



**Probable Suicide by Children and Young People in Surrey
Thematic Review Learning Event
5th October 2020 10am 12pm**

Welcome – please ensure that you have your sound muted and your video turned off.





Introduction from Simon Hart

SSCP Independent Scrutineer



Suicide Prevention Awareness Quiz

1. Second to road traffic accidents, suicide is a leading cause of death in young people

- **True or False**

Answer: : False

Suicide is the leading cause of death in young people and accounts for 14% of deaths of children aged 10-19 years old and 21% in the 20-34 year age group

2. Suicide is more prevalent in males than females

- **True or False**

Answer: True

3. Over half of all mental health problems start by which age?

- **14 years old**
- **16 years old**
- **18 years old**

Answer: 14 years old

Over half of mental health conditions in adult life (excluding dementia) start by the age of 14 and 75% by the age of 18 (DOH/NHS 2015)

4. How many people will experience suicidal thoughts and feelings in their lifetime?

- 2%
- 17%
- 33%

Answer: 17%

Almost 1 in 5 people will experience suicidal thoughts and feelings in their lifetime

5. Can you identify the risk factors associated with Suicide? Type in chat box

Answer: The following factors may increase the risk of suicide or attempted suicide. However, these risk factors do not always lead to a suicide.

- Depression and other mental disorders, or a substance-abuse disorder (often combined with other mental disorders)
- Feeling hopeless and worthless, like there is no point in living
- Previous suicide attempt(s)
- Physical illness
- Autistic Spectrum Disorder/ Neuro Developmental concerns
- Feeling detached and isolated from friends, peers and family
- Family history of suicide, mental illness, or depression
- Family violence, including physical or sexual abuse
- Knowing someone with suicidal behaviour, such as a family member, friend , or celebrity
- Coping with own identity in an unsupportive family, community, or hostile school environment

6. Is there a link between self-harm and suicide?

- **Yes**
- **No**
- **Not sure**

Answer: Yes.

Self-harm isn't a mental health condition, but it is often linked to mental distress.

Someone who self-harms doesn't usually want to die. They may self-harm to deal with life, rather than a way of trying to end it.

But self-harm can increase the risk of suicide. Someone may accidentally end their life. Someone who self-harms should be taken seriously and offered help.

7. A report by Young Minds highlights that 1 in 3 adult mental health conditions is related to adverse childhood experiences (ACEs) and other research has highlighted that ACEs increase the risk of suicide. Can you give examples of an ACE?

Type in chat box

Answer: The 10 original ACEs are:

- physical abuse
- sexual abuse
- psychological abuse
- physical neglect
- psychological neglect
- witnessing domestic abuse
- having a close family member who misused drugs or alcohol
- having a close family member with mental health problems
- having a close family member who served time in prison
- parental separation or divorce on account of relationship breakdown.

8. Which of these UK Prime Ministers experienced mental health problems?

- **Winston Churchill**
- **Margaret Thatcher**
- **Gordon Brown**

Answer: Winston Churchill

Winston Churchill lived with depression that he described as his “black dog”.

**Surrey Safeguarding Children Partnership
Thematic Review
Deaths of Children and Young People through
probable suicide
2014- 2020**



Background

Following a number of reviews undertaken by the Surrey Safeguarding Children Partnership (SSCP) (*formerly the Surrey Safeguarding Children Board*) between 2014 and 2020 the SSCP felt this offered an opportunity to better understanding key themes and opportunities for learning to support and enhance current practice.

In response to this the SSCP made the decision to commission two thematic reviews:

❖ **Surrey Safeguarding Children Partnership, Thematic Review Deaths of Children and Young People through probable suicide 2014- 2020**

The thematic review focuses on cases where suspected suicide was identified. The aim of the review is to give Surrey Partners a comprehensive understanding of suicide and self-harm in young people.

❖ **Surrey Safeguarding Children Partnership, Thematic Review, Serious Case Reviews 2016-2019**

The purpose of the review is to ensure learning from local SCRs and other local reviews across all agencies in Surrey is identified and shared to ensure the quality of practice with children and families improves

Background

❖ **Surrey Safeguarding Children Partnership, Thematic Review Deaths of Children and Young People through probable suicide 2014- 2020**

Between 1st April 2014 and 31st March 2020, 12 children and young people met the case definition for the thematic review of probable suicide. This represents a 100% increase since the previous 6 year reporting period (1st April 2009 - 31st March 2014). 9 of the children and young people were male (75%) and 3 female (25%). 5 (42%) were aged 10-14 years. The youngest was fourteen years old. (Slides 4 and 5 summarise other background information)

**Surrey Safeguarding
Children Partnership**

Thematic Review

Deaths of Children and Young
People through probable suicide
2014 - 2020

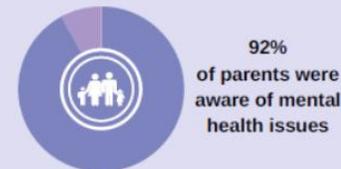
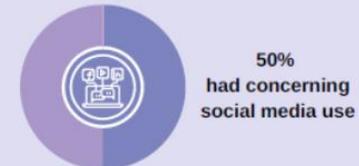
What we did:

- Convened cross-sectoral panel
- Reviewed literature
- Identified and reviewed the deaths from the Surrey Child Death Overview Panel Database

As a partnership making
zero
suicides in Surrey is our ambition.

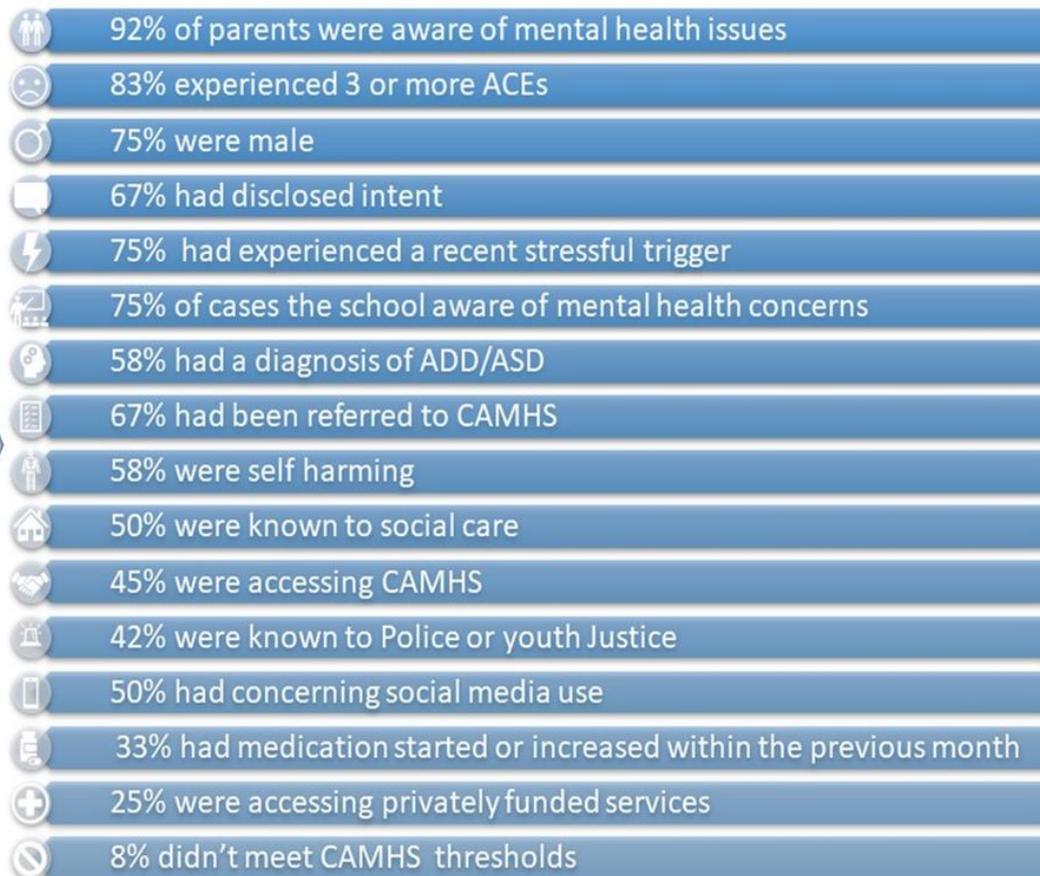
(Surrey Suicide Strategy 2019-2020)

12 young people were
included in the review



Suicide Thematic Review Findings 2014-20

Analysis of
12 Cases





Headlines

Surrey Safeguarding Children Partnership, Thematic Review Deaths of Children and Young People through probable suicide 2014- 2020

The review identified many existing activities that contribute to the prevention of suicide, as well as new opportunities that could inform future practice. Taking a whole system approach to preventing suicides in Surrey, where we make 'suicide everyone's business' is essential.

**Surrey Safeguarding
Children Partnership**

Thematic Review

Deaths of Children and Young
People through probable suicide
2014 - 2020

What we did:

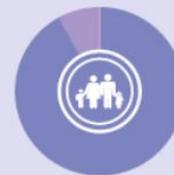
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(Surrey Suicide Strategy 2019-2020)

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Response to the thematic review What Has Been Achieved So Far

- ✓ Task and Finish Group established to drive forward the learning from both Thematic Reviews via a Safeguarding Children Partnership Conference
- ✓ Suicide Prevention Toolbox developed
- ✓ Action Plan developed to disseminate and monitor the implementation of learning from the two thematic reviews



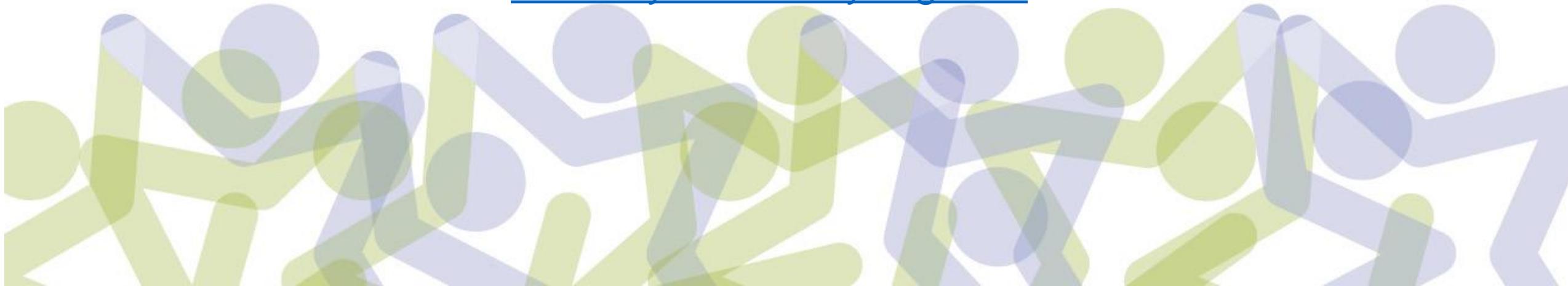
Next Steps / Future Plans

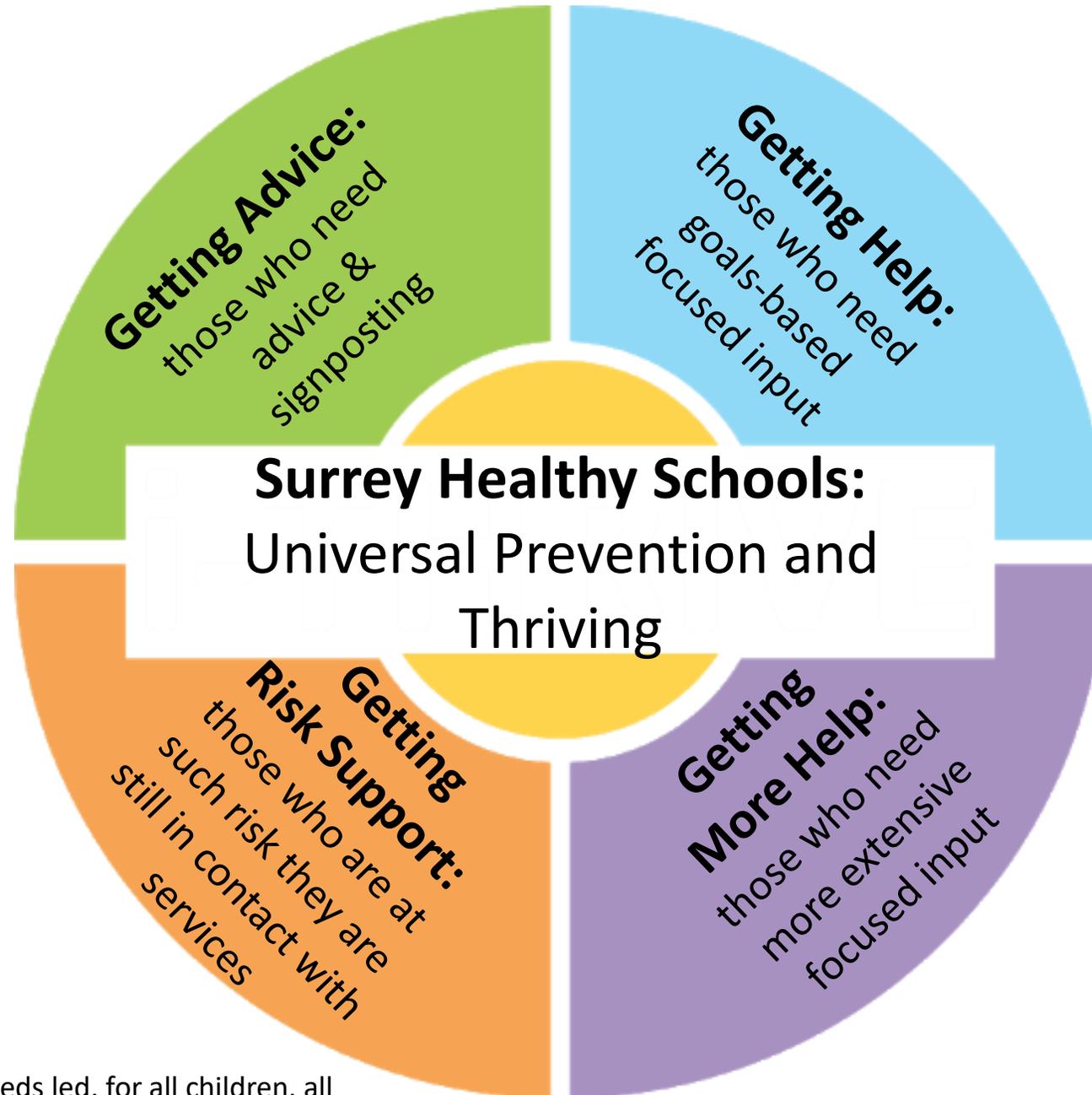
- ❖ Webinars to be delivered across the four quadrants of Surrey to distribute the learning from the review's.
- ❖ SSCP Children's Academy to assist in sharing the learning of the Thematic Reviews
- ❖ SSCP Conference with a focus on the learning from the thematic reviews; key audience to be front line workers, commissioners, safeguarding professionals

Surrey Healthy Schools – Building Emotional Resilience

Sarah Lyles: PSHE & Wellbeing Lead

Sarah.Lyles@surreycc.gov.uk





Prevention and thriving, focus upon assisting people in recognising the importance of investing in health and wellbeing throughout life – feeling empowered to reduce the chances of problems arising in the first place, but if they do, being able to identify need, and manage difficulties appropriately and swiftly.

It is also about addressing issues such as economic wellbeing and social integration, as living with money worries, or being isolated from a community impacts upon health and wellbeing.

Health Related Behaviour Questionnaire Data 2019



37% of pupils responded that they feel their views and opinions are **listened to by** talking to **teachers** in school.

73%

of pupils responded that they **know an adult they trust** who they can talk to if they are worried about something, while 9% said they don't know anyone.

56%

of pupils responded that they **know how to get to see their School Nurse**.



66%

of year six pupils in Surrey felt their school **took bullying seriously** compared to 78% of year six pupils from the national sample

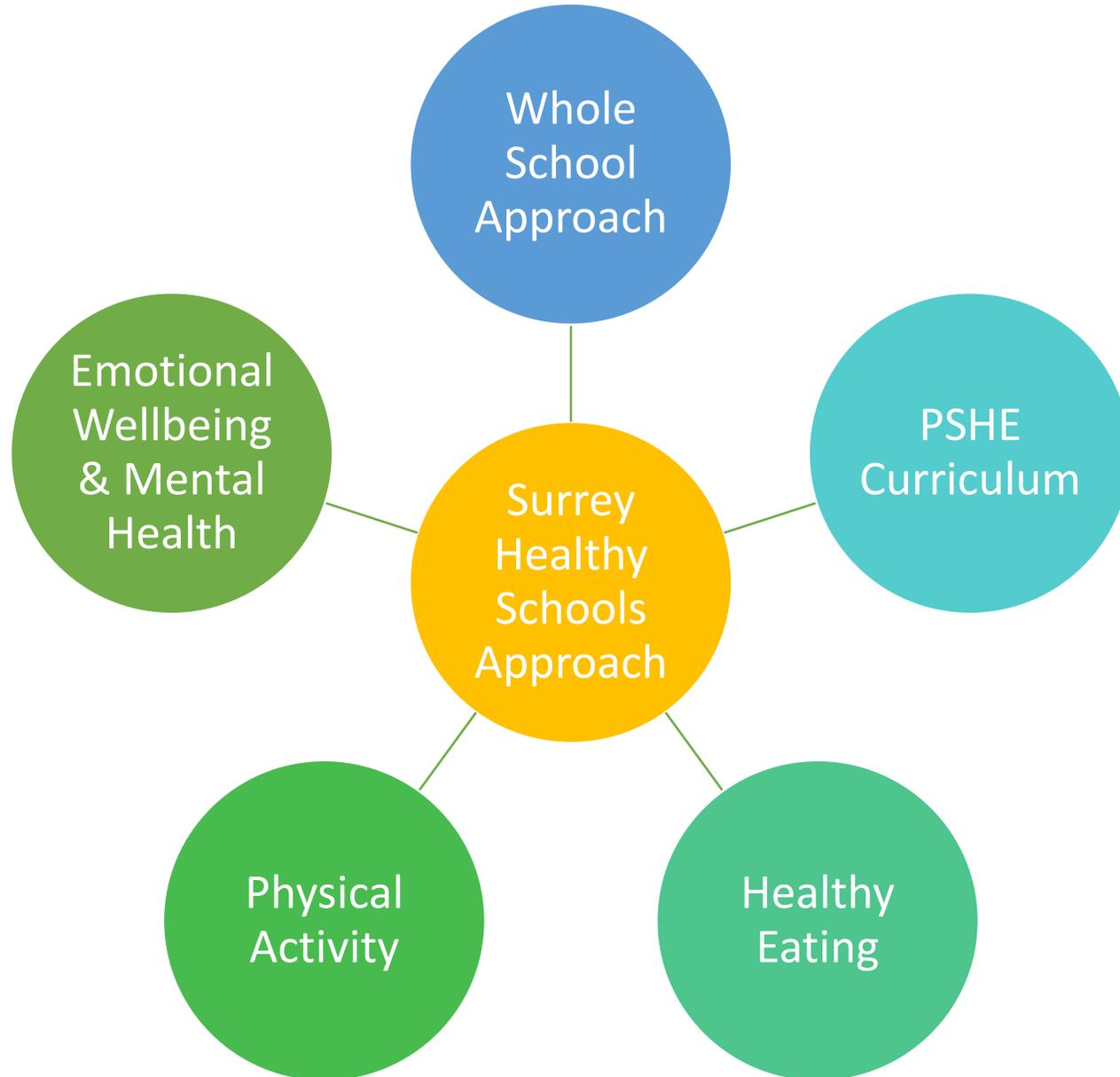
18% of pupils responded that they have **sent a chat message or posted a comment** which they later wished they had not written

28%

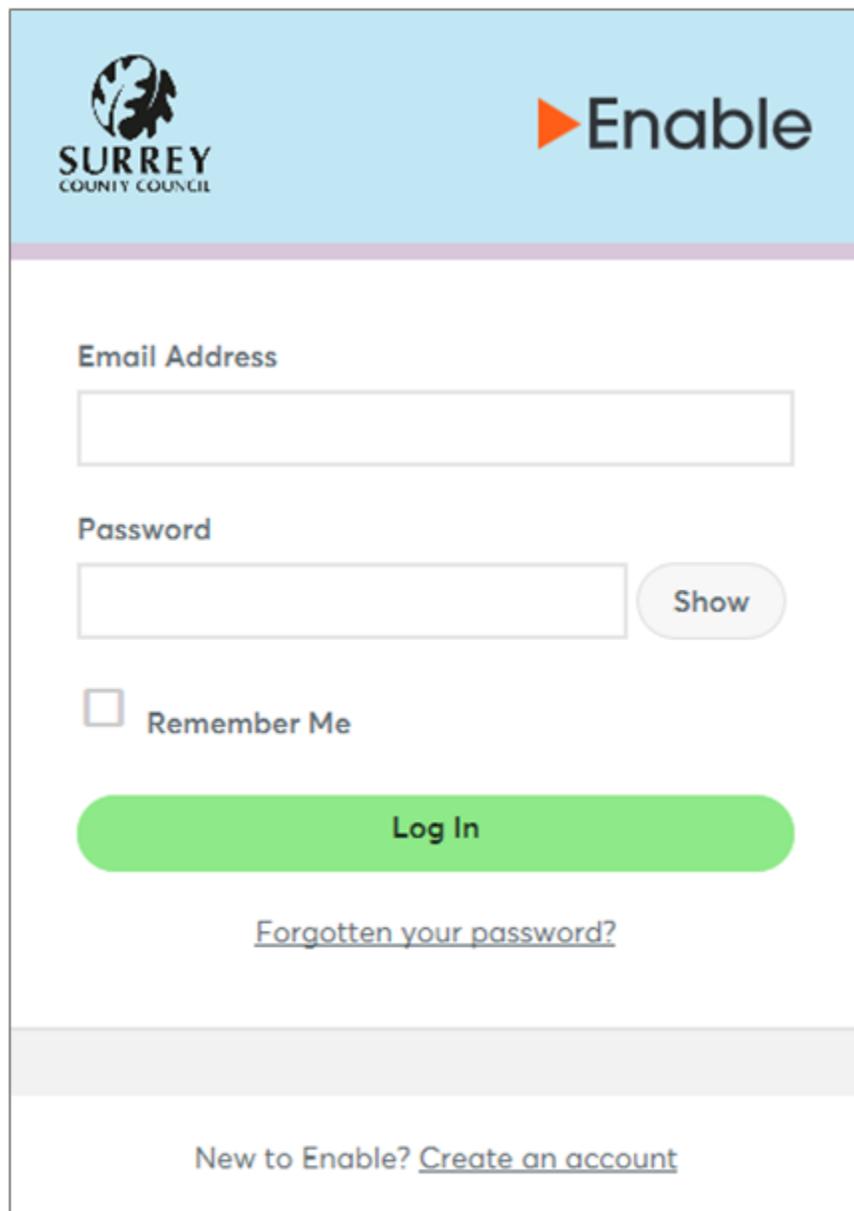
of pupils responded that they at least 'sometimes' **feel afraid** of going to school because of bullying.



5 Themes: Surrey Healthy Schools



Access the ***Surrey Healthy Schools Self-Evaluation*** Tool by visiting
surreycountycouncil.vc-enable.co.uk



The screenshot shows the login interface for the 'Enable' system. At the top left is the Surrey County Council logo. At the top right is the 'Enable' logo, which consists of an orange triangle followed by the word 'Enable'. Below the header is a form with the following elements: an 'Email Address' label above a text input field; a 'Password' label above a text input field with a 'Show' button to its right; a 'Remember Me' checkbox; a large green 'Log In' button; a link for '[Forgotten your password?](#)'; and a footer link for 'New to Enable? [Create an account](#)'.



review

2.2.3 Does the PSHE curriculum cover all of the statutory elements required as set out by the DfE for Health & Relationships Education (Primary) or Health Education & RSE (Secondary)?

Details Action Plan Tasks Notes & History

Not Started

DfE Statutory Guidance [Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#)

[The PSHE Association Programme of Study](#) includes a mapping document to show where the statutory elements of PSHE are covered.

Resources to support the curriculum may include, but are not limited to:

- [Bank of England; EconoME, Secondary](#)
- [Change4Life, Primary](#)
- [Disrespect NoBody resources to help prevent abuse in teenage relationships, HO & Government Equalities Office](#)
- [E-Bug Resources: microbes, virus and germs - Primary & Secondary, PHE](#)
- [Expect Respect Toolkit, reception to Yr 13 working to reduce domestic abuse, Women's Aid's](#)
- [First Aid Teaching Resources: The British Red Cross](#)
- [Mental Health: Preparing to teach - PSHE Association](#)

Progress Grade

(FS) 0%

with clear intent in >

of Study? >



Preview

5.1.5 Does the school engage with appropriate local and national services in order to provide parents/carers and staff with advice and support on health and wellbeing?

Details Action Plan Tasks Notes & History

Not Started

Services and information may include:

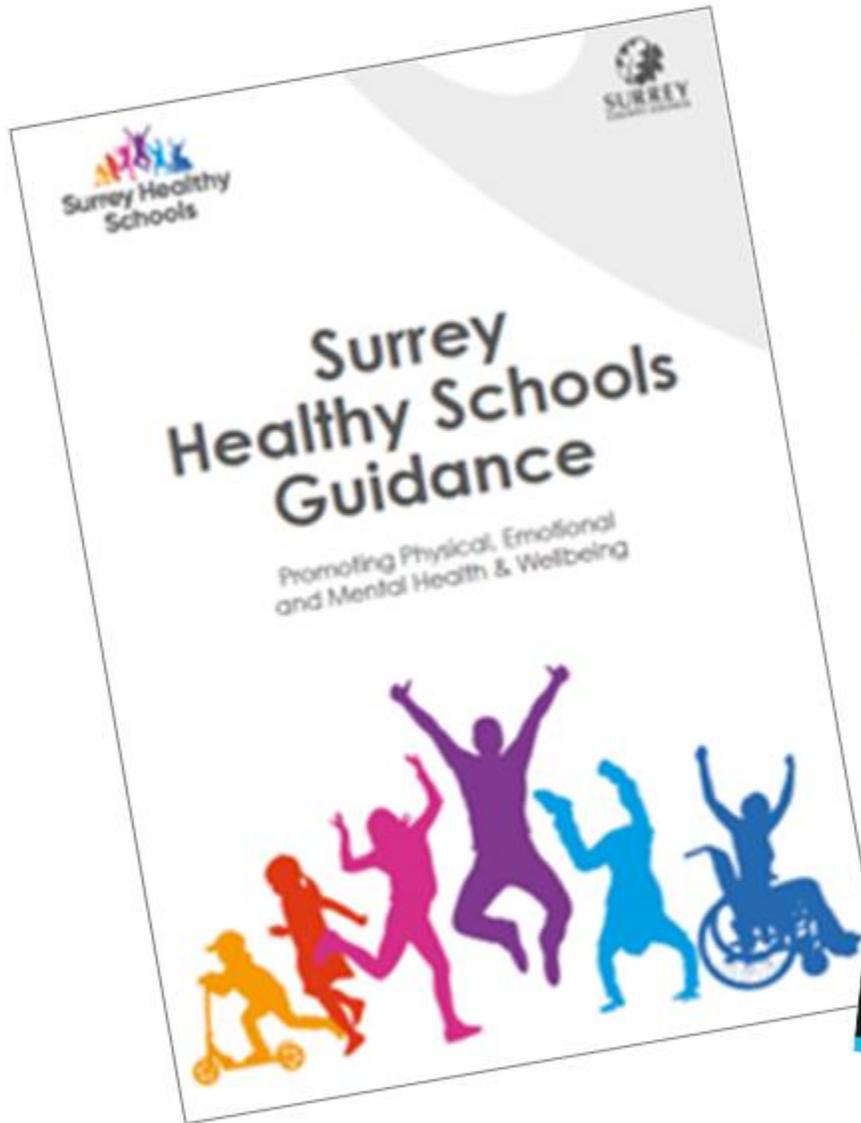
- [Action for Carers, Surrey](#)
- [Alcohol Services, Surrey](#)
- [Bereavement & Life Limiting Illness Support, Jigsaw SE](#)
- [Be Your Best: Surrey; health and nutrition information and ideas](#)
- [Child Death & Bereavement Support, Surrey Safeguarding Children Board](#)
- [Dental Health](#)
- [Domestic Abuse](#)
- [Early Intervention, Specialist Teachers of Inclusive Practice \(STIPS\), Surrey County Council](#)
- [Every Mind Matters NHS Campaign](#)

Progress Grade

0%

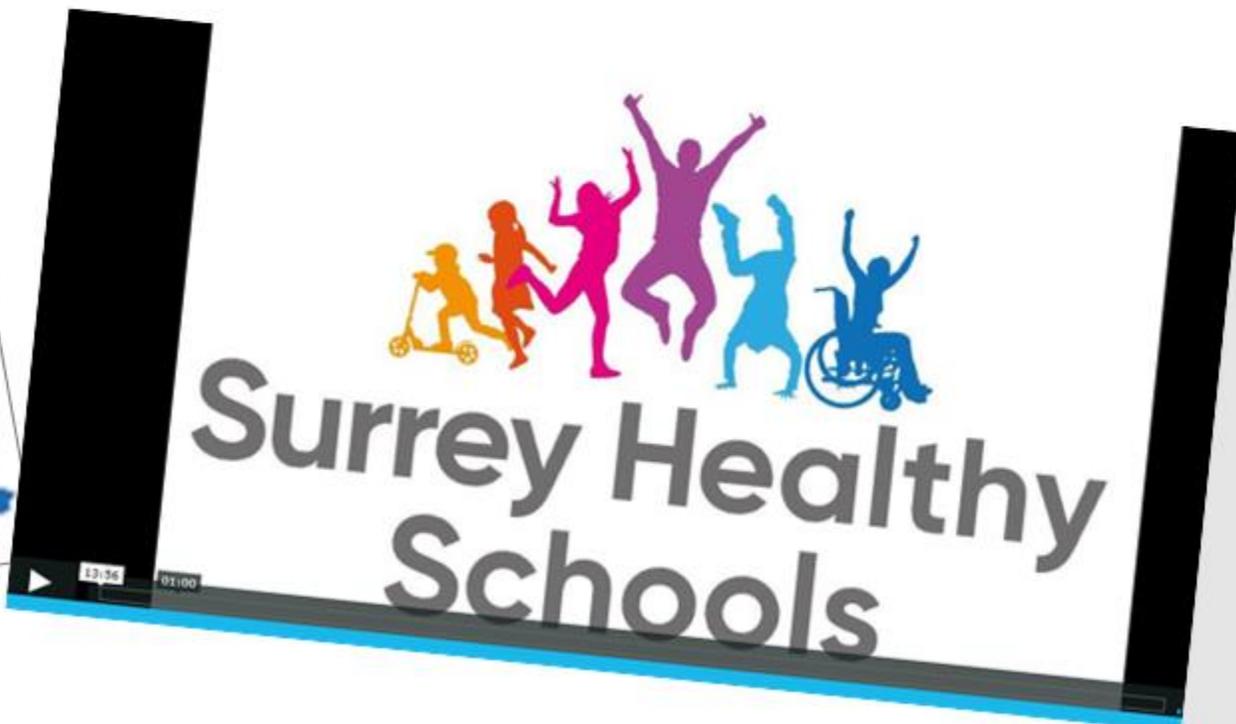
NCB





Access the ***Surrey Healthy Schools Guidance*** and view the ***Surrey Healthy Schools Self-Evaluation Tool webinar*** by visiting

www.healthysurrey.org.uk/healthy-schools



Access Surrey Healthy Schools Training at: <https://servicesforschools.surreycc.gov.uk/Training>



Surrey Safeguarding Children Partnership

CAMHS Specialist Services

Getting more help and getting risk support



Mindsight Surrey CAMHS

Getting advise

Universal services
Barnados
NAS
CYP Havens
PMHT
School nurses
CWPS

Getting Risk support

HOPE
Extended HOPE
Crisis intervention team



Getting Help

Barnados
Youth Counselling
CYP Havens
Mindful
CWPS
PMHT
EHWB nurses

Getting more help

Community teams
BEN pathway
Specialist services
Forensic and YOS services
CEDS
LD services



Getting Risk Support

My safety plans

Co- produced template that every child under our service has in place – it identifies what can cause the young person to be distressed and what they would find helpful.

Ragging system

Every team has its own ragging priority system which will identify areas of concern and corresponding actions to be taken. At this point this may identify other additional services that could support the young person at different aspects of their journey

Partnership working

Working across the system together is vital to met the needs of vulnerable children in Surrey and ensure that they are safe

Information and Communication

Every child has a care plan and everyone involved with the young person should have a copy and have contributed to this plan of care including identifying risks and the protective factors that can mitigate against these. Information and communication is everybody's business and needs to be a constant and consistent dialogue.

Risk Support

My safety plans

Co- produced template that every child under our service has in place – it identifies what can cause the young person to be distressed and what they would find helpful.

Here are some other coping methods which young people tell us they find helpful.

- Talk to someone you feel comfortable with.
- You can ring or text one of our recommended helplines.
- Do something you enjoy e.g. drawing, writing, dancing or watching a film.
- Do some light exercise e.g. going for a walk.
- Listen to music.
- Do some relaxation/mindful techniques.



www.sabp.nhs.uk/mindsightsurreycamhs/resources/CYP-help-sheets

Here is a link to some apps that you may want to explore



www.nhs.uk/apps-library/category/mental-health/

Useful helplines and websites:

Local to Surrey

CYP Haven www.cyphaven.net for over 10s

Extended Hope via the Emergency Duty Team
01483 517898 – 5pm-11pm every day for over 11s

National

ChildLine 0800 1111 www.childline.org.uk

Family Lives 0808 800 2222
www.familylives.org.uk

Samaritans 116 123 (24/7) www.samaritans.org

Beat 0808 8010 677
www.beateatingdisorders.org.uk

NHS 111

Catch22 08006226662 www.catch-22.org.uk

Young Minds Crisis Messenger text YM to 85258 (24/7)

Papyrus 0800 068 41 41 Text 07786 209697 E-mail pat@papyrus-uk.org
Offering support and guidance on the prevention of suicide

Kooth www.kooth.com
Online support weekdays 12noon–10pm
Weekends and bank holidays 6pm–10pm

MY SAFETY PLAN

HERE ARE SOME APPS YOUNG PEOPLE HAVE FOUND HELPFUL TO SUPPORT YOUR SAFETY PLAN:



Getting risk support

CAMHS Crisis intervention services

Office hours response A&E

Monday - Friday: 9am – 5pm

Concerns with Suicidal Ideation / Self Harm / Overdose etc.

**Call CAMHS Crisis Intervention
Worker or Duty Worker:**

SW CAMHS CT

Guildford 01483 443777

Frimley 01276 605385

NW CAMHS CT

St Peters 01932 722561

Ashford 01784 884359

NE CAMHS CT

Epsom 0300 222 5850

SE CAMHS CT

Redhill 01737 288700

Concerns with safety after discharge

Hope

Guildford

01483 517 190

Epsom

01372 203 404

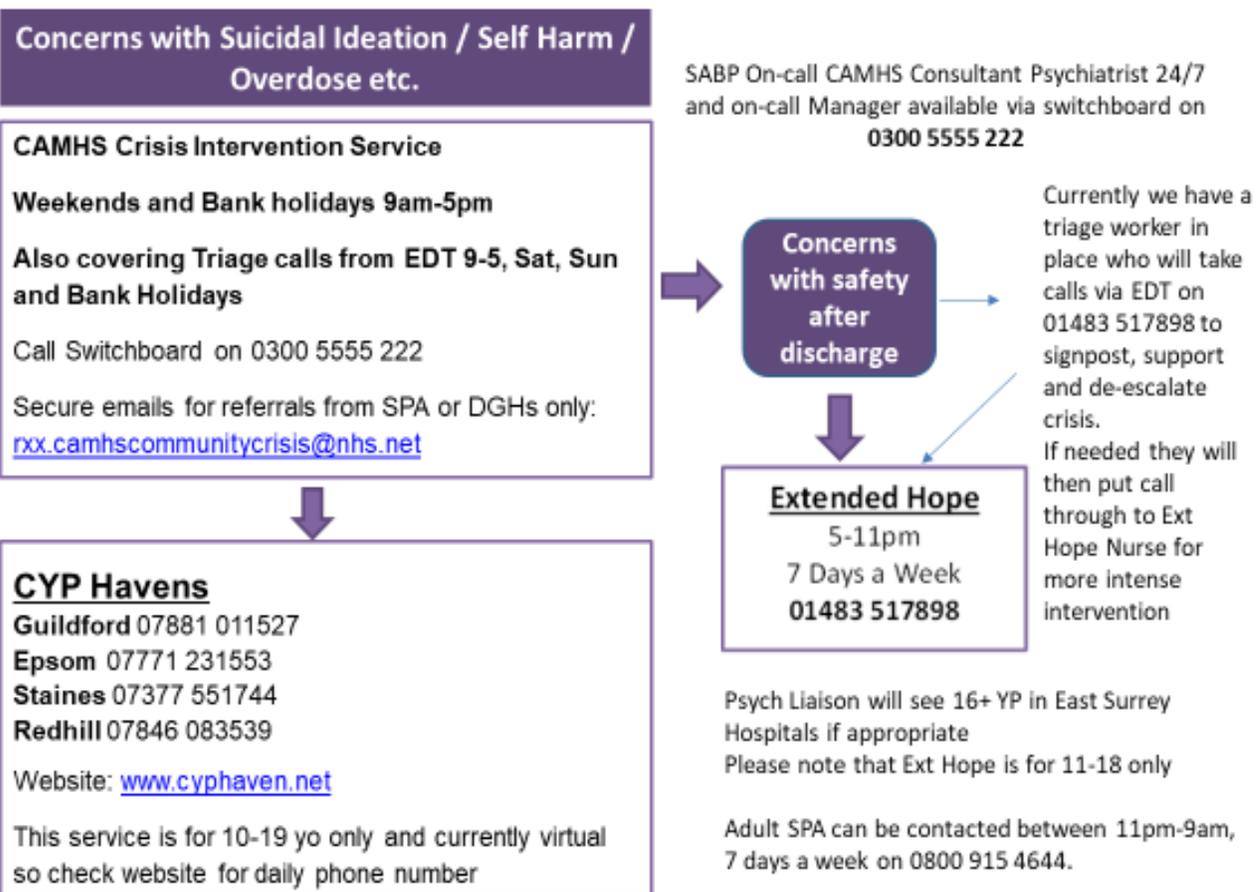
Consultant
psychiatrist for
CAMHS
available 247
via SABP
switchboard
03005555222

Paed Liaison nurses available on the
Children's Wards at the DGHs for CYP
admitted due to DSH

Getting risk support

CAMHS Crisis intervention services

Out of Hours response





Thank you for attending the learning event today.

You can find the resources mentioned here – [hyperlink needed](#)

If you have any further questions about any of the matters raised today please contact [xxxxxx](#) at [xxxxxx](#)

Please do remember to complete your feedback form