
Report To:	Health & Social Care Committee	Date: 30 th April 2009
Report By:	Ian Fraser Corporate Director Education and Social Care	Report No: SW/14/09/BY/BK
Contact Officer:	Barbara Billings Head of Community Care and Strategy	Contact No: 714003
Subject:	Choose Life Inverclyde	

1.0 PURPOSE

- 1.1 The purpose of this report is to update the Committee on the local implementation and developments for the “*Choose Life*” initiative.

2.0 SUMMARY

- 2.1 “*Choose Life*” is the National Strategy and Action Plan to Prevent Suicide in Scotland aiming to reduce the suicide rate in Scotland by 20% by 2013 and is a key component of the National Programme for Improving Mental Health.

Inverclyde Council responds to the national strategy through Choose Life Inverclyde by funding and co-ordinating a range of projects working with organisations, community groups and individuals to help raise awareness of the issue of suicide and its prevention. In order to monitor the activities a Development Group meets on a regular basis combined with the appointment of a local full time co-ordinator facilitates local effort.

- 2.2 A local implementation action plan and training plan both to March 2010 are attached.

3.0 RECOMMENDATION

- 3.1 Note the findings of the progress report attached.
- 3.2 The Committee agrees to accept further annual performance and progress reports following the announcement of the national suicide statistics for Scotland.

4.0 BACKGROUND

- 4.1 **Stepwell** – Provision of an ‘out-of hours’ community based service meeting urgent need, signposts to other services and gathers crucial local evidence of the need for future developments.

Inverclyde Peace Initiative – A project aiming to foster innovative approaches to anger management, conflict resolution and emotional intelligence in communities.

Samaritans – A key local partner providing a confidential support, 24 hours a day for people who are experiencing feelings of distress or despair, including those, which could lead to self-harm or suicide.

CRUSE – Local branch supporting people who have mainly been bereaved by suicide.

Older People’s Befriending Service – Funding provided to Inverclyde Volunteer Centre for the provision of a befriending service for people with mental health issues aged 50+. Supports a recent successful bid to Fairer Scotland Fund.

5.0 PROPOSALS

- 5.1 The Committee endorse this local approach to the National Suicide Prevention Strategy and support its continued development to March 2010.

6.0 IMPLICATIONS

- 6.1 Legal: There are no legal implications.
- 6.2 Finance: There are no financial implications.
- 6.3 Personnel: Choose Life Co-ordinator & Training Administrator (Fairer Scotland Funded)
- 6.4 Equalities: Equal Opportunities processes and procedures are embedded within the operational practices of Social Work Services Authorised Providers List. Processes to measure performance on the delivery of equal opportunities are currently being developed. An impact assessment is currently being undertaken and this will reported in the annual progress/performance report.

7.0 CONSULTATION

- 7.1 This has been presented and discussed with the Choose Life Inverclyde Development Group and joint Mental Health Development Group

8.0 LIST OF BACKGROUND PAPERS

- 8.1 “Choose Life” Inverclyde Action Plan 2008 – 2010 (Appendix 1)
“Choose Life” Inverclyde Training Plan 2008 – 2010 (Appendix 2)

Overview

The past 35 years has seen a massive increase of suicides in Scotland and each year almost 800 people take their own lives. In 2002, to address some of the issues surrounding one of the last remaining taboos, the Scottish Executive launched "*Choose Life*", the national strategy and action plan to prevent suicide in Scotland aiming to reduce suicide by 20% by 2013. Inverclyde Council responds to "*Choose Life*" through Choose Life Inverclyde, which funds and co-ordinates a range of projects working with organisations, community groups and individuals to help raise awareness of the issue of suicide.

Inverclyde Council is one of the few local authorities recognising the importance of the national strategy by resourcing it with a dedicated Co-ordinator developing a local action plan working to the following aims, which are aligned to the national objectives –

- Promoting greater public awareness and encouraging people to seek help early
- Promoting early prevention and intervention
- Responding to immediate crisis
- Providing hope and supporting recovery
- Supporting those coping with suicidal behaviour or a completed suicide

The desired outcomes of project are –

- Coordination and development of a partnership approach to address local "*Choose Life*" objectives
- Increased public and professional awareness and involvement in "*Choose Life*"
- Monitoring and local evaluation of effectiveness of approach

At the inception of the project, a Development Group, consisting of key local and national stakeholders, formed and proposed to use "*Choose Life*" monies to the following ends –

- Respond to gaps in existing services
- Creating an infrastructure allowing more detailed service mapping, service re-design and pooling of existing resources
- Investing in responses that raised awareness, provided education and promoted alternatives to suicide and self-harm

The group considered the best method of achieving these aims was to invest in projects among the existing voluntary sector in Inverclyde. There was an agreement not to develop a specific suicide prevention service as this would be an ineffective use of funds.

The project demonstrates methods employed are cost effective, which was a critical factor in establishing the initiative and took into consideration the existing Inverclyde Council's infrastructure, corporate management systems etc. Recognition has to be given to the

significant amount of 'in kind' costs provided to the initiative, which has equalled that of the first phase of "Choose Life" funding (2003-2006).

Partnership Working

Choose Life Inverclyde has embraced the approach of partnership working with key local and national agencies to make suicide prevention everyone's business.

A number of factors led to the development of the initiative:

- In Inverclyde in the period from 1991 to 2007, there have been 268 suicides (14 in 2007)
- "Choose Life" is an integral part of the Scottish Government's National Programme for Improving Mental Health & Well-being and being part of this Programme helps to ensure suicide prevention is fully integrated into the Scottish Government's wider health, social inclusion and well-being agenda
- In Inverclyde, a preliminary service map was developed in 2003 to show details of how statutory Health Services responded to persons who had attempted suicide, were identified as at risk of suicide or expressed suicidal ideation
- Services for those persons whose suicidal action or intent resulted in an admission to Inverclyde Royal Hospital or were consequent to mental illness were reasonably comprehensive
- This scoping exercise highlighted gaps in service mainly in the areas of responses to children and young people at risk of suicide and self-harm and responses to people whose attempted suicide or self-harm is not consequent to mental illness.

Awareness Raising

Some of the principles underpinning "Choose Life" are to raise awareness of the issue and to ensure multi-disciplinary working to tackle the prevention of suicide. The fundamental success to the local implementation in Inverclyde has been the partnership working approach. This has been achieved by working with a range of other agencies helps us to identify initiatives that would benefit the overall objective of suicide prevention, the partnership working facilitates a public health approach to local suicide prevention and allows informing practice and policy with a particular emphasis on challenging attitudes to suicide.

Improvements Achieved and Challenges Overcome

The key responsibility of Choose Life Inverclyde is providing a focus and strategic direction for local suicide prevention activities. This has been achieved through –

- Providing support, administering and maintaining the Choose Life Inverclyde Network of 200+ practitioners and organisations and associated sub-group/planning activity, sharing good practice
- Monitoring, evaluating and analysing local evidence of the impact of “Choose Life” in Inverclyde and promote learning from any outcomes or findings
- Leading on and supporting awareness raising and implement training initiatives in relation to the “Choose Life” agenda in Inverclyde

Some of the critical success factors and positive results are –

- An overall increase in the number of referrals and greater awareness of services for those people affected by the issue of suicide
- From a baseline of zero, training of 800+ people¹ in suicide prevention/awareness/alertness programmes
- A positive impact of the accurate reporting of the issue of suicide and suicide prevention by the Greenock Telegraph without glamourising the story or causing additional grief
- Delivering more effective services to communities in Inverclyde by working closely in partnership with other organisations, which means we are able to have a bigger impact than if each organisation worked alone
- Ensuring an effective approach within Inverclyde, a number of Council services work closely together. For example, Social Work, Education, Housing and Economic Development
- The number of suicides in Inverclyde are now declining and while we cannot directly attribute this to the project, it does provide an indication suicide prevention services in Inverclyde are having a tangible impact

Good Practice Initiatives

- The initiative received the Provost’s Equality Award (Health & Well-being: Young People) in November 2007
- Nurse Therapist post and Stepwell out of hours crisis service highlighted as examples of good practice in Social Work Inspection Report (November 2006)
- The initiative was a finalist in the APSE 2008 Awards (Public/Voluntary Partnership Working)

Alignment to Corporate/Service Goals

¹ As at 31st March 2009

Choose Life Inverclyde is firmly rooted within the wider mental health improvement agenda. It has also provided linkage and opportunities for suicide prevention to be adopted as a community health issue, achieved mainly through the Joint Health Improvement Plan and the local suicide prevention plan is an integral part of the Community Planning Partnership process, which helps to ensure that local people and communities are genuinely engaged in the process of suicide prevention. The project also aligns itself to Inverclyde Council's Corporate Plan ('Inspiring Inverclyde 2007-11') and Single Outcome Agreement in the following –

- *'Inspiring Inverclyde'*² sets out promoting good health, well-being and active citizenship as priorities.
- One of the key aims in Inspiring Inverclyde is to improve the health of the people of Inverclyde in the provision of services tackling the issue of suicide prevention.
- The Joint Health Improvement Plan has the prevention of suicide embedded as a key aim through a local partnership approach to suicide prevention is developed and sustained to target the most vulnerable in our community.

Implications and Linkages to Wider Remits

Health inequalities remain a significant challenge in Scotland and for our own locality. The poorest in our society die earlier, have higher rates of disease and invariably exhibit the worst features of physical health. People struggling with poverty and low income have poorer mental health and wellbeing than those with higher incomes or who find it easy to manage financially. There are large and increasing inequalities in deaths amongst young adults due to drugs, alcohol, violence and suicide. Difference in income is not the only factor responsible for inequalities. Health may also vary according to people's age, disability, gender, race, religion or belief, and sexual orientation. These interact with socio-economic status and low income, compounded by other factors such as low educational attainment; poor housing and offending.

There is well documented evidence on the relationship between suicide and Inequalities in Health and this remains a significant challenge in Inverclyde. Inverclyde has lower life expectancy and higher death rates than the national average, with all cause mortality 16% higher than Scotland as a whole.

Alcohol and drug misuse are particular problems with far higher than average hospital admissions for alcohol and drug misuse. Our locality has higher than average drug related deaths. Similar to the national agenda, there is a challenge to tackle the alcohol culture existing locally.

² <http://www.inverclyde.gov.uk/GeneralR.aspx?id=1144>

Choose Life Inverclyde is a key partner in the local working group responsible for the implementation of 'Delivering for Mental Health – Commitment 7' where

“Key frontline mental health services, primary care and emergency staff will be educated and trained in using suicide prevention assessment tools/suicide prevention training programmes 50% of target staff will be trained by 2010”³.

Commitment 7 is supported within the Core Set of HEAT Key Targets and Performance Measures for NHS Boards:

H5⁴: Reduce suicide rate between 2002 and 2013 by 20%, supported by 50% of key frontline staff in mental health and substance misuse services, primary care, and accident and emergency being educated and trained in using suicide assessment tools/ suicide prevention training programmes by 2010.

Community Health Partnership

The Development Plan of Inverclyde Community Health Partnership identifies the population needs and the key partnerships and relationships in delivering on the health agenda. Actions and targets are grouped under the following areas:

- Improve resource utilisation
- Shift the balance of care
- Focus resources on greatest need
- Improve access
- Modernised services
- Improve health
- Develop an effective organisation

A recent profile produced by the Glasgow Centre for Population Health for the Greater Glasgow & Clyde NHS Board⁵ area provides indicators for a range of health outcomes and health determinants. The profile highlights health and social inequalities and shows trends and key indicators.

Towards a Mentally Flourishing Scotland

Towards a Mentally Flourishing Scotland (*In Development*) is welcomed in terms of promoting a broad based, cross cutting approach to the promotion of wellbeing in our communities. We note the three main themes developed in the paper of promotion of

³ *Mental Health Delivery Plan, Scottish Executive 2006*

⁴ <http://www.scotland.gov.uk/Topics/Health/health/mental-health/servicespolicy/DFMH/antidepressantprescribing>

⁵ <http://www.gcph.co.uk/content/view/110/96/>

protective factors, prevention of mental and physical ill health and support in improvements in quality of life achieved through pursuit of social inclusion, better access to health and care services, employment, good quality housing, education and recreational activities. Many of the themes developed echo the UK Equality Review 2007⁶.

In Choose Life Inverclyde's role in the wider mental health improvement agenda, it will also have key linkages to *'With Inclusion in Mind - The local authority's role in promoting wellbeing and social development'*⁷ and the local *'Inverclyde Community Engagement Strategy'*⁸, particularly in the areas of employment, employability, social inclusion etc.

Conclusion

In summary, the prevention of suicide is a long term strategy and this is why Choose Life Inverclyde has embraced the approach of working in partnership with key local and national agencies to make **suicide prevention everyone's business**. This also means there is a requirement to be proactive in the policy drivers mentioned in this document and opening our minds and be clear about how we can influence cultural change.

Now is not the time to think about how complex the issues are that we face but rather how we use the opportunities presented to us to make a significant contribution to preventing suicide and reducing health inequalities.

⁶ *'Fairness and Freedom: The Final Report of the Equalities Review'* - <http://archive.cabinetoffice.gov.uk/equalitiesreview/publications.html>

⁷ <http://www.scotland.gov.uk/Publications/2007/10/18092957/11>

⁸ <http://www.inverclyde.gov.uk/GeneralR.aspx?id=1143&catid=1774>

KEY AREA	TASKS	ANTICIPATED OUTCOMES	RESCOUCES / EVALUATION	TIMESCALE / DATES
<p>Choose Life Co-ordinator: To lead on the co-ordination and development of the local suicide prevention action plan and wider mental health improvement agenda</p>	<ul style="list-style-type: none"> • Monitoring the distribution and impact of funding for suicide prevention activities • Support, administer and maintain the Choose Life Inverclyde Network and associated sub-group / planning activity, sharing good local practice • Lead and implement training initiatives in relation to Choose Life through partnership working in Inverclyde • To liaise between the range of funded projects, and key non-funded initiatives in Inverclyde that contribute to the implementation of 'Choose Life' • In collaboration with identified key partners be operational lead for mental health improvement 	<ul style="list-style-type: none"> • Coordination and development of a partnership approach to local Choose Life objectives. • Increased public and professional awareness and involvement in Choose Life. • Monitoring and local evaluation of effectiveness of approach 	<p>Resources:</p> <ul style="list-style-type: none"> • Choose Life Inverclyde Development Group • Inverclyde CHP • Inverclyde 'C7' Working Group • Choose Life Inverclyde Training Administrator • Choose Life Inverclyde Training Sub-Group • Recovery Inclusion Group (RIG) – Inverclyde • Inverclyde Mental Health Awareness Group • Inverclyde Anti-Stigma Partnership • Choose Life & NHS Health Scotland <p>Evaluation:</p> <ul style="list-style-type: none"> • Report to Health & Social Care Committee • Mental Health Development Group • Local effectiveness evaluation of training programmes • Ad hoc reports, as required 	<p>Ongoing and review March 2009</p>

KEY AREA	TASKS	ANTICIPATED OUTCOMES	RESCOUCES / EVALUATION	TIMESCALE / DATES
<p>Choose Life Inverclyde Training Administrator (Fairer Scotland Funding): Administration of local suicide prevention training and activities including collation of data and reporting.</p>	<ul style="list-style-type: none"> • Administrate and co-ordinate the advertising of suicide prevention training - e.g. ASIST, SMHFA, safeTALK, Self-Harm Awareness etc • Administrate participants' bookings, including the arranging of appropriate venue(s) • Ensure training requirements in line with the Choose Life Inverclyde Training Plan • Set up and maintain electronic systems for recording, monitoring and sharing information are fit for purpose 	<ul style="list-style-type: none"> • Increase community capacity to support locality-based training needs • Raising awareness and upskilling to intervene in self harm and suicide 	<p>Resources:</p> <ul style="list-style-type: none"> • CAMHS • Educational Psychology • Inverclyde Council (Employee Development/HR/SW Strategy) • Inverclyde CHP • Stepwell • Inverclyde 'C7' Working Group (via Choose Life Co-ordinator) <p>Evaluation:</p> <ul style="list-style-type: none"> • Participants' Feedback • Reports to Choose Life Co-ordinator/ Development Group • Local effectiveness evaluation of training programmes 	<p>Ongoing and review March 2009. Funding secured to March 2010.</p>

KEY AREA	TASKS	ANTICIPATED OUTCOMES	RESOURCES / EVALUATION	TIMESCALE / DATES
<p>Stepwell: To provide a 'rapid response' stress management intervention service focussed on supporting clients in crisis who present with suicidal ideation and/or self-harming behaviours</p>	<ul style="list-style-type: none"> • Provide an initial consultation followed by an agreed number of treatment plan • Support clients to address their specific presenting needs • Reduce clients' stress levels, develop long-term coping strategies and regain life balance • Support client based ownership and responsibility of own mental health and wellbeing & reduce dependency. • Challenge perceptions and attitudes by increasing awareness, knowledge and skills in relation to emotional wellbeing & mental health. • Increase resilience, self-esteem, reduce suicide ideation etc. through development of longer-term coping strategies 	<ul style="list-style-type: none"> • Provide rapid response stress management interventions within 48 hours of initial contact for anyone in a crisis situation • Regain client confidence • Improve access by 'at risk' clients to a community based stress management service 	<p>Resources:</p> <ul style="list-style-type: none"> • Various referral pathways, including – <ul style="list-style-type: none"> ▪ James Watt College ▪ Inverclyde Development Trust, Job Centre plus ▪ Community Mental Health Team, GP surgeries ▪ Inverclyde Homeless Centre Etc <p>Evaluation:</p> <ul style="list-style-type: none"> • Gathering pertinent Client Information • Baseline assessment forms • Treatment plan records • Warwick-Edinburgh and MYMOP wellbeing scales • Satisfaction questionnaires Etc • Reporting to Choose Life Inverclyde Development Group 	<p>Ongoing and review on a 3-month basis</p>

KEY AREA	TASKS	ANTICIPATED OUTCOMES	RESOURCES / EVALUATION	TIMESCALE / DATES
<p>Inverclyde Peace Initiative:</p> <p>Fostering innovative approaches to anger management, conflict resolution and emotional intelligence in both education and community settings</p>	<ul style="list-style-type: none"> • Training in Primary schools of Peer mediators • Training of 'Buddies' in Primary and secondary schools • Anger management programmes for individuals • Training of staff in conflict resolution and anger management skills 	<ul style="list-style-type: none"> • Engagement of – <ul style="list-style-type: none"> ▪ Active listening skills ▪ Anger management ▪ Conflict resolution. • Increased confidence and self esteem 	<p>Resources: Inverclyde Council Education Services</p> <p>Evaluation:</p> <ul style="list-style-type: none"> • Report to Choose Life Development Group containing following – <ul style="list-style-type: none"> ▪ Numbers of pupils trained ▪ Numbers of staff trained ▪ Reduction in violence and bullying incidence in schools and consequent reduction in exclusion ▪ Evaluation questionnaires ▪ Young peoples witness statements. ▪ Volunteer accreditation 	December 2008
<p>Samaritans:</p> <p>Local partner providing a confidential support, 24 hours a day for people who are experiencing feelings of distress or despair</p>	<ul style="list-style-type: none"> • Recruitment of volunteers • Contribution to branch running costs 	<ul style="list-style-type: none"> • Improved promotion of key local resource • Increase in local recruitment of volunteers and liaison with other local services 	<p>Resources: Choose Life Inverclyde Development Group</p> <p>Evaluation: Report to Choose Life Development Group</p>	Ongoing – review March 2009

KEY AREA	TASKS	ANTICIPATED OUTCOMES	RESOURCES / EVALUATION	TIMESCALE / DATES
<p>Alcohol & Wellbeing Peer Education Worker - in development (Fairer Scotland Funding): Service provision in the areas of alcohol misuse and its links with suicide, concentrating on Peer Education.</p>	<ul style="list-style-type: none"> • Development of a toolkit with a focus on the peer education • Activities promoting alcohol units and suicide & suicidal ideation/behaviour through talks and awareness raising in the above settings • Devise and deliver training • Provide support and advice to schools in the development of policies on alcohol and promoting positive well-being • Activities/Workshops - alternatives to drinking and promoting positive well-being 	<ul style="list-style-type: none"> • Improved client confidence • Increased knowledge and awareness of drugs. • Increased knowledge and awareness of alcohol. • Increased confidence to support other people affected by drugs and/or alcohol • Increased confidence to raise awareness of drugs and alcohol issues with other people • Increased information provision 	<p>Resources:</p> <ul style="list-style-type: none"> • Inverclyde Alcohol Services • Inverclyde Alcohol & Drug From (via IAS) • Communities & Culture Change Sub-Group (via IAS) • Choose Life Development Group • Inverclyde CHP • Inverclyde Council Education Services <p>Evaluation:</p> <ul style="list-style-type: none"> • Reporting to IADF & IAS • Reporting to Communities & Culture Change Sub-Group • Report to Choose Life Development Group 	<p>Ongoing and review on a 3-month basis. Funding secured to March 2010.</p>
<p>CRUSE (Inverclyde Branch): Local branch supporting people who have mainly been bereaved by suicide</p>	<ul style="list-style-type: none"> • Support from volunteers' ongoing training • Contribution to volunteer expenses 	<ul style="list-style-type: none"> • Improved access to services 	<p>Resources: 7½ John Wood Street</p> <p>Evaluation: Report to Choose Life Development Group</p>	<p>Ongoing – review December 2008</p>

KEY AREA	TASKS	ANTICIPATED OUTCOMES	RESOURCES / EVALUATION	TIMESCALE / DATES
<p>Primary Care Mental Health Worker (Fairer Scotland Funding) – Inverclyde CHP</p> <p>Worker building capacity in Tier 1 primary care services, providing direct interventions to referred young people (Primary 7 to Secondary 4/5 stage) in distress and establishing a Tier 2 service</p>	<ul style="list-style-type: none"> • Building capacity within primary care services – achieved through training, advice and consultation, joint assessment & care planning • Direct intervention with young people in need on a referral only basis • Building enhanced and more effective links between primary care and the specialist service provided by CAMHS 	<ul style="list-style-type: none"> • Increased engagement with vulnerable young excluded people • Improved liaison amongst agencies involved in targeted client group 	<p>Resources:</p> <ul style="list-style-type: none"> • Inverclyde CHP • Inverclyde CAMHS • School Nursing • Integrated Children's Services • Inverclyde Council Psychological Service • Choose Life Co-ordinator/ Development Group <p>Evaluation:</p> <ul style="list-style-type: none"> • Multi-agency reference group • Service uptake data • Numbers of assessments carried out • Numbers of onward referrals • Gathering qualitative data • Report to Choose Life Development Group • Showcasing pieces of evaluated work and practice 	<p>Ongoing and review on a 3-month basis. Funding secured to March 2010.</p>

KEY AREA	TASKS	ANTICIPATED OUTCOMES	RESOURCES / EVALUATION	TIMESCALE / DATES
<p>BE Inverclyde (Befriending the Elderly) – Inverclyde Volunteer Centre (Choose Life Inverclyde/Fairer Scotland Funding)</p> <p>A dedicated Volunteer Befriending service for Older People experiencing Mental Health issues</p>	<ul style="list-style-type: none"> • Volunteers will be matched with a service recipient to provide a one-to-one relationship, offering 2/3 hours weekly for a minimum of 6 months • Address the complex needs of the clients by enhancing the quality of life for older people enduring or recovering from distress caused by mental health issues • Provide space for a listening ear and assist clients to engage with local activities • Increasing community knowledge; mental health awareness and dispelling myths around the stigma of mental health via volunteer training 	<ul style="list-style-type: none"> • Seek to reduce loneliness and social isolation • Improved physical health, mental health and wellbeing • Increased self-confidence & self-esteem to leave the house and meet people • Increase the socialisation of older people who have become isolated due to issues of general health and/or a diminishing social circle • Contribute to reduction in suicide amongst targetted client group 	<p>Resources:</p> <ul style="list-style-type: none"> • Older People's Mental Health Service • Community Mental Health Team • Social Work Services / Social Work Strategic Services • James Watt College • Inverclyde Community Development Trust • Choose Life Co-ordinator/Development Group <p>Evaluation:</p> <ul style="list-style-type: none"> • Measurement of service recipients • Measurement of service recipients' families & carers • Service user and care feedback • Volunteer measurements • Report to Choose Life Development Group 	<p>Ongoing and review on a 3-month basis. Funding secured to March 2010.</p>

KEY AREA	TASKS	ANTICIPATED OUTCOMES	RESOURCES / EVALUATION	TIMESCALE / DATES
<p>All Womens' Day (March 2009):</p> <p>An annual event in the promotion and increased public awareness of services available to women in Inverclyde and encourage them to seek help early for wellbeing & mental health issues</p>	<ul style="list-style-type: none"> • Stalls and information provision • Complimentary therapies, stress relief, massage etc • Provision of free healthy lunches 	<ul style="list-style-type: none"> • Improved information provision • Improved access to services • Improved confidence & self-esteem • Increased women's social networks • Volunteering opportunities 	<p>Resources:</p> <ul style="list-style-type: none"> • Multi-agency planning group • Choose Life Development Group • Inverclyde CHP <p>Evaluation:</p> <ul style="list-style-type: none"> • Delegate feedback • Delegate questionnaires • Graffiti wall • Report to Choose Life Development Group 	<p>Review March 2009</p>
<p>FRIENDS/Next Steps (in development)</p> <p>Enhance and develop the FRIENDS project within Inverclyde Schools in light of the evaluation of the initial pilot programme (August 2008)</p>	<ul style="list-style-type: none"> • Training for staff in control schools to deliver FRIENDS programme • Implement a working group to develop resources, modify the programme in light of our findings • Evaluate the programme to determine if positive benefits are maintained 	<ul style="list-style-type: none"> • Enhanced coping and adjustment to secondary school • Reduction in anxiety • Increase in self esteem 	<p>Resources:</p> <ul style="list-style-type: none"> • Inverclyde Council Psychology Service • Inverclyde Integrated Community Schools • Schools Health Service • Choose Life Co-ordinator/Development Group <p>Evaluation:</p> <ul style="list-style-type: none"> • Determining the effectiveness of an adapted programme • Impact on coping at transition to secondary school 	<p>Ongoing – review March 2009</p>

'Choose Life' Inverclyde

Phase 3 Training Plan

Overview

ASIST and Scottish Mental Health First Aid (SMHFA) continue to be the key training mechanisms to complement the local suicide prevention action plan. safeTALK (an alertness programme in suicide prevention) was implemented from September 2007 to complement the existing training as part of the local suicide prevention action plan.

This cross-cuts with the integrated work with the Community Health Partnership, in the local implementation of the Government's *Delivering for Mental Health* and in particular Commitment 7 and the associated HEAT Targets to reduce suicide rate between 2002 and 2013 by 20%, supported by 50% of key frontline staff in mental health and substance misuse services, primary care, and accident and emergency being educated and trained in using suicide assessment tools/ suicide prevention training programmes by 2010. Support for this is provided by the Choose Life Training Administrator (Fairer Scotland Funding).

ACTIVITY	TASKS	LEAD	RESOURCES	TIMESCALE / DATES
1. <u>Corporate / General</u>	<ul style="list-style-type: none"> ▪ Lead on and support awareness raising and implement training initiatives in relation to the Choose Life agenda in Inverclyde ▪ Lead on local training programmes e.g. suicideTALK, safeTALK, ASIST, Scottish Mental Health First Aid (SMHFA), Self-Harm Awareness Skills etc 	Choose Life Co-ordinator	<ul style="list-style-type: none"> ▪ Local Choose Life Budget ▪ Choose Life Inverclyde Network ▪ Inverclyde CHP ▪ DfMH (C7) Working Group ▪ Choose Life (NHS Health Scotland) 	Ongoing and annual review
	<ul style="list-style-type: none"> ▪ Provision of the co-ordination of the delivery of the local Choose Life funded training 	Choose Life Co-ordinator / Training Administrator	<ul style="list-style-type: none"> ▪ CAMHS ▪ NHS GG & C ▪ Educational Psychology ▪ Inverclyde CHP ▪ Inverclyde Community Schools ▪ Inverclyde Council (HR & Social work) 	Ongoing and annual review

'Choose Life' Inverclyde

Phase 3 Training Plan

ACTIVITY	TASKS	LEAD	RESOURCES	TIMESCALE / DATES
1. ASIST Workshops (including Tune-Up)	<ul style="list-style-type: none"> ▪ Delivery a minimum of 6 workshops ▪ Deliver 2 ASIST Tune-Up Refresher workshops 	Choose Life Co-ordinator / Training Administrator	<ul style="list-style-type: none"> ▪ CAMHS ▪ NHS GG & C ▪ Educational Psychology ▪ Inverclyde CHP ▪ Inverclyde Community Schools ▪ Inverclyde Council (HR & Social work) ▪ Choose Life (NHS Health Scotland) 	Ongoing and annual review
4. safeTALK	<ul style="list-style-type: none"> ▪ Recruit further trainers ▪ Deliver a minimum of 10 workshops (to March 2010) 	Choose Life Co-ordinator / Training Administrator	<ul style="list-style-type: none"> ▪ CAMHS ▪ Inverclyde CHP ▪ Inverclyde Council (HR & Social work) ▪ Choose Life (NHS Health Scotland) 	Ongoing and annual review
5. Scottish Mental Health First Aid	<ul style="list-style-type: none"> ▪ Recruit further trainers (From Spring 2009) ▪ Deliver a minimum of 12 workshops 	Choose Life Co-ordinator / Training Administrator	<ul style="list-style-type: none"> ▪ Richmond Fellowship ▪ Inverclyde Council (HR) ▪ Stepwell 	Ongoing and annual review
6. Self-Harm Awareness Skills Training	<ul style="list-style-type: none"> ▪ Recruit further trainers (From Spring 2009) ▪ Rolling out of Self-Harm Awareness Training 	Choose Life Co-ordinator / Training Administrator	<ul style="list-style-type: none"> ▪ Renfrewshire Association for Mental Health (RAMH) ▪ RAMH T4T Pack ▪ Stepwell 	Ongoing and annual review

Monitoring & Evaluation

ACTION	ANTICIPATED OUTCOME	LEAD	TIMESCALE / DATES
<ul style="list-style-type: none"> ▪ Ongoing Montirong & Evaluation 	<ul style="list-style-type: none"> ▪ Appropriate training and support provided 	Choose Life Co-ordinator	Ongoing
<ul style="list-style-type: none"> ▪ Link to Choose Life Development Group 	<ul style="list-style-type: none"> ▪ Monitor progress 	Choose Life Co-ordinator / Training Administrator	Ongoing