REPORT TO: HEALTH AND SOCIAL CARE INTEGRATION JOINT BOARD – 23 OCTOBER 2024

REPORT ON: DRAFT DUNDEE SUICIDE PREVENTION DELIVERY PLAN 2024-2026

REPORT BY: CHIEF OFFICER

REPORT NO: DIJB56-2024

1.0 PURPOSE OF REPORT

To update the Integration Joint Board on progress made in developing Dundee's Suicide Prevention Delivery Plan and seek endorsement of the draft plan prior to its submission to Dundee Chief Officers Group for approval.

2.0 RECOMMENDATIONS

It is recommended that the Integration Joint Board (IJB):

2.1 Note recent developments in arrangements for the governance and leadership of suicide prevention activity in Dundee, aligned to Creating Hope Together: Scotland's Suicide Prevention Strategy 2022-2032 (section 4.2.1).

2.2 Note progress made to develop Dundee's Suicide Prevention Delivery Plan, including through stakeholder engagement (sections 4.2.2. to 4.2.4).

2.3 Note that the draft Suicide Prevention Delivery Plan will be submitted to Dundee Chief Officers Group for approval on 24 October 2024, after which implementation and monitoring of the plan will be led by Dundee's Adults at Risk and Children at Risk Committees (section 4.2.5).

2.4 Endorse the draft Suicide Prevention Delivery Plan contained within appendix 1 (section 4.2.5).

3.0 FINANCIAL IMPLICATIONS

3.1 Dundee Health and Social Care Partnership has allocated £26k to support Suicide Prevention activity during 2024/25. This will include the recurring payment to support the Tayside Multi-Agency Suicide Review arrangements (approx. £10k); the balance of funding will be allocated by the HSCP to support priorities within the delivery plan.

4.0 MAIN TEXT

4.1 Background

4.1.1 On 13 August 2024, National Records of Scotland published their annual report on deaths by probably suicide in Scotland for 2023 (Probable suicides 2023, Report (nrscotland.gov.uk)). During 2023, across Scotland, there were 792 probably suicide deaths (an increase of 30 (4%) on the previous year), with 30 of those deaths having taken place in Dundee (an increase of 1 on the previous year). Nationally, male suicide deaths increased by 34 to 590 deaths, while female suicide deaths decreased by 4 to 202 deaths; in Dundee there was an increase of 5 male suicide deaths and decrease of 4 female suicide deaths. The rate of suicide mortality in the most deprived areas of Scotland was 2.5 times as high as the least deprived areas in 2023;

this is higher than the deprivation gap of 1.8 times for all causes of death. In 2023, Dundee has the highest rate of suicide of all Scottish local authority areas.[1]

4.1.2 Following the publication of 'Creating Hope Together: Scotland's Suicide Prevention Strategy 2022-2032' (Creating Hope Together) in 2022, accountability for suicide prevention sits with Dundee's Chief Officers Group via the newly established Children at Risk and Adults at Risk Committees. Alongside partners from across the public, third and independent sectors, Dundee Health and Social Care Partnership has provided local leadership for multi-agency suicide prevention response in the city, including at the interface with wider mental health and wellbeing plans and services.

4.1.3 'Creating Hope Together' sets out the Scottish Government and COSLA's vision for suicide prevention over the next ten years; to reduce the number of suicide deaths in Scotland, whilst tackling the underlying inequalities that contribute to suicide. The aim is for any child, young person or adult who has thoughts of taking their own life, are who are affected by suicide, to get the help they need and feel a sense of hope. The strategy outlines a collaborative whole of Government and whole society approach across all sectors to support communities, so that they become safe, compassionate, inclusive and free of stigma. The national strategy aims to deliver on four key outcomes:

- Outcome 1 – The environment we live in promotes conditions which protect against suicide risk – this includes our psychological, social, cultural, economic, and physical environment.
- Outcome 2 – Our communities have a clear understanding of suicide, risk factors and its prevention – so that people and organisations are more able to respond in helpful and informed ways when they, or others need support.
- Outcome 3 – Everyone affected by suicide is able to access high quality, compassionate, appropriate, and timely support – which promotes wellbeing and recovery. This applies to all children, young people and adults who experience suicidal thoughts and behaviour, anyone who cares for them, and anyone affected by suicide in other ways.
- Outcome 4 – Our approach to suicide prevention is well planned and delivered, through close collaboration between national, local, and sectoral partners.

These outcomes are underpinned by four priority areas and seven guiding principles.

4.2 Dundee Suicide Prevention Delivery Plan

4.2.1 Following the publication of the new national strategy in 2022, local arrangements to support suicide prevention were also revised. Suicide prevention has now been fully integrated as part of the remit for the new Children at Risk and Adults at Risk Committees within the multi-agency protecting people structure. Through agreement between Dundee Health and Social Care Partnership a dedicated Suicide Prevention Co-ordinator post has been established within the multi-agency Protecting People Strategic Support Team (hosted by the Health and Social Care Partnership) to lead this area of work, supported by colleagues across the wider team structure. Alongside other duties, the Suicide Prevention Co-ordinator has a lead role in supporting the development, delivery and evaluation of local suicide prevention delivery plans, aligned to both the national strategy and relevant local strategic plans and policies.

4.2.2 Following appointment of the Suicide Prevention Co-ordinator in April 2024, the following actions have been undertaken to progress the development of the delivery plan:

[1] Data Interpretation Note: Numbers of suicide per year in Dundee are small in statistical terms and therefore will go up and down from year to year. The most reliable indication of trends in suicide rates are the 5 year cumulative rates. These show that Dundee continues to have high rates of suicide in comparison to other areas in Scotland, but that age standardised probable suicide rates have reduced slightly over the last 3 years. They have reduced to 22.1 for 2019-23 from a peak in 24.1 for 2016-20; although due to small numbers this does not reach statistical significance of a change in rate.

- Collation and analysis of data gathered from the stakeholder engagement event which took place in January 2024, including a further meeting with facilitators to begin populating the plan.

- Further engagement with key stakeholders including NHS Tayside Public Health, substance use services and various community organisations.

- Liaised with regional and national suicide prevention groups to learn from best practice in other areas.

- Involvement in Protecting People committee restructure development sessions to ensure inclusion of suicide prevention in wider plans.

- Utilised SUPRESE suicide prevention self-evaluation tool to ensure actions are aligned to priority areas in line with international evidence and best practice.

4.2.3 The draft Dundee Suicide Prevention Delivery Plan 2024-2026, contained within appendix 1, sets out four priority aims and a series of supporting project actions. The delivery plan will be reviewed regularly, including to take account of emerging data and evidence. The aims have been informed by the four long term outcomes set out in Creating Hope Together, local stakeholder engagement process, and is aligned to the format of the other Protecting People delivery plans, incorporating actions relating to strategic leadership, strategic planning and improvement, and delivery of key processes. Many actions which contribute towards suicide prevention are sited within a range of other local plans and strategies. In implementing the Suicide Prevention Delivery Plan, links will be made to these plans and strategies via the Suicide Prevention Co-ordinator.

4.2.4 A project lead has been assigned to every action in the draft plan, who will be responsible for delivery of that action and reporting progress to the Suicide Prevention Steering Group. The Steering Group, chaired by the Suicide Prevention Co-ordinator, will bring together all project leads to ensure effective implementation and evaluation of the plan. It is proposed that the Steering Group is accountable to the Dundee Chief Officers Group via the Adults at Risk and Children at Risk committees and, as suicide prevention work progresses, it is foreseen that this will be further integrated into the new Protecting People structure, including through the developing working group structure.

4.2.5 The draft plan has been reviewed by both the Children at Risk and Adults at Risk Committees, which include significant representation from the Health and Social Care Partnership, and will be submitted to Dundee Chief Officers Group on 24 October 2024. As key partners within local Suicide Prevention planning and delivery arrangements, particularly at the interface with mental health and wellbeing strategic planning and commissioning, the IJB's endorsement of the draft plan is requested.

4.2.6 Whilst Dundee's Suicide Prevention Delivery Plan is being finalised work is continuing to actively address this issue within Dundee, and in partnership across Tayside. Current key areas of activity include:

- Expansion of suicide prevention training, including to volunteers and wider communities.

- Enhancing support available to people bereaved by suicide.

- Development of a peer support community, supported by Scottish Recovery Network's Creating Hope with Peer Support programme.

- Targeted work at locations of concern.

- Delivery if a suicide prevention campaign, including across Suicide Prevention Week (8-14 September 2024).

- Work to improve support pathways, including for children and young people.

5.0 POLICY IMPLICATIONS

5.1 This report has been subject to an Integrated Impact Assessment to identify impacts on Equality & Diversity, Fairness & Poverty, Environment and Corporate Risk. An impact, positive or negative, on one or more of these issues was identified. An appropriate senior manager has checked and agreed with this assessment. A copy of the Integrated Impact Assessment showing the impacts and accompanying benefits of / mitigating factors for them is included as an Appendix to this report.

6.0 RISK ASSESSMENT

Risk 1 Description	Local suicide prevention plans and activity do not impact on reducing numbers of probable suicide deaths and / or on experiences of people impacted by suicide.
Risk Category	Operational
Inherent Risk Level	Likelihood 4 x Impact 4 = Risk Scoring 16 (which is a Very High Risk Level)
Mitigating Actions (including timescales and resources)	• Suicide prevention has been integrated to the multi-agency protecting people strategic and governance structure. • Enhanced capacity has been established through the Suicide Prevention Co-ordinator role. • Suicide Prevention Delivery Plan in final stages of development, aligned to national strategy and informed by extensive engagement with local stakeholders, including communities. • Regular monitoring of plan implementation will be conducted through the protecting people committees.
Residual Risk Level	Likelihood 2 x Impact 3 = Risk Scoring 6 (which is a Moderate Level)
Planned Risk Level	Likelihood 1 x Impact 3 = Risk Scoring 3 (which is a Low Risk Level)
Approval recommendation	Given the low level of planned risk, this risk is deemed to be manageable.

7.0 CONSULTATIONS

7.1 Members of the Children at Risk Committee, Adults at Risk Committee, the Chief Finance Officer, Heads of Service, Health and Community Care and the Clerk have been consulted in the preparation of this report.

8.0 DIRECTIONS

8.1 The Integration Joint Board requires a mechanism to action its strategic commissioning plans and this is provided for in sections 26 to 28 of the Public Bodies (Joint Working)(Scotland) Act 2014. This mechanism takes the form of binding directions from the Integration Joint Board to one or both of Dundee City Council and NHS Tayside.

Direction Required to Dundee City Council, NHS Tayside, or Both	Direction to:	
	1. No Direction Required	X
	2. Dundee City Council	
	3. NHS Tayside	
	4. Dundee City Council and NHS Tayside	

9.0 BACKGROUND PAPERS

9.1 None.

DATE: 24 September 2024

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Protecting People in Dundee
Suicide Prevention

Creating Hope Together in Dundee
Dundee's Suicide Prevention Delivery Plan 2024-2026

Approved by the Chief Officers Group on DRAFT - TO BE APPROVED

Our vision: Dundee is a city where every child, young person or adult who has thoughts of taking their own life, or is affected by suicide in other ways, can get the help they need and feel a sense of hope. Our communities, services and workplaces are safe, compassionate, inclusive, and free of stigma and everyone understands their role in helping to prevent suicide.

Introduction

This plan outlines the overarching local suicide prevention aims for Dundee for the next three years and a series of project actions which will support these. These have been informed by the four long term outcomes set out in Creating Hope Together: Scotland's Suicide Prevention Strategy 2022-2032 as follows:

- **Outcome 1:** The **environment** we live in promotes conditions which protect against suicide risk – this includes our psychological, social, cultural, economic and physical environment.
- **Outcome 2:** Our **communities** have a clear understanding of suicide, risk factors and its prevention – so that people and organisations are more able to respond in helpful and informed ways when they, or others, need support.
- **Outcome 3: Everyone** affected by suicide is able to access high quality, compassionate, appropriate and timely support – which promotes wellbeing and recovery. This applies to all children, young people and adults who experience suicidal thoughts and behaviour, anyone who cares for them, and anyone affected by suicide in other ways.
- **Outcome 4:** Our approach to suicide prevention is well planned and delivered, through close collaboration between national, local and sectoral partners. Our work is designed with lived experience insight, practice, data, research and intelligence. We improve our approach through regular monitoring, evaluation and review.

To deliver on our local and national vision we must all work together to effect change across our society, services, communities and individual experiences.

Developing the plan

This plan has been developed using information and evidence gathered through:

- National suicide prevention self-evaluation checklist for best practice (SUPRESE)
- Creating Hope Together (National Suicide Prevention Strategy)
- Stakeholder engagement events
- Engagement with individual services
- Lived experience insight
- Dundee Community Health Advisory Forum (community voice from areas most affected by socioeconomic inequalities)

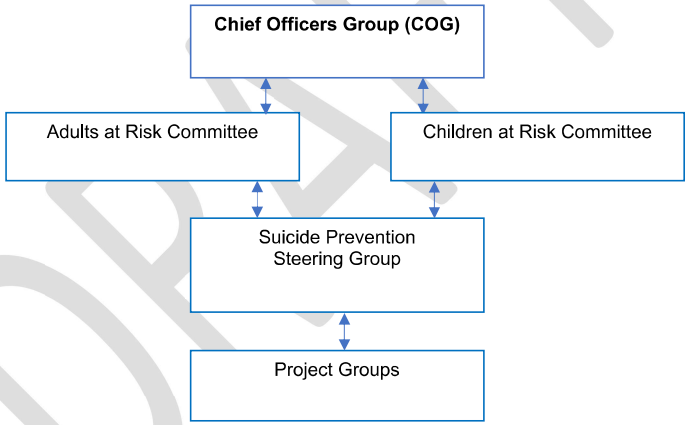
- Dundee Youth Council

The plan outlines key action areas where a co-ordinated multi-agency response is required and does not reflect the entirety of efforts to prevent suicide in the city. Many actions which contribute towards suicide prevention are sited within a range of other local plans and strategies. In implementing Dundee's Suicide Prevention Delivery Plan, links will be made to these plans and strategies via the Suicide Prevention Co-ordinator. The plan will also evolve as we continue to learn more about suicide through emerging data and evidence, including lived experience, community voice and evaluation of work undertaken.

Delivering the plan

A project lead has been assigned to every action in the plan and is responsible for delivery of that action and reporting progress to the Suicide Prevention Steering Group. The Steering Group, chaired by the Suicide Prevention Co-ordinator, will bring together all project leads to ensure effective implementation and evaluation of the plan.

The Steering Group is accountable to the Dundee Chief Officers Group via the Adults at Risk and Children at Risk committees as follows:



Key values

- **Collaboration** – we will focus on building positive working relationships as evidence shows that to be effective in preventing suicide we must work across systems, services and communities.
- **Equality & Fairness** – we will use both population-wide and targeted approaches to ensure that our actions benefit everyone, while taking into consideration specific issues affecting people on the grounds of their protected characteristics and wider social circumstances.
- **Continued learning and development** – we will review and adapt our action plan in line with emerging evidence, lived experience insight and learning from evaluation of work undertaken to ensure that it continues to meet local need.

Protecting People in Dundee
Suicide Prevention

Our plan

Aim	Actions	Evidence /Measures	Leads	Timescale	Notes
Broad Overview	**How do we deliver this**	**How do we know it has been delivered and is effective**		**To be completed by**	**(Green, Amber, Red Tracking- blue completed)**
Aim 1 Our approach to suicide prevention is well co-ordinated and responsive to local need.	**Action 1.1** Establish a multi-agency Suicide Prevention Steering Group to ensure a co-ordinated, evidence-informed and collaborative approach to suicide prevention planning and evaluation.	Meeting minutes indicate that the Suicide Prevention Steering Group is meeting at least quarterly and using data/evidence to direct new and existing project actions.	Suicide Prevention Co-ordinator, Protecting People	September 2024	
	Action 1.2 Embed actions relevant to suicide prevention across local strategies, plans and processes, including Protecting People, Community Planning, Education, Mental Health & Wellbeing and Primary Care.	Clear links to suicide prevention or actions relevant to suicide prevention in identified plans/strategies.	Suicide Prevention Co-ordinator, Protecting People Protecting People Lead Officers	April 2026	
	Action 1.3 Develop and implement a clear framework which outlines how lived experience and community voice will effectively influence suicide prevention planning and delivery.	Framework established and implemented.	Authentic Voices Project Manager, DVVA Mental Health and Substance Use Engagement Manager	January 2026	
	Action 1.4 Conduct a local Suicide Prevention Needs Assessment and Health Inequalities Impact Assessment (HIIA) and implement recommendations to ensure that all project actions are responsive to the needs of higher risk groups, including those who experience additional barriers to support.	Completed needs assessment and HIIA. Recommendations incorporated into action plan, including project actions focused on high-risk groups.	Suicide Prevention Co-ordinator, Protecting People Lead Officer, Protecting People	December 2024	

	Action 1.5 Establish a Community of Practice for suicide prevention in Dundee, bringing together academic, lived experience and service stakeholders to facilitate shared learning and good practice.	There is an active Community of Practice in Dundee which is self-organising.	Suicide Prevention Co-ordinator, Protecting People Mental Health and Substance Use Engagement Manager, DVVA + academic lead to be agreed.	June 2025	
Aim 2 Our communities are suicide safe spaces, free from stigma and where we all look out for each other and can talk openly about suicide.	**Action 2.1** Continuously monitor public health surveillance data and implement prevention measures in response to public health concerns, including locations of concern, new methods of concern and potential suicide clusters.	Response group convened within agreed timescale following identification of public health incident/event. Local protocols established.	Suicide Prevention Co-ordinator, Protecting People	Ongoing, in response to need. Steering group to review quarterly.	
	Action 2.2 In conjunction with Local Community Planning Partnerships (LCPPs), test a suicide safer communities initiative in two LCPP areas, and roll-out agreed model city-wide.	Active engagement from community groups, organisations and businesses in suicide prevention activity. Quality improvement cycle completed to generate data and learning for wider roll-out.	Suicide Prevention Co-ordinator, Local Community Planning Partnerships	December 2025 City-wide roll-out to begin from April 2026	
	Action 2.3 Roll out the Scottish Recovery Network's Creating Hope with Peer Support programme, building a peer support community to provide timely, appropriate and compassionate support to people at risk of suicide.	Numbers completing peer training and local peer support network established.	Mental Health and Substance Use Engagement Manager, DVVA	Information event August 2024 Recruitment event DATE TBC	
	Action 2.4 Deliver a programme of public awareness activities which includes an annual Suicide Prevention Week campaign and embed suicide prevention in other relevant campaigns throughout the year.	Number of activities delivered and reach. Evaluation of campaign effectiveness.	Suicide Prevention Co-ordinator, Protecting People	Recurring - annually	

	Action 2.5 Support the development of a Protecting People communications plan to ensure positive messages about support available are shared through a range of communication channels and engagement activities.	Communications plan developed and implemented. Agreed approach to public communication about all aspects of Suicide Prevention Delivery Plan.	Health Promotion Officer, NHS Tayside Protecting People Lead Officers Suicide Prevention Co-ordinator, Protecting People Communications Group	October 2026	
Aim 3 Organisations and community groups have increased capacity to provide initial support to people experiencing distress and suicidal thoughts.	**Action 3.1** Establish a suicide prevention training forum to ensure a co-ordinated approach to training promotion, delivery and quality assurance in line with the NES Mental Health Improvement and Suicide Prevention Framework.	Consistently high training uptake and follow-up indicates learning has been implemented. Training leads working together to co-ordinate and promote training offer.	Suicide Prevention Co-ordinator, Protecting People Protecting People Learning Framework Oversight Group	Training programme delivered throughout year Wider training network established January 2025	
	Action 3.2 Implement the Third Sector Suicide Prevention pilot project to build an allied team of suicide prevention trainers within Third Sector organisations in Dundee.	Suicide prevention training alliance is established within a co-ordinated project. Pool of trainers recruited and training delivered.	MHWB Primary Care Programme Manager DHSCP	Launch September 2024 Review October 2025	
	Action 3.3 Develop and deliver a programme of capacity-building training for volunteers and volunteer co-ordinators to extend suicide prevention training to local community settings.	Suicide prevention training is embedded in organisations that recruit and support volunteers.	Suicide Prevention Co-ordinator, Protecting People	Volunteer training resources developed by October 2024	
	Action 3.4 Engage with key services to support the adoption of effective suicide support and safety planning protocols and scope opportunities to improve data collection processes around suicidal thoughts.	Service engagement records/self-assessments completed. Protocols implemented and	Suicide Prevention Co-ordinator, Protecting People	Responsive to demand/need	

		follow-up feedback from staff. Digital workforce development package produced. Data improvement actions around suicidal ideation implemented.	Protecting People Data/Quality Assurance Group		
Aim 4 Everyone affected by suicide is able to access high quality, compassionate, appropriate and timely support which promotes wellbeing and recovery.	**Action 4.1** Further develop and raise the profile of Hope Point as a key local support service for people experiencing distress and suicidal thoughts. **Action 4.2** Map the support pathways for children, young people and adults with suicidal thoughts, implement improvement measures as necessary and ensure that these pathways are clearly communicated. **Action 4.3** Further develop and promote resources and learning opportunities for parents, carers and families to encourage self-help and build confidence to discuss mental and emotional health and wellbeing, including suicidal thoughts. **Action 4.4** Establish a mechanism for sharing learning between key partners and implementing recommendations from local, regional and national suicide prevention groups to improve support for children, young people and adults.	Service engagement records indicate routes into service from wider community settings. Support pathways mapped. Improvement actions identified. Agreed mechanism to communicate pathways to those who need to know. List of resources available and promoted locally. Feedback from evaluation focus groups. Improvement actions identified and incorporated into delivery plan.	Senior Service Manager, Hope Point Suicide Prevention Co-ordinator, Protecting People Suicide Prevention Co-ordinator, Protecting People CAMHS MHEO Team Suicide Prevention Co-ordinator, Protecting People Health Promotion Officer, NHS Tayside	July 2025 Mapping completed by July 2025. July 2025 February 2025	

	Action 4.5 Co-design and implement supportive resources for people bereaved by suicide in Dundee.	Supportive resources established and available locally. Resource pack developed and agreed process for distribution in place.	MHWB Primary Care Programme Manager DHSCP	August 2025	
	Action 4.6 Scope out support for communities and workplaces affected by suicide, linking to wider work related to bereavement/loss, and develop a plan to further develop and raise awareness of these through a range of channels.	Scoping exercise completed and list of support compiled and distributed.	Suicide Prevention Co-ordinator, Protecting People	Scoping completed by December 2024	
	Action 4.7 Support the continued development of the Tayside Suicide? Help! App and link with other local information and signposting developments to ensure that people affected by suicide and suicidal thoughts know where to go for support.	Evidence of app reach/usage from analytics data.	Suicide Prevention Co-ordinator, Protecting People	App updated annually	
		Suicide support signposting leaflet developed and circulated.	Senior Service Manager, Hope Point	September 2024	