



National
Suicide Prevention
Alliance

Approaches to including and
involving diverse lived experience
voices in suicide prevention

House-keeping notes

- ♡ Please mute yourself and turn your video off
- ♡ If you'd like to ask a question, please use the chat and begin with 'QUESTION'
- ♡ Live captions are available
- ♡ Session being recorded



Speakers

- ♡ Penny Fosten, Executive Lead, NSPA
- ♡ Liz Slinn, NSPA Influencer
- ♡ Catherine McGill, NSPA Influencer
- ♡ Graeme Blair, NSPA Influencer
- ♡ Jess Worner, Lived Experience Network Manager, NSPA

NSPA's lived experience network

- ♡ Launched and began recruitment in September
- ♡ Our definition of lived experience:
 - ♡ *"People who have experienced suicidal thoughts, people who have attempted suicide, people living with or in relationships with those with suicidal thoughts, and those bereaved by suicide"*
- ♡ 2 elements:
 - Influencers – 17 now trained, informing our work, being supported and supporting each other
 - Online panel – over 230

Successes

- It's finally begun!
- Influencers – diverse group of lived experience, life experience and skills
 - Already helping us reflect on the programme and shape our next steps
- Panel – completing online surveys to inform national Covid-19 suicide prevention work
- Working with North East and North Cumbria Suicide Prevention Network, others interested

Challenges and areas to improve

- ♡ It's very new, and we want to evaluate everything, with our Influencers, to improve the recruitment, training, on-going support processes etc.
- ♡ Group trained second definitely had a smoother experience than the group trained first
- ♡ Diversity and equality – we would like to increase diversity of the Influencers and the panel, and put more specific content on diversity and equality into the training

NSPA Conference January 2021

Suicide Prevention: a local PLE experience.

Dr Elizabeth Slinn DTh

How did I arrive here?

- A life in the NHS.
- Losing Philippa
- Research in the field of Christian healing...and broken-ness.



PLE/Where is here?

- NSPA involvement.
- Hampshire
 - Suicide prevention forum
 - 2020 development of a PLE ‘bureau’
 - We have been **trained** and are or hope to be involved in:
 - Policy and strategy
 - Bereavement support development
 - Funding decisions
 - GP awareness and training development
 - Multi-agency prevention initiatives
 - Projects such as: real time surveillance, self harm.
 - STP and HCC forums



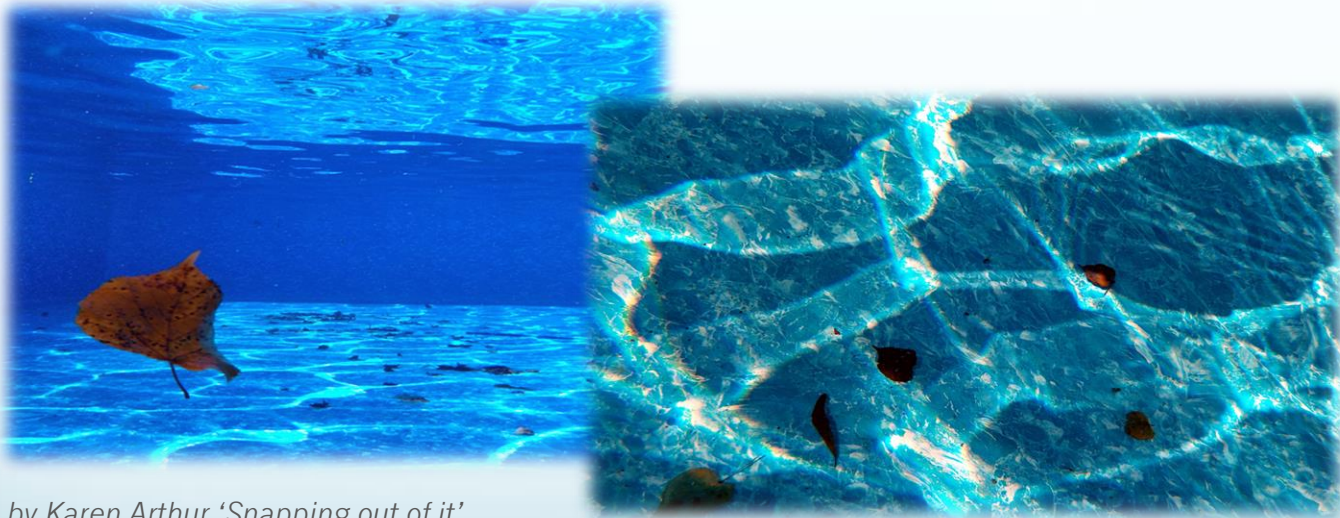
How are we doing?

- Going well:
 - Top level commitment from HCC
 - Letting go
 - Funding
 - Training
 - Projects
 - The people
- Could improve
 - Diversity
 - Understanding co-production
 - A return to normal working post-Covid.



Why are we here?

- We bring truth and reality to the decisions and actions. (We know how it is).
- We want to help stop the loss and the pain: ripples in the pool.



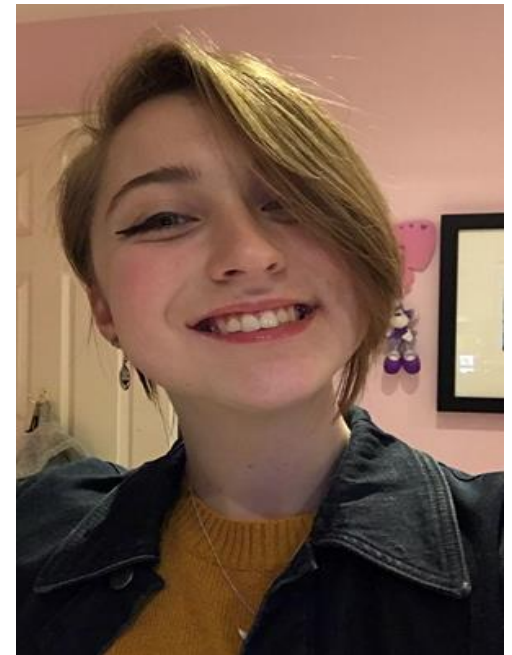
- *Photos by Karen Arthur 'Snapping out of it'*

Catherine McGill

- ♡ West Sussex Mind training admin staff at GP surgeries
 - Address feelings around 'time wasters' – understanding of mental health crisis
 - Awareness of how vital their role is when answering incoming calls
 - Confidence to ask about suicide
 - Confidence to signpost, and talk to someone in crisis to keep them safe until help can be arranged
- ♡ Co-Production in Sussex Partnership Foundation Trust
 - Experts by Experience (EbEs)
 - Embedded across the Trust to consult and engage EbEs as much as possible, as early as possible
 - More than a box-ticking exercise

Graeme Blair

- Why I have become involved with Lived Experience
- What I think it brings



Emma

Principles, and what next?

- ♡ Whose voices are heard and how?
- ♡ Collective voice(s) that includes diverse experiences, especially those seldom heard
- ♡ Diverse methods at all levels
- ♡ Influence change and have an impact
- ♡ Need to be willing to hear and act on what people with lived experience are saying

Examples of guidance

- Co-production ladder (National Coproduction Advisory Group)
<https://www.thinklocalactpersonal.org.uk/Latest/Co-production-The-ladder-of-co-production/>
- 4PIs (National Involvement Partnership Project)
<https://www.nsun.org.uk/4pi-involvement-standards>



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Any questions?

Do contact us on
livedexperience@nspa.org.uk



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