

Responses to recommendations made at the 26 September meeting.

Local Assistance Network Recommendations	Local Assistance Network Response
The Committee would like a detailed paper covering the outcomes of the consultation with providers of the Local Assistance Network on the proposed reduction in funding from £200k to £100k and that this be presented to the one-off Task & Finish Group on Housing Related Support on 13 November 2019.	Considered by the Task & Finish Group at its meeting on 13 November 2019.
West Sussex Suicide Prevention Strategy 2017-20 Recommendations	West Sussex Suicide Prevention Strategy 2017-20 Response
<p>The Committee: -</p> <ul style="list-style-type: none"> i. is assured that the relevant partner organisations are coming together to monitor the output of the current Suicide Strategy ii. asks that the priority areas for action have increased levels of ambition iii. asks that work continues and increases around those in transition between Children's and Adults' Services, including Children Looked After iv. asks that further support is given to educational establishments in terms of support and training in the work place v. asks that the offer of training is prioritised vi. asks that a focus on the wider determinants are prioritised with an importance on treating the cause rather than the symptom vii. asks that a briefing is circulated to all Members and the offer of Member training is explored 	<ul style="list-style-type: none"> i. No response required ii. The priority areas for action in the revised Strategy will all have associated SMART objectives/ambitions. iii. The updated Strategy will make specific reference to those in transition between Children's and Adults' Services, including Children Looked After as a priority area for action. iv. Training will be a priority area for action in the updated Strategy. WSCC Educational Psychology has recruited a self-harm lead with a focus on educational settings. v. Incorporated in response above vi. The updated Strategy will focus on wider determinants including employment and finance. vii. Grassroots, the Sussex based suicide prevention charity, have offered to provide a half day Safetalk suicide prevention training to 30 Elected Members. A briefing for all members on Suicide is included in Appendix 1.

viii. asks to consider the next West Sussex Suicide Prevention Strategy in draft form at a future meeting and also the Self Harm Needs Assessment	viii. The updated Suicide Prevention Strategy and Self-Harm Needs Assessment will be presented to HASC for consideration.
<p>Health Protection Annual Report</p> <p>The Committee asks the Director of Public Health to: -</p> <ul style="list-style-type: none"> i. urge all care home and hospital staff to receive the flu vaccination, understanding there are medical exceptions ii. ensure that publicity and awareness is increased in relation to childhood immunisations, especially in relation to 'herd' immunity 	<p>Health Protection Annual Report</p> <ul style="list-style-type: none"> i. The West Sussex Public Health Directorate has taken the following actions to urge all care home staff across the county to receive the flu vaccination: <ul style="list-style-type: none"> • All WSCC registered care homes have been written to, to inform them of the WSCC staff flu vaccine campaign and have been encouraged to take up the offer. • All care homes in West Sussex have been sent a letter from the DPH urging managers to encourage all staff to take up the NHS free flu vaccine offer • All care homes have been sent a video recording of a presentation which highlights the importance for all staff to receive the flu vaccine • All care homes have been sent an electronic copy of the winter preparedness packs which includes posters encouraging all staff to take up the flu vaccine offer. • Hard copies of the winter preparedness packs are currently being prepared and will be sent out to care homes imminently, they include two posters that encourage staff to have their vaccinations and a leaflet that explains to care home staff why vaccination is so important

	<ul style="list-style-type: none"> • A spreadsheet has been sent to care homes asking them to fill in the numbers of staff and residents who receive the vaccine. • NHS England is responsible for running campaigns that target hospital staff. <p>Additionally, at HASC the Committee raised concerns about the low shingles vaccine uptake; as a result, the West Sussex Public Health Directorate has been circulating materials promoting the shingles vaccine alongside the flu vaccination.</p> <p>ii. In West Sussex, the uptake rates for the routine childhood vaccination programmes are higher than the national average and this reflects the hard work and commitment from our local practices, local Child Health Department, and the Immunisation team at Sussex Community Foundation Trust (SCFT). There are areas for improvement if West Sussex is to achieve herd immunity levels for some of the programmes where the uptake is less than 95%. Whilst MMR vaccine uptake rates for West Sussex are above regional average, two doses of MMR are required for full immunity and we are working in particular to improve the uptake of the second MMR to reach the 95% national target for herd immunity. This is being addressed locally through the development of a Joint Immunisation Improvement Plan to join up partnership working at local level involving all key stakeholders. NHS England (NHSE) has also commissioned a local incentive (called a CQUIN) to improve access to childhood immunisations and recording of data (data quality). This involves the Child Health and School Immunisation Team (SCFT) working closely with GP</p>
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	<p>practices to offer additional "catch up" clinics and to support with data reconciliation. SCFT also runs an advice line where parents can call in to speak to healthcare professionals. In addition a stakeholder wide workshop has been scheduled for November 2019 and the focus of the workshops will be 'the communication of Immunisation messages.'</p>
Substance Misuse - Drugs and Alcohol Recommendations	Substance Misuse - Drugs and Alcohol Response
<p>The Committee: -</p> <ul style="list-style-type: none"> i. welcomes the work which has been done to date and service user involvement ii. recognises the positive figures in West Sussex in relation to the national average, especially due to the complex nature of this cohort of the West Sussex population 	<p>i and ii</p> <p>The Public Health Directorate would like to thank HASC for the opportunity for this area to be scrutinised and for their feedback, particularly noting the positive improvement in all three Public Health England (PHE) key measures of treatment outcomes for individuals 18+ years, with significant improvement in treatment outcomes for opiate drug users and alcohol users.</p>

Appendix 1: Suicide Briefing for All Elected Members

WSCC Public Health Directorate Briefing for All Elected Members on Suicide

Suicide is the biggest killer of men aged 49 and under, and the leading cause of death in all people aged 20–34 years in the UK. It is estimated that in England the average cost per completed suicide for those of working age is £1.67m (at 2009 prices). The cost to West Sussex between 2013 and 2015 equates to estimated suicide-related costs of £367.4m between. This includes lost output, police time and funerals, as well as intangible costs such as loss of life and distress of relatives. 60% of these costs relate to those bereaved.

Office of National Statistics data on the number / rate of people who have died through suicide in West Sussex is available up until 2016-2018 (three year bands are used due to small numbers). Although it is not statistically significantly lower than the England rate of 9.6 per 100,000 population for 2016-18, the rate in West Sussex is numerically lower and has declined from 10.0 per 100,000 population in 2013-15 to 8.5 100,000 population in 2016-18. The rate for males in 2016-18 is 13.2 per 100,000 population and for females it is 4.0 per 100,000 population i.e. over three times greater for males than for females.

Who is most likely to attempt or complete suicide?

Risk factors include:

- Demographics and identity – suicide is the biggest killer of middle aged men, LGBTQI people
- Mental illness and wellbeing – being diagnosed with a depressive illness or serious mental illness
- Physical health and health behaviours – alcohol and drug use, having a long term condition
- Relationships – bereavement, divorce/separation, lack of contact with children, loneliness
- Acute and chronic environmental/social stressors – loss of a job, loss of home
- Deprivation – specific issue in-mid-life males with debt related distress, poor or insecure housing, homelessness and unemployment
- Known to have been in contact with statutory or VCS services.

Starting Well: Specific risk factors for children and young people include, but are not limited to: poor mental health; people who identify as LGBTQI; low familial socio-economic and/or education status; adverse childhood experiences; poor relationships with family or peers; experience of suicide/self-harm; looked after children; psychological challenges (such as low emotional intelligence, low self-esteem).

Living and Working Well: Specific risk factors for working age people include, but are not limited to: being aged 35-59; male; identifying other than heterosexual; poor mental health; substance dependence; physical illness (especially those that preclude/limit work); debt, unemployment and housing issues; lacking a close or supportive relationship; living alone; abuse (including bullying and violence); stressful life events such as relationship breakdown; contact with criminal justice system; and being attacked.

Ageing Well: Specific risk factors in older people include but are not limited to: decline in function due to frailty and/or multiple health conditions; diagnosis of mental illness (as with any stage of life); experience of social isolation or loneliness; and experience of bereavement.

Preventing Suicide

West Sussex Suicide Prevention Strategy 2017-20 details the following priority areas for action:

- Focus on reducing suicides in vulnerable middle aged and older people, particularly those experiencing financial difficulties and social isolation
- Focus on preventing suicides in people in contact with mental health services, particularly those recently discharged or disengaged from care
- Focus on preventing suicide in people who misuse alcohol or drugs, particularly those with a dual diagnosis
- Focus on reducing self-harm, particularly in young people
- Focus on preventing suicide in people with long-term conditions or requiring end of life care, and their carers
- Improve support for people bereaved or affected by suicide
- Increase confidence and skills of paid and volunteer workers to support people at risk of suicide, maximising the use of existing resources and support
- Reduce access to the means of suicide, focusing on self-poisoning, railways and other public places
- Monitor suicide patterns and trends in West Sussex

The multi-agency West Sussex Suicide Prevention Steering Group, chaired by Rachel Jevons, Public Health Lead for Mental Health, oversees the delivery of the strategy and will lead on updating it for the next time period. The strategy and related documents can be found [here](#).

Bereavement

The following organisations offer support to those bereaved by suicide in West Sussex:

- Sussex Community Foundation Trust Child Death Service (<https://www.sussexcommunity.nhs.uk/services/servicedetails.htm?directoryID=16282>) is for families who have experienced the death of a child from age 0 up to their 18th birthday.
- Winston's Wish (https://www.winstonswish.org/?gclid=CjwKCAjwusrtBRBmEiwAGBPgE0AInVSZGMlesZtEbWrIV9OigT1is37FIhl9Oamui04f_K34PTwkhoC0gIQAvD_BwE) offers bereavement services to families with children under 18 after atraumatic bereavement.
- Cruse (<https://www.cruse.org.uk/get-help/local-services/south/west-sussex>) offers support, advice and information to children, young people and adults when someone dies.
- Survivors of Bereavement through Suicide (<https://uksobs.org/>) offers peer support throughout the county.

Training

- Zero Suicide Alliance offers free twenty minute online training to help you support someone who is at risk of suicide to stay safe.
- Grassroots offers a range of suicide and mental health support training
- Coastal and West Sussex Mind offer a range of mental health training courses including on suicide and self-harm

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