

Development of draft West Sussex Suicide Prevention Framework and Action Plan, and draft pan-Sussex Suicide Prevention Strategy and Action Plan

Progress Update

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Background and Context



National

- “Preventing suicide in England: A cross government outcomes strategy to save lives” (September 2012)
- Five government progress reports on delivery of strategy (latest report March 2021)
- New national suicide prevention plan anticipated to be published in 2023

Local – West Sussex and Sussex-wide

- West Sussex Suicide Prevention Strategy 2017-2020
- Work commenced in September 2022 to develop new West Sussex Suicide Prevention Framework and Action Plan 2023-2026, which will be a forerunner to the pan-Sussex Suicide Prevention Strategy and Action Plan
- ‘Pan-Sussex’ refers to a Sussex-wide approach (Brighton & Hove, East Sussex, and West Sussex)
- **Both approaches will respond to local population needs, dovetailing together to ensure an aligned approach both locally and Sussex-wide**

How have we approached this?

Evidence-based actions to respond to our local populations' needs

Two main areas of focus have informed the development of both the draft West Sussex Suicide Prevention Framework and Action Plan and draft pan-Sussex Suicide Prevention Strategy and Action Plan:

- Stakeholder engagement at Sussex level: Consultation with Sussex mental health workforce (Summer 2022)
- Review of the latest evidence

Consultation with Sussex mental health workforce



- Consultation with state and voluntary sector mental health workforce across Sussex over an 8 week period during summer 2022
- Views sought on seven proposed action areas for draft pan-Sussex Suicide Prevention Strategy and Action Plan
- 120 groups or individuals participated, 238 responses received in total, 48 responses from West Sussex
- Groups and individuals consulted include: community and voluntary sector groups, individuals, NHS organisations including primary care, and local authorities

Consultation with Sussex mental health workforce cont'd/...



Views sought on proposed action areas:

- Leadership, quality, improvement and communications
- Reduce the risk of suicide in key high-risk groups
- Tailor approaches to mental health in specific groups
- Reducing access to means of suicide
- Provide better information and support to those bereaved by a suicide
- Supporting learning, data, and monitoring
- Reduce risk of self-harm

Review of the latest evidence



Academic research, Government policy, public health guidance, national and local data

Sources include:

- Office of National Statistics (ONS) including recently published results from the 2021 Census
- National Confidential Enquiry into Suicide and Self-harm
- Office for Health Improvement & Disparities (OHID)
- Local Real Time Surveillance data (RTS)
- Manchester University publications on self-harm
- World Health Organisation (WHO)/ academic research papers
- NHS Data – Hospital Episode Statistics
- Public Health Fingertips data (OHID)

Draft West Sussex Suicide Prevention Framework and Action Plan 2023-2026

Who will we focus on? What is the evidence telling us?



- **Those most at risk of committing suicide and/or self-harm:** middle aged and older men; children and young people; those with existing mental illness; people who self-harm
- **People more vulnerable to mental illness:** neurodiverse people, victims and perpetrators of domestic abuse, people who misuse drugs and alcohol including children, and homeless people.

Proposed Actions



Proposed actions are focused on seven key areas, aligned with the proposed action areas shared in the Consultation with Sussex mental health workforce:

- System leadership, governance, and communications
- Reduce the risk of suicide in key high-risk groups
- Tailor approaches to improve mental health in specific groups
- Reduce access to means of suicide
- Provide better support to those bereaved and affected by a suicide
- Use of system data to support planning; support learning and training
- Reduce risk of self-harm

Next Steps



- Final editing of draft West Sussex Suicide Prevention Framework and Action Plan 2023-2026 to be completed
- Publication – Spring 2023
- A working document – will be regularly reviewed to ensure meeting local population needs, and aligned with national suicide prevention strategy when published.
- We will also ensure both West Sussex and Sussex-wide approaches, continue to dovetail together to ensure an aligned approach across the system