Towards Zero Suicide
Preventing Suicide, Saving Lives

Thursday 11 July 2019 The Studio Conference Centre Manchester

Chair & Speakers include:
Steve Mallen  
 Founder Zero Suicide Alliance  
 Chair MindEd Trust

Joy Hibbins  
 Founder & CEO  
 Suicide Crisis
Towards Zero Suicide
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In January 2019 the government has published the first cross-government suicide prevention plan. The plan includes:

• every local authority putting an effective suicide prevention plan in place
• ensuring every mental health trust has a zero-suicide ambition plan for mental health inpatients by the end of 2019
• every prison putting actions in place to reduce suicides and self-harm and improve staff awareness and training
• addressing the specific needs of the highest risk groups, including middle-aged men, with £25 million funding
• improving research on things that can be linked to suicide, such as debt and gambling addiction

This conference focuses on Towards Zero Suicide: Preventing Suicide and Saving Lives with a particular focus on delivering Zero Suicide in people who have been in contact with Mental Health settings in line with the end of 2019 target.

“This to address suicide prevention in mental health settings, the Secretary of State for Health and Social Care launched a zero-suicide ambition across the NHS in January 2018, starting with mental health inpatients but looking to expand to include all mental health patients. In line with this, all mental health trusts will have a plan for the zero-suicide ambition in place by the end of 2018/19. This work will support the reduction of suicides by 10 percent using the £25million of investment over the next three years and a national quality improvement programme being led by NHS England to improve suicide prevention and safety across the NHS.”
Cross Government Suicide Prevention Plan January 2019

“The latest UK suicide figures show that on average just under 6,000 people take their own lives every year.”
Ruth Sutherland Chief Executive of Samaritans August 2018

“Zero Suicide reflects a commitment by healthcare leaders to strive to make suicide a ‘never event’ so that not one person dies alone and in despair” Zero Suicide, An International Declaration for Better Healthcare

“Suicide is complex. No one individual, organisation or factor is responsible and many people who take their own lives will not be in contact with mental health services. The bigger issue is the public health issue. Many government departments are spending money on areas that relate to suicide prevention. We need this issue to be higher up the agenda in all policy work. There’s a level of ignorance where people somehow believe that suicide is inevitable. All the evidence is that it is preventable. But there’s a need for more strategy, more visibility and more accountability for suicide prevention at a local and national level. We need to understand the good work that is being done and what best practice is so that it can be shared.” Ruth Sutherland Chief Executive Samaritans

This conference will provide you with national updates and practical case studies aimed at delivering the national ambition of zero suicide. Throughout the day you will take an in depth look at the effectiveness of suicide interventions, the importance of early intervention and crisis aversion.

This conference will enable you to:

• Network with colleagues who are working to save lives through suicide prevention
• Understand the practicalities of setting the ambition at zero
• Reflect on national developments and learning
• Learn from outstanding practice in delivering a zero suicide programme
• Understand latest evidence on what works in suicide prevention
• Develop your skills in suicide mitigation
• Understand how you can improve collaborative working across organisations to deliver zero suicide
• Identify key strategies for delivering postvention and bereavement support
• Ensure effective investigation, review and learning from Suicide deaths
• Self-assess and reflect on your own practice
• Gain CPD accreditation points contributing to professional development and revalidation evidence
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<td>Steve Mallen</td>
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<tr>
<td>10.10</td>
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|       |                |              | • how can we better support people in crisis  
|       |                |              | • learning from lived experience  
|       |                |              | • what needs to change |
| 10.40 | Working towards Zero Suicide | Steve Mallen | Co-Founder Zero Suicide Alliance & Chair The MindEd Trust |
|       |                |              | • loss through suicide: a personal journey  
|       |                |              | • what could be improved to support families and young people  
|       |                |              | • an update from the Zero Suicide Alliance |
| 11.10 | Question and answers, followed by tea & coffee at 11.20 |
| 11.40 | Suicide Prevention in Practice: What Works? | Ellen Wilkinson | Medical Director |
|       |                |              | Cornwall Partnership NHS Foundation Trust |
|       |                |              | • suicide prevention and public health  
|       |                |              | • what works in practice |
| 12.10 | EXTENDED SESSION: How a UK Suicide Crisis Centre has achieved Zero Suicide | Joy Hibbins | Founder & CEO |
|       |                |              | Suicide Crisis |
|       |                |              | • the value of lived experience of mental health crisis in creating an effective service  
|       |                |              | • how the Suicide Crisis Centre operates and why clients survive  
|       |                |              | • the reasons why so many men feel able to access the service  
|       |                |              | • the Trauma Centre and early intervention |
| 12.50 | Question and answers, followed by lunch at 13.00 |
| 14.00 | Suicide Mitigation: early intervention and averting crisis | Emma Wadey | Deputy Director of Nursing |
|       |                |              | Southern Health NHS Foundation Trust |
|       |                |              | Member, Board of Trustees |
|       |                |              | Grassroots Suicide Prevention & Senior Professional Advisor NHS Improvement |
|       |                |              | • combining compassion and clinical governance to save lives  
|       |                |              | • risk management or risk mitigation?  
|       |                |              | • early intervention and averting crisis: what works?  
|       |                |              | • safe and effective triage, referral and response to people at risk of suicide  
|       |                |              | • Safety Plans: collaborating with people at risk of suicide and their carers to instill hope, build resilience and resourcefulness to mitigate the risk of suicide |
| 14.30 | Reducing Male Suicide | Jez Spencer | Hope Project Manager Second Step & Suicide Prevention Trainer |
|       |                |              | Connecting with People |
|       |                |              | • targeting men: reaching high risk groups beyond healthcare settings  
|       |                |              | • enabling conversation; a common language for all  
|       |                |              | • action learning, from day one to today: more about what has worked for us  
|       |                |              | • our experience: case studies |
| 15.00 | Reflections on introducing ‘Towards Zero Suicide’ in a large mental health Trust | Rachel Lees | Clinical Nurse Specialist & Clinical Lead for Suicide Prevention and Dr Faye Harrison Yuill | Clinical Psychologist & Clinical Lead for Suicide Prevention |
|       |                |              | Nottingham Healthcare NHS Foundation Trust |
|       |                |              | • our experience of developing a ‘Towards Zero Suicide’ strategy  
|       |                |              | • the impact on clinicians and feeling able to respond to need  
|       |                |              | • challenges and opportunities |
| 15.30 | Question and answers, followed by tea & coffee at 15.40 |
| 16.00 | Towards zero suicide in an NHS Trust | Speaker to be announced |
|       |                |              | • why take a zero suicide approach?  
|       |                |              | • meeting and monitoring progress against the national zero suicide ambition for mental health inpatients  
|       |                |              | • our approach to zero suicide: measuring the impact  
|       |                |              | • how can we ensure a focus on zero suicide doesn’t lead to blame if a suicide does occur? |
| 16.30 | Supporting those left behind | Ann M Culley | Chair |
|       |                |              | Survivors of Bereavement |
|       |                |              | • how can we effectively support people bereaved by suicide  
|       |                |              | • offering real time post-vention support to communities and relatives  
|       |                |              | • identification of clusters and minimization of risk |
| 17.00 | Question and answers, followed by close |
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