

Appendix 5

Health Campaigns

Public health campaigns, aim to raise awareness of common mental health problems, encourage early help seeking and normalise reaching out

Mental Health and Suicide Prevention Training

The Health improvement team have a mental health and suicide prevention training agenda, which includes, understanding self-harm, Mental Health First Aid and Mood Matters, together with a suite of training that promotes early intervention and prevention to promote self-help, psychoeducation and supporting wellbeing. Specific Men's health training is also accessible. <https://setrust-hscni.pagetiger.com/mh-training/version1>

The Recovery College: continues to support the training and development of SET staff and students from across South Eastern Trust area and wider to undertake course focused on suicide prevention and intervention such as safe talk and ASISIT along with a large variety of course to support skill development and prompt wellbeing.

Service Improvement – Toward Zero Suicide

Toward Zero Suicide is a regional approach to undertaking a transformative systematic review of adult mental health provision. The Focus is on suicide reduction and to deliver a robust system that optimises treatment opportunities and outcomes to enhance safety for patients. It enhances the quality care provided by staff. The Toward Zero Suicide collaborative aims to coordinate the efforts to reduce suicide in the mental health population of Northern Ireland

In the South Eastern Trust we have

Implemented the suicide prevention care pathway (SPCP) providing licenced evidenced based training across mental health services developing interview techniques and introducing specific suicide related risk formulation. phase one completely implemented across Liaison and Mental health assessment centres

Safety planning regional tools is in pilot across all of adult mental health services, all team committed to using the tools as per guidance and is actively being offered to service users across all teams within adult services. Safety planning training has also been provided to some C&V partner GP federation mental health staff and most recently SERC counselling students.

Post discharge appointment: Regional Aim of moving from 7 day follow up to 3 day follow up SET are successfully offering 80% or above of all discharges from acute inpatient care their follow up appointment within 3 days next phase is exploring with service provision how we move to 100%.

Minimising Restrictive practices (MRP) there has been significant progress in this area with regional reset and refocus: wards are implementing safety crosses, safe wards initiative, de brief, focused on trauma informed training and safety planning training, renewed focus on service user: ward engagement focus on activities and additional targeted effort to reduce contingency bed usage. Regional aim is to reduce restrictive practices by 30% by April 2026

Safe ward audit: ward staff have collaborated in the regional development of three audit tools using a variety of achieving best standards recommendations to audit: patient care, staffing ratios and environmental factors to promote and monitor achieving safe and effective care standards.

Staff training: Core TZS training has prompted and delivered across all of mental health services and wider. The priority training: ShareNI training, Zero Suicide level one training (whole staff population) Risk formulation training (PSIANI) Licensed. Chronological Assessment of Suicide Event (CASE) Licensed. CEC Regional Suicide Prevention Care Pathway Training and Safety planning Training.

Service user carer and supporter engagement: SET has a lived experienced group of volunteers committing their time and experience to the development and co-production of the TZS project.

SD1 surveillance

The South Eastern Trusty Adult mental health Governance service received all SD1 notifications, and lead in the internal review of this information. They connect those bereaved or effected from the suspected suicide with contracted bereavement support .They overseeing the undertaking of SAI reviews and implementation of learning when the person was known to mental health services .They have lead in the development of the Family liaison offer support service .

Partnerships

Suicide Prevention Task Groups - There are six official Suicide Prevention groups in the SEHSCT area, which are all unfunded. Most groups have come together to address suicide prevention at a grass route level and are mainly C&V sector partners, who are relying in the goodwill of members. Further work, funding and governance is required, to engage with these groups and improve functionality and outcomes.

Community Of Interest - The Health Improvement Specialist is responsible for Chairing the Community of Interest group, which works in partnership with key C&V sector partners, GP Fed, Mental Health colleagues, to disseminate, information relating to mental health and suicide prevention needs within SEHSCT area. Local emerging needs can also be escalated to the PLIG group.

Regional SD1/CRP group – Chaired by PHA, this group works at a high level to ensure regional consistency with SD1 processes and revision of the Community Response planning Framework.

All Party Group for Suicide Prevention – The Parliamentary group works across departmentally at Stormont, to ensure suicide prevention remains on the agenda at a high level within government.