

Towards Zero Suicide

Preventing Suicide, Saving Lives

10% card payments discount*
15% group booking discount**

Tuesday 15 March 2016 Hallam Conference Centre, London



Chair and Speakers Include:

Sean Duggan

Chief Executive

The Centre for Mental Health

Dr Caroline Dollery

Clinical Director

East of England Strategic Clinical Network

Supporting Organisation



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“There is a strong sense now that the stigma of suicide can be overcome, that people can get through a suicidal crisis and that frontline staff have the skills to make a difference.”

Professor Louis Appleby CBE Lead for the National Suicide Prevention Strategy for England

“Every person lost to suicide is a tragedy, for their loved ones, their colleagues, and society as a whole. I am very concerned to see the latest figures showing a rise in suicide rates in England... With the latest challenges now becoming clear, I am calling on services, communities, and national agencies, to be more ambitious than ever before about suicide prevention. I want us to tackle, once and for all, the still widespread assumption that suicides are inevitable. Suicide is not inevitable for people in crisis – good care can make the vital difference for people who are suicidal. Three areas have this vision already and are doing incredible things to improve and importantly save lives. I want every part of the country to be just as ambitious.”

Preventing suicide in England: Two years on, February 2015

“There is a long way to go if we are to reach the ‘zero suicide’ target for those engaged with mental health services announced by the Government earlier this year” Jane Powell, CEO, Campaign Against Living Miserably, CALM, 2015

Chaired by Sean Duggan Chief Executive of The Centre for Mental Health, this conference focuses on Suicide Prevention and moving towards Zero Suicide as the ambition. Through national updates, practical case studies and extended focus sessions the conference will take an in depth look at the effectiveness of suicide interventions, the importance of effective early intervention and crisis averted, the experiences of zero suicide collaboratives and programmes, preventing male suicide, and an extended focus on delivering effective crisis services and emergency response.

Follow conference updates on twitter #suicideprevention

10.00 Chairman's Introduction

Sean Duggan *Chief Executive* The Centre for Mental Health

10.10 What it feels like to be in crisis and what helps

Moira Tombs
Consultant
Building Understanding Project

- what crisis feels like: a personal journey
- the importance of being open about suicidal thoughts
- improve prevention, and crisis services

10.40 Towards Zero Suicide

Dr Caroline Dallery
Clinical Director
East of England Strategic Clinical Network

- suicide and suicide prevention: the national picture
- creating a more open environment for people to talk about suicidal thoughts
- self-harm as a key indicator of suicide risk
- towards zero suicide: developing the evidence base
- what next for the national strategy?

11.10 Questions & answers, followed by coffee & exhibitions 11.20

11.45 EXTENDED SESSION

Suicide Mitigation: early intervention and averting crisis

Dr Alys Cole-King
Consultant Liaison Psychiatrist Royal College of Psychiatrists
spokesperson on suicide and self harm/Clinical Director
Connecting with People

- 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

12.40 Suicide prevention and the power of collaboration

Ruth Sutherland
CEO Samaritans and Co-chair
National Suicide Prevention Alliance

- the importance of cross-sector, multi-agency working
- local partnerships with health services
- national partnership with the rail industry
- working with media

12.50 Questions & answers, followed by lunch & exhibitions 13.00

14.00 EXTENDED FOCUS: Zero Suicide

14.00 EXTENDED SESSION

Zero Suicide: Reducing suicide through a zero suicide collaborative

Dr Adrian James
Consultant Psychiatrist
Devon Partnership NHS Foundation Trust
& *Chair of the Zero Suicide Collaborative*

- reduce the risk of suicide in high risk groups and tailoring approaches to improve mental health specific groups;
- reduce access to means of suicide
- providing better information and support to those bereaved or affected by suicide
- supporting research, data collection and monitoring
- our experience as a zero suicide collaborative

14.45 Developing a zero tolerance approach to suicide in a Mental Health Trust

Dr David Fearnley
Medical Director
Mersey Care NHS Trust

- delivering the commitment to eliminate suicide for all those in our care
- focusing on the high risk period after discharge from inpatient care
- a step by step guide to delivering post suicide reviews
- delivering personalised safety plan
- the work of the Safe from Suicide Team
- our experience

15.15 Preventing Male Suicide: Suicide is the single biggest killer of men aged under 45 in the UK and accounts for 76% of all suicides in the UK (2014)

Jane Powell
CEO
Campaign Against Living Miserably, CALM

- how can we reach men who are down and make services more male friendly
- breaking down the 'The Strong and Silent Type'
- working locally in partnership with NHS and Social Care to deliver CALMZones

15.40 Questions & answers, followed by coffee & exhibitions

16.00 EXTENDED FOCUS: Effective crisis and emergency response

16.00 Developing and effective emergency response team

Anita Lewin
Team Leader with Paramedic and Police Representative
Lincolnshire Partnership NHS Foundation Trust
With Paramedic and Police Representative

- developing a partnership approach to crisis response
- updates from the Liaison and Diversion schemes across the UK
- developing street triage and where should street triage sit? Should street triage be part of 111?
- the impact on suicide

16.30 Quality care and treatment in crisis: elements of 24/7 effective support

Fiona Venner
Director
Leeds Survivor Led Crisis Service

- what people need when in crisis: five elements of effective support
- why we don't have beds at our crisis centre
- positive risk taking
- our experiences and developments in monitoring and improving outcomes in a user led service
- supporting people after a suicide attempt
- the role of crisis resolution home treatment teams
- a user led approach to suicide prevention: our experience

17.00 Questions & answers, followed by close 17.10

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The PDF will be emailed out after the conference, please fill in the 'Your Details' section above, ensuring your email address is clear and the 'Payment' section..

For more information contact Healthcare Conferences UK on **01932 429933** or email jayne@hc-uk.org.uk

Venue

Hallam Conference Centre, 44 Hallam Street London, W1W 6JJ. A map of the venue will be sent with confirmation of your booking.

Tuesday 15 March 2016

Conference Fee

- ☐ £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
☐ £300 + VAT (£360.00) for voluntary sector / charities.
☐ £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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