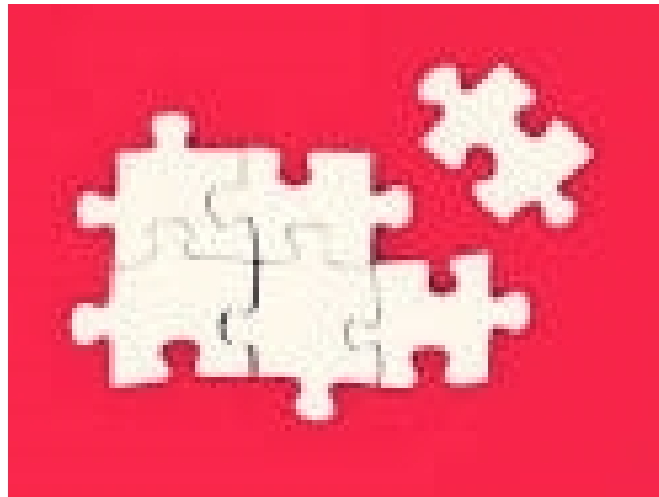


Self harm and Suicide



Suicide Prevention & Self harm

National Policy Context:

Preventing Suicide in England – cross government launched 2012

No Health Without Mental Health – cross government mental health strategy launched 2011

Risk Factors:

Children:

- Those who experience negative parenting or who have suffered child abuse
- Those who are in contact with the youth and adult criminal justice system
- Those underachieving at school
- Child poverty
- LAC, early school leavers and young lesbian, gay and bisexual people

Adults:

- Multiple factors
- Ethnicity
- Prisoners
- Asylum seekers
- Veterans
- Carers, friends and family members

Suicide 100 times more likely to occur 12months after self harm episode



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Health and Wellbeing

Big plans for the health of our people

Across the lifecourse

- Child mental health is impacted by adult mental health e.g. Stockton has a higher % of adult depression (17.28%) than England (11.68%) (2011/12 data)
- Marmot – ‘give every child the best start in life’
- Importance of **cognitive development** in children, including **bonding & attachment** in early years
- Impact of social inequality on health and wellbeing



Under 18years admission due to intentional self harm

	1112	1213	1314	Grand
	Total	Total	Total	Total
Stockton Town Centre	8	8	10	26
Mandale and Victoria	6	13	7	26
Newtown	8	<5	12	23
Hardwick	8	6	<5	17
Stainsby Hill	<5	5	6	15
Parkfield and Oxbridge	6	7	<5	15
Hartburn	5	<5	7	14
Norton North	6	<5	<5	12
Roseworth	<5	<5	6	11
Billingham Central	<5	<5	5	11
Village	<5	<5	6	10
Bishopsgarth and Elm Tree	5	<5	<5	10
Billingham South	<5	<5	<5	9
Eaglescliffe	<5	6	<5	9
Billingham North	<5	<5	<5	8
Billingham East	<5	<5	<5	7
Ingleby Barwick West	<5	<5	<5	7
Grangefield	<5	<5	<5	6
Ingleby Barwick East	<5	<5	<5	6
Fairfield		<5	<5	5
Norton South	<5	<5	<5	5
Western Parishes		<5		<5
Billingham West	<5	<5	<5	<5
Yarm	<5	<5		<5
OTHER	<5			<5
Norton West			<5	<5
Manor House	<5			<5
Northern Parishes			<5	<5
Grand Total	84	90	97	271

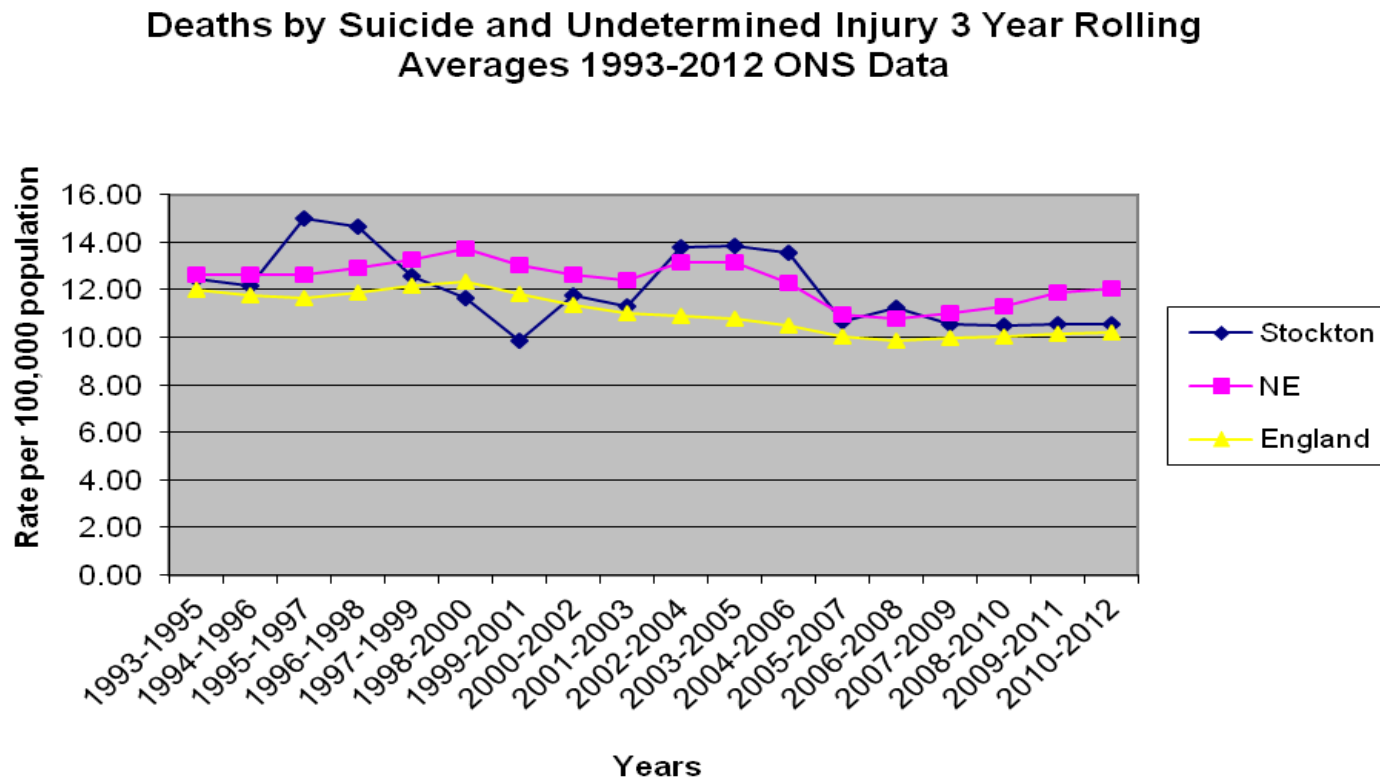


18years and over admission due to intentional self harm

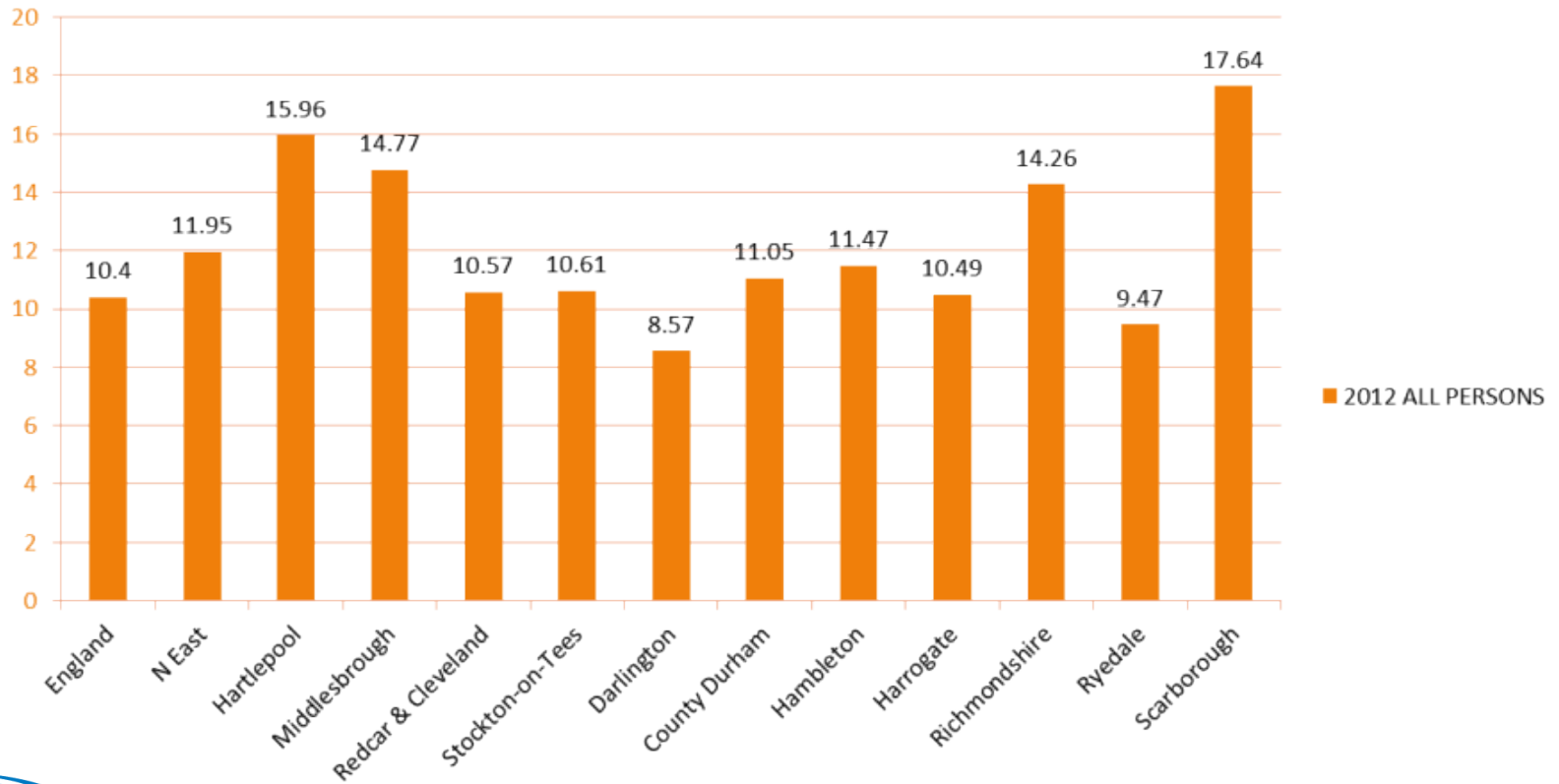
	1112	1213	1314	Grand
Age Total	Total	Total	Total	Total
Stockton Town Centre	47	81	65	193
Hardwick	44	48	32	124
Newtown	43	41	34	118
Billingham East	51	33	24	108
Norton South	35	36	34	105
Mandale and Victoria	43	33	28	104
Parkfield and Oxbridge	36	30	34	100
Billingham Central	30	23	18	71
Village	18	25	22	65
Roseworth	25	24	12	61
Norton North	14	29	17	60
Billingham North	12	25	13	50
Stainsby Hill	19	14	12	45
Billingham South	15	14	9	38
Ingleby Barwick West	8	14	13	35
Grangefield	12	16	5	33
Bishopsgarth and Elm Tree	11	8	11	30
Ingleby Barwick East	11	11	5	27
Eaglescliffe	11	11	<5	25
Yarm	8	9	7	24
Hartburn	7	8	8	23
Billingham West	8	3	5	16
Fairfield	10	<5	<5	14
Norton West	<5	<5	<5	8
Western Parishes	<5	<5	<5	6
OTHER	12	8	<5	20
Grand Total	535	553	415	1503



Age standardised deaths by suicide and undetermined injury for Stockton on Tees 1993-2012 compared with rates for the North East and England as per ONS – 3 year rolling averages



ONS 2012 Age standardised rates per 100,000 population ALL PERSONS



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Big plans for the health of our people

Local Audit

- Completed by the Suicide Prevention Team based in TEWV NHS FT
- Data collected since 1997
- Reports based on date of death not registration
- Includes deaths <age 15 (ONS 15+)
- Looks at more verdicts than just took own life and open (undetermined) recognising the individual ways coroners work
- Since 2011 early alert system implemented with coroners to allow for 'real time' alert to potential deaths by suicide across Teesside

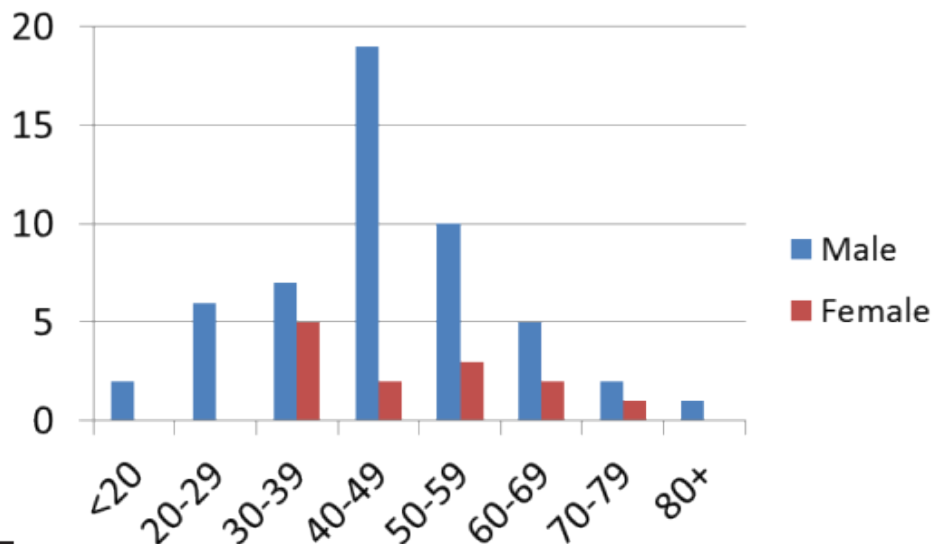


Stockton 2010-2014 Local Audit

	Male	Female	Total
2010	9	2	11
2011	14	2	16
2012	12	2	14
2013	14	3	17
2014	3	4	7
Total	52	13	65

80% males

31% all female deaths occurred in 2014



56% Males aged 40-59

15% aged 60+

Females 30s



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Ward level data 2010-2014

Billingham Central	2
Billingham East	2
Billingham North	4
Billingham South	6
Billingham West	1
Bishopsgarth & Elm Tree	1
Eaglescliffe	2
Fairfield	2
Grangefield	1
Hardwick	1
Hartburn	2
Ingleby Barwick West	1
Mandale & Victoria	4
Newtown	4
Northern Parishes	1
Norton North	3
Norton South	2
Parkfield & Oxbridge	6
Roseworth	3
Stainsby Hill	3
Stockton Town Centre	10
Yarm	4



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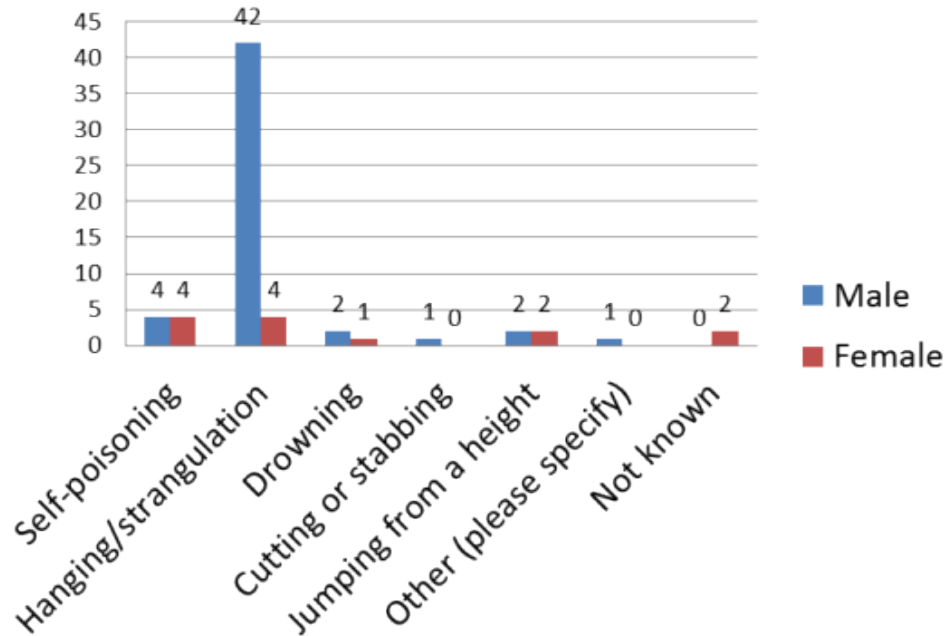
Local Audit Cont'd

- 45 cases have been to inquest and have a verdict. 36 suicide, 8 open 1 misadventure.
- Of 48 cases where information is known 22 (46%) were living alone at time of death
- 38 cases died at home address
- 7 cases with history of prison and of these 6 were prison deaths
- 11 males with probation history 7 of which had contact within 3 months of death
- 27 males & 3 females with police history. 8 males had last contact within 3 months
- 16 cases left a note, 2 sent text messages
- In 46 cases employment status is known: of these 15 were unemployed, 11 retired and 9 employed
- 17 males over the drink driving limit at time of death (33%)
- 6 males history of drug misuse, 10 males & 3 females history of alcohol misuse documented by the coroner
- Relationship difficulties / finances / mental health diagnosis



Local Audit Cont'd

Method of Death by gender 2010-2014



71% all deaths by hanging/strangulation. 81% all male deaths & 33.3% all female deaths; equal to self-poisoning



Public health- Interventions

- Pathway work to more clearly link TaMHS and CAMHS
- Safe project
- Tees Suicide Prevention task force and action plan (localised) – 6 key action areas
- Tees training Hub
- Raising awareness of mental health in the general population through other commissioned services;
- Workplace Health,
- Lifeline,
- MoreLife,
- Risk-Taking Behaviour toolkit & PSHE



Services- Young People

•CESC Service:

- Targeted Mental Health in Schools (TaMHS) –
- Universal training for all primary schools re: mental health & wellbeing, common issues, referral pathways
- Delivery of interventions: counselling, family therapy, etc.
- Targeted bespoke training on specific issues e.g. bullying, stress and anxiety – bought in additionally by schools
- Looked After Children seen through CAMHS

•CCG commissioned service:

- CAMHS – recent review of specification to include ‘targeted CAMHS’ service
- Based on delivery through Primary Mental Health Workers

- General Practice



Services- CCG/ Adults

- Primary care psychological therapies
- Primary care mental health workers
- Crisis Response and home treatment team
- Psychiatric liaison – works into UHNT to provide mental assessment and treatment for people with MH problems presenting at the acute hospital. (16yrs and over)
- General Practice



Stockton-on-Tees
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Health and Wellbeing

Big plans for the health of our people

In development

- HNA Children & Young People's mental health
- Tees Children and Young peoples emotional wellbeing and mental health strategy
- Mental Health Partnership- Suicide sub group
- Targeted training self harm
- VCS public health and CCG grant- MIND
- Current work to identify settings for CAMHs delivery in the community
- Signage for hotspot areas



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Health and Wellbeing

Big plans for the health of our people

Challenges

- Access to services (waiting lists , YP)
- Lack of Variety of services (duplication & gaps)
- No single coordinated 'offer'
- Schools express significant need in their pupils for MH & wellbeing support
- Data often not routinely collected / reported by services
- Dynamic changing economic landscape
- Lack of understanding of the numbers who self harm
- Stigma around self harm and suicide
- **Suicides are complex no one organisation can directly influence them all**
- **Engagement with the suicide prevention action plan**
- self-harm - increased admission rates for children higher than the national average
- working across all commissioners (CCG, NHS England, LA, LA Public Health, Education)

