

## **Aberdeenshire Suicide Prevention Action Plan to June 2024**

Aberdeenshire Health and Social Care Partnership have led in the creation of this Action Plan with the intention to meet the outcomes outlined in the new national suicide prevention strategy, [‘Creating Hope Together’](#) and [action plan](#).

As this is a whole lifespan strategy, this Action Plan also includes tasks which will be undertaken by Aberdeenshire Education and Children’s Services.

Below we have outlined some of our aims which we will carry out over the first year, until June 2024. These tasks have been developed with a wide range of stakeholders such as Police, Education, and Third Sector providers.

One key priority this year is the development of years 2 and beyond to further progress this action plan. This will be done using a co-production approach alongside our commissioned suicide prevention partners, SAMH ([Scottish Association for Mental Health](#)).

Fluidity and change are to be expected in all projects, this plan should be considered as a live document which will continue to be reviewed and where appropriate modified in consultation with the Monitoring and Delivery Groups including further definition of milestones against each action/task.

All updates and progress will be reported back to the relevant governance bodies.

We will take direction and use national strategies, and the data and evidence which it gives to monitor the impact of our local change. Further national and local performance measures may also be added to this Action Plan as they are developed and become available.

Opportunities will be sought to compare our actions with the other areas. As such collaborative work will help development of measurable tools.

Please note, due to the sensitivity and level of confidentiality within the data and evidence shared by third parties, this will prohibit us from full disclosure of information in future reporting.

## Key Theme 1: Building Community Capacity

**Aims:** Build capacity within Aberdeenshire's communities for suicide prevention by reducing stigma around suicide and making people feel safe to talk about suicide.

Task 1.1	Goal	Responsibility	Timescale	Measurable Progress/Outcome Tool
<p><b>Physical Illness Pilot Area</b> Identify physical illnesses which are more likely to cause individual to attempt/die by suicide and engage with support groups for these identified physical illnesses and provide them with information, material and training.</p>	<p>Use data to identify individuals with physical illnesses who are more likely (than the general population) to attempt/die by suicide and provide them with information, material and training regarding suicide prevention.</p>	<p>Police SAMH Aberdeenshire Suicide Prevention Lead</p>	<p>December 2023</p>	<p>Identify target group using police data on suicides/attempted suicides. A baseline will be identified and follow up data will be gathered to monitor trends.</p>
		<p>Various Stakeholders</p>	<p>February 2024</p>	<p>Work with SAMH and stakeholders to identify support groups in Aberdeenshire area.  Support Groups will be approached, and joint working will be explored.</p>

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				<p>The aim is to ensure that we work with as many local support groups as possible and be part of each other's collaboratively working. This will be measured by examining the extent of the work being undertaken and monitoring of the level of engagement.</p>
			<p>April 2024</p>	<p>Make contact with the support groups and offer information, materials and training recording number of contacts and outcome.</p> <p>Level of active contact and collaborative working will be recorded, compared and monitored.</p>

			June 2024	We plan to gather initial views on suicide before and after contact is made, to help measure levels of how well informed, confident and knowledgeable they have become.
<b>Task 1.2</b>	<b>Goal</b>	<b>Responsibility</b>	<b>Timescale</b>	<b>Measurable Progress/Outcome Tool</b>
<b>Employer Pilot Area</b> Hold a pilot suicide prevention awareness event in a workplace and evaluate its effectiveness in raising suicide prevention awareness	Helping to make suicide prevention everyone's business, targeting workplaces and reducing stigma around suicide.	Police Aberdeenshire HSCP Comms Aberdeenshire Suicide Prevention Lead SAMH	December 2023	Identify employment status/employment area where there is a higher likelihood of attempting/dying by suicide.
			February 2024	Identify an employer who would support a test of change around suicide prevention.  Together, we will work collaboratively and set out

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				clear aims, goals and resources to support the work.
			June 2024	Gather initial views in identified workplace of suicide.
			June 2024	Plan and hold an event to raise awareness in identified workplace.  We will ensure that people with lived experience will have influence over how such event will take place. Feedback will be sought in order to identify whether any changes are needed.

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			July 2024	<p>Gather views in identified workplace of suicide after event and evaluate.</p> <p>Through the request of survey completions, we will measure levels of participation, and measure participants' levels of how well informed, confident and knowledgeable they have become.</p>
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## Key Theme 2: Children and Young People

**Aim:** Identify the needs of children and young people in relation to suicide prevention and create a process to support this.

Task 2.1	Goal	Responsibility	Timescale	Measurable Progress/Outcome Tool
<p><b>Measure whole-system impact on children &amp; young people's mental health</b></p>	<p>Aberdeenshire has commissioned SHINE (Schools Health &amp; Wellbeing Improvement Research Network) to provide high quality, school-based health improvement data.</p>	<p>GIRFEC (Getting It Right For Every Child) Mental Health Group</p>	<p>Began in 2022 – ongoing</p>	<p>The data gathered through the survey will be used to generate a report for each individual school to help inform their school improvement planning. An authority-wide report will also be produced and will be used by the GIRFEC Mental Health Group to inform multi-agency strategic planning.</p>



<b>Task 2.2</b>	<b>Goal</b>	<b>Responsibility</b>	<b>Timescale</b>	<b>Measurable Progress/Outcome Tool</b>
<p><b>The Mental Health Professional Learning Framework</b> was launched in September 2022 to Managers and Team Leaders across Aberdeenshire's multi-agency workforce.</p>	<p>Establish a professional learning matrix which sets out core mental health professional learning recommendations for the multi-agency workforce.</p> <p>The aim is for all staff who work with children, young people and their families to have a mental health training portfolio in which the core standard training expectations and learning opportunities are clearly documented.</p>	<p>GIRFEC Mental Health Group</p>	<p>Began in 2022 – ongoing</p>	<p>Data to be gathered on number of staff who have undertaken the training, in addition to feedback and evaluation of the framework.</p>

<b>Task 2.3</b>	<b>Goal</b>	<b>Responsibility</b>	<b>Timescale</b>	<b>Measurable Progress/Outcome Tool</b>
<p><b>Increase accessibility of information about supporting children and young people's mental health and wellbeing.</b></p>	<p>Creation of the Aberdeenshire Mental health toolkit. Use the toolkit to provide a director of mental health supports and services for Aberdeenshire, signposts to multi-agency mental health guidance, and provides a link to the Aberdeenshire Mental Health Professional Learning Framework.</p>	<p>GIRFEC Mental Health Group</p>	<p>From 2022 onwards</p>	<p>Data to be captured on the frequency in which this toolkit is used and undertake evaluation for future improvements.</p>

<b>Task 2.4</b>	<b>Goal</b>	<b>Responsibility</b>	<b>Timescale</b>	<b>Measurable Progress/Outcome Tool</b>
<b>Adopt a systemic approach to suicide prevention for Aberdeenshire's children and young people.</b>	Establish a Strategic Development Officer (SDO) post to support this development work and support an integrated approach across children and adult services to suicide prevention.	GIRFEC Mental Health Group	From 2024-2025	SDO post established and occupied.
	Gain an overview of suicide risk in Aberdeenshire's school aged children and young people.	GIRFEC Mental Health Group	From 2024-2025	Data set established and used to inform action planning.
	Review and update Aberdeenshire's GIRFEC Multi-Agency Suicide Prevention Guidance.	GIRFEC Strategic Development Officer	From 2024-2025	Revised guidance launched.

	<p>Identify and meet the professional learning needs of school staff in relation to suicide prevention in school aged children and young people, including risk assessments and safety planning.</p>	<p>SAMH / GIRFEC Mental Health Group</p>	<p>From 2024-2025</p>	<p>Professional Learning Plan in place.</p>
	<p>Establish clear routes of support for school communities in the event of a completed suicide.</p>	<p>SAMH / GIRFEC Mental Health Group</p>	<p>From 2024-2025</p>	<p>Support pathways for schools established.</p>

**Key Theme 3: Increase Training Across Services in Aberdeenshire**

**Aim:** To expand training opportunities to different groups in Aberdeenshire.

<b>Task 3.1</b>	<b>Goal</b>	<b>Responsibility</b>	<b>Timescale</b>	<b>Measurable Progress/Outcome Tool</b>
<b>Increase Training in Carers Services.</b>	Carers across Aberdeenshire are informed of suicide prevention and have knowledge of where and how they can access support or direct people they care for to receive support.	SAMH	January 2024	Scoping exercise to see what training commissioned carers' services have.
			January 2024	Identify what training would be most suitable for commissioned carers' services.  We will consult with carers to identify their training needs and this will be regularly updated as level and types of need may change over time.
			June 2024	

				<p>Deliver training (to be progressed by the Grampian Training sub-group).</p> <p>Numbers of people who sign up and attend training sessions will be recorded. Feedback will be sought before and after the sessions. An evaluation exercise will be undertaken to note the progress made and changes will may need to be carried out.</p>
<p><b>Task 3.2</b></p> <p><b>Identify training requirements for all HSCP Staff in Suicide Prevention.</b></p>	<p><b>Goal</b></p> <p>Identify what training is required to ensure HSCP staff are fully trained and are confident with their responsibilities as members of the HSCP.</p>	<p><b>Responsibility</b></p> <p>Aberdeenshire Suicide Prevention Lead SAMH</p>	<p><b>Timescale</b></p> <p>June 2024</p>	<p><b>Measurable Progress/Outcome Tool</b></p> <p>Training required for different staff roles identified through the development of a training tiered training framework and a plan in place to deliver training.</p>



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				There will be a recording of training requirements identified, this will be tracked to measure training needs and progress made.
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## Key Theme 4: Development of Future Delivery Plan

**Aims:** Develop a future delivery plan for years 2 and beyond, working with people with lived experience and ensuring suicide prevention work is communicated across Aberdeenshire.

While this is an action plan for Year 1, this will be used to inform and identify baselines for continuous improvement.

<b>Task 4.1</b>	<b>Goal</b>	<b>Responsibility</b>	<b>Timescale</b>	<b>Measurable Progress/Outcome Tool</b>
<p><b>Further Development of Delivery Plan -</b> Develop and use a co-production approach to ensure people in Aberdeenshire can participate in the development of future suicide prevention work in Aberdeenshire.</p>	<p>Develop Year 2 and beyond of the Delivery Plan using a co-production approach with people with lived experience in Aberdeenshire</p>	<p>Aberdeenshire HSCP Suicide Prevention Lead  SAMH  Various Stakeholders</p>	<p>December 2023</p>	<p>Everyone who are known to us and has identified themselves as having lived experience/peer support group leaders (that we are aware of at time of group initiation) will be contacted and invited to be part of the working group (Grampian Lived Experience Sub-Group working alongside all three local area groups).</p>



			June 2024	<p>The voices of lived experience are represented in the delivery plan through input from existing lived experience/peer support groups.</p> <p>In line with our commitment to co-producing, we will bring our workforce and people with lived experience/volunteers to work together.</p>
			June 2024	A delivery plan is produced beyond June 2024
<p><b>Task 4.2</b></p> <p><b>Community Planning Groups Involvement with Suicide Prevention</b></p>	<p><b>Goal</b></p> <p>Community Planning Groups have an increased knowledge and awareness of suicide prevention work in their area and</p>	<p><b>Responsibility</b></p> <p>Aberdeenshire Suicide Prevention Lead SAMH</p>	<p><b>Timescale</b></p> <p>April 2024</p>	<p><b>Measurable Progress/Outcome Tool</b></p> <p>Community Planning Groups across Aberdeenshire have been approached and offered information, material and training on suicide prevention as well as had the opportunity</p>

	are able to contribute to local suicide prevention plans.	Carolyn Lamb – Public Health Practitioner		to give their views on ongoing work.  We will record the number of people undertaking the training and monitor trends.
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