suicide and self-harm have been promoted by the Broadcasting Authority of Ireland (BAI) to relevant stakeholders. The BAI is planning to present the above Media Guidelines at CRAOL's (The Community Radio Forum of Ireland) Féile in October. The Press Council has not received any complaints regarding the reporting of suicide in this quarter.



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 and HSE MH have prepared a national update on service and strategic developments for Resource Officers for Suicide Prevention (ROSPs) in each CHO, which was circulated in Q3. Work on the development of revised CfL local implementation plans is being progressed. HSE NOSP and HSE MH will seek updates from local areas on the progress of the local plans. 	<ul style="list-style-type: none"> A Guidance document for Community Response Plans in Cases of Suspected Suicide and corresponding surveillance system has been finalised and reviewed by HSE Data Protection Officer. HSE NOSP will carry out consultations with key stakeholders regarding this Guidance document in Q4. HSE NOSP is engaged in ongoing planning to update 'Suicide Prevention in the Community – A Practical Guide' and develop case studies of good practice. 	<ul style="list-style-type: none"> A HSE NOSP commissioned research project involving an evaluation of suicide prevention training models is underway, with qualitative fieldwork continuing in Q4. An evaluation of Livingworks Start has been completed showing positive findings including improvements in attitude to suicide prevention, increased confidence to deal with the needs of some suicidal, and increased confidence to refer to appropriate services. HSE delivered an online 1 hour presentation in partnership with HSE Health and Wellbeing to DEASP frontline staff, in response to a request from the Department for guidance for frontline staff on self-care and dealing with distressed clients. HSE Health and Wellbeing successfully delivered the Stress Control Programme online over September for HSE staff and general public. The inaugural meeting of National Social Prescribing (SP) Steering Group, to oversee development of framework for mainstreaming SP within the HSE, took place in Q3.



Goal 3: Focus on Priority Groups

3.1 Reducing suicide among priority groups	3.2 Early intervention and prevention of substance misuse with Primary Care	3.3 Supports for young people
<ul style="list-style-type: none"> • A draft data sharing protocol between the HSE NOSP and An Garda Síochána Special Victims Unit for cases of suspected suicide has been approved by Garda GDPR. • An online workshop between NOSP and DRCD, Tusla, DoJ & DEASP policy makers took place in August to help inform NOSP's development of a toolkit to help integration of suicide prevention into public policies. • Suicide prevention training for health and social care professionals continue to be moved online, with STORM training currently being delivered online and Bereavement training to be piloted online in October. A series of webinars for GPs will be developed by HSE NOSP in collaboration with the Irish Council of General Practitioners. • Defence Forces Mental Health and Wellbeing Strategy 2020-2023 is complete and approved. 	<ul style="list-style-type: none"> • As with all training, MECC and SAOR training sessions have been impacted by Covid restrictions. eLearning for SAOR is currently available. The Health Diversion Programme will continue to develop in conjunction with the DOH, DOJ and AGS. 	<ul style="list-style-type: none"> • Minister Simon Harris launched the HEA's National Student Mental Health and Suicide Prevention Framework on World Mental Health day. • All 4 pilot sites for the new Telepsychiatry model are now operational with Consultant Adolescent Substance Misuse consultants providing supervision. Recruitment of a Clinical Nurse Specialist (CNS) for this pilot has been delayed due to Covid-19.



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"> • The establishment of a Taskforce to review provision of mental health services to those in custody was recently announced. In Q3 DoH and DoJ met to scope out the requirements of this taskforce. • Following a successful recruitment campaign by HSE MH, 47 out of 48 vacancies in community mental health services are now filled. • A draft Model of Care is in place to treat individuals with co-morbid addiction and mental health issues. National clinical leads in the areas of Integrated Care, Mental Health and Social Inclusion are collaborating. Plan to issue an 'expression of interest' to recruit a clinical lead for this work in Q4. • Developments are underway as part of managing self-harm presentations, including online seminars for staff on the National Clinical Programme and a CNS in Temple Street. 	<ul style="list-style-type: none"> • A plan for the model of care for 'talk therapies' in adult mental health services is to be brought forward to MH management to allow for recruitment and implementation of plan. In the interim period, additional resources have been identified for Addiction services to support mental health issues in this population. 	<ul style="list-style-type: none"> • The Suicide Bereavement Support Information Pack is at the design stage. • A national suicide bereavement support working group has been convened by HSE NOSP.



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"> • NEPS have developed advice for schools, parents and pupils to support wellbeing and the transition back into school. Resources include short video clips to communicate with students and parents about the return to school with key universal messages, wellbeing webinars for primary/special/post-primary school staff. The webinar is accompanied by a Wellbeing Toolkit with a range of easily downloadable, user-friendly materials. • The National Taskforce on Guidance Counselling has met six times and is progressing the implementation of recommendations in the independent review of guidance counselling services. 	<ul style="list-style-type: none"> • The working group supporting the development of national guidelines on suicide and self harm awareness has met and is preparing an update with proposals for the steering group. It is proposed that the evidence review for this project be published online and that work on writing the guidelines is continued. • <i>Action 5.2.3 is now reported on under action 7.2.2.</i> 	<ul style="list-style-type: none"> • The National Suicide and Self-Harm Prevention Steering Group met in Q3. • A pilot medical card project is in place nationally as part of the Irish Prisoner Release Scheme. IPS and HSE/PCRS continue to review progress of this initiative and are continuing analysis of the data available since the inception of the pilot, in particular to establish first time contact with PCRS and the retention rates at six months. 	<ul style="list-style-type: none"> • HSE NOSP and the HEA have agreed to contract an external researcher to scope the feasibility of developing a national undergraduate curriculum in suicide prevention that could be incorporate into a range of different programmes offered by Irish HEIs. • Promotion of suicide prevention and mental health awareness training is ongoing across partners in DES, HSA, DAFM, Irish Prison Service and Sport Ireland. • NOSP training course details are now included on the Learning Management System in DOH so interest can be recorded and courses run as required.



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">• Dept of Health will reflect on this for 2021. Current focus on Covid.	<ul style="list-style-type: none">• As part of the strategy to improve environmental safety in mental health services, HSE MH have identified pilot sites and representatives from those services have reviewed and adapted the CHO 1 ligature risk reduction policy. The audit tool (a version of the 'Manchester Tool') has been adapted and will be used for a pilot phase of ligature risk audit in acute approved centres.• As part of the strategy to remove ligature points in prison cells, a window replacement programme has been completed in a number of locations by the Irish Prison Service.



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"> HSE NOSP continues to commission research evaluating or informing CfL, with the Evaluability of Social Prescribing launched in Q3 and a report investigating a suicide cluster in Ballyfermot being launched in Q4. 	<ul style="list-style-type: none"> A MOU has been developed to support a HRB funded data linkage project i.e. linking coroners data and the self harm registry. Work on the Coroner's project is on-going a report will be available in December. The Self-harm in Prisons 2018 Report was published in Q3. A data sharing protocol related to deaths suspected to be suicide in mental health services has been drafted and is under discussion between HSE (QPS, NOSP, MH) and the Mental Health Commission. 	<ul style="list-style-type: none"> The CSO/NSRF/NOSP met in Q3 concerning the recording of deaths by suicide and open verdict deaths, with a view to refining the basis of suicide statistics. 	<ul style="list-style-type: none"> HSE NOSP are currently devising briefing materials and an application form for a funding scheme for collaborative suicide prevention projects aimed to at-risk and priority groups. HSE NOSP have agreed to extend the HRB/HSE NOSP/Coroners partnership project (for another 3 years). A commissioned research project is underway to capture innovative strategies and practices in local CfL implementation plans.

At a Glance: Needs Attention

Goal 2

2.3.2 Deliver training and awareness programmes prioritising professionals and volunteers across community-based organisations (HSE NOSP)

All face to face suicide prevention training (including Train the Trainer events) have been paused since March 2020 due to Covid 19. Analysis of training participant data delayed due to redeployment. However, in Q3 a number of suicide prevention programmes were moved online. A Guidance Document on the delivery of face to face training has been developed, and is awaiting signoff from required CAG.

Goal 3

3.1.2 Develop and implement a range of agency and inter-agency operational protocols for critical incidents (HSE, Gardaí, Irish Prison Service)

No progress has been possible on agreement to establish a sub-group to consider issue of information sharing between IPS, Probation Service, HSE and AGS, due to dealing with Covid-19 issues.

At a Glance: Needs Attention

Goal 3 cont.

3.1.4 Evaluate as appropriate targeted initiatives and/or services for priority groups (HSE NOSP)

Due to workload and redeployment, limited progress has been made in relation to this action in Q3. The NSRF has collated a rapid review of information concerning effective suicide prevention measures for CfL priority groups and gaps in knowledge. As public health Covid19 restrictions continue, the needs of particular priority groups may surface over the coming months. The proposed Research Funding scheme for collaborative suicide prevention projects will aim to fund research among some established and also emergent priority groups e.g. Young woman living in disadvantaged areas.

3.1.5 Provide and sustain training to health and social care professionals (HSE NOSP)

Work is underway to migrate training online, as some face-to-face training is paused due to Covid-19.

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 Mental Health)

Currently no clinical lead in place for dual diagnosis services. Plan to issue an 'expression of interest' to recruit a clinical lead for this work in Q4.

4.1.3 Ensure that those in the criminal justice system have continued access to appropriate information and treatment in prisons and while under Probation services in the community (DJE – support from Irish Prison Service, Probation and HSE Mental Health)

Irish Prison Service and National Forensic Mental Health Service meeting to discuss a MOU postponed due to Covid-19. Other work relating to setting up a National Taskforce in this area is progressing.



At a Glance: Needs Attention

Goal 4 contd.

4.1.4 Deliver a uniform assessment approach across the health services (HSE MH)

Service improvements such as this are temporarily paused due to Covid-19, however the working group has met and is preparing an update with proposals for the steering group.

4.2.1 Deliver accessible, uniform, evidence based psychological interventions, including counselling, for mental health problems at both primary and secondary care levels (HSE MH and HSE PC)

Service improvement project is temporarily paused, as a result of challenges posed by COVID-19 on staff, service users/ family members and services (HSE MH comment)

Goal 5

5.2.1 Develop and deliver a uniform procedure to respond to suicidal behaviour across mental health services (HSE MH)

As per 4.1.4 above

5.3.2 Ensure compliance with the relevant policies through regular audit and implementation of audit recommendations. IPS

Review of Monitoring of Prisoners Policies. Issues: Covid-19. Legal clarification required and IT system requirements to be agreed.

5.4.2 Deliver training in suicide prevention to staff in government departments and agencies (Whole of government commitment)

Flagged by some lead agencies as needs attention/off track (DES, DOD, Local Authorities) due to Covid-19.

At a Glance: Off Track

Goal 1

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

This action is on hold as departmental resources are focused on the Covid-19 response.

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 (DJE)

Probation service reported that STORM training is not currently taking place due to Covid 19 but work is underway to scope the possibility of delivering STORM online.

Goal 5

5.4.2 (Amended) To provide guidance, advice and support to workplaces in relation to addressing work-related risks and the management and reduction of work-related stressors including psychosocial hazards in the workplace (Health and Safety Authority)

Awaiting finalisation/publication of the Healthy Workplace Framework by Department of Health.



Connecting for Life



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Building a
Better Health
Service