

JOURNEY OF HOPE CIC

A SUICIDE PREVENTION PROJECT

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THE STORY.....

- How Journey of Hope evolved
- St Marys Hospital Paddington
- Trauma retreats after Grenfell
- Examples of what works / the way forward

ST MARY'S HOSPITAL PADDINGTON A&E

- 130 referrals / 71 men / 59 women
- Reason for referral: alcohol/drug relapse/ debt/ loneliness and isolation/ gambling/ recurrent depression
- Listening: identifying the issues reasons for suicide attempt/ checking on safety / kindness and common sense / emotional and practical support
- Action: / flexible approach / needs-led not time-limited service / benefits and housing, debt and addiction/ cash/ design the action plan
- John's story

TRAUMA AFTER GRENFELL

- 14th June 2017 claimed 72 lives
- Develop a rapport with the community/ manage stress and anxiety/ prevent suicide
- Well being retreats/ one to one support
- Learning resilience techniques and bringing the community together to heal

At Journey of Hope we bring people together to do, explore, teach and learn the things that can help us recover from sad and stressful situations, that can lead to feeling suicidal.

THE WAY FORWARD

- Pilot project funded by small grant from CNWL NHS Charitable Fund, Awards for All; Grenfell work funded by RBKC
- Evaluation shows benefit of approach and extent of need
- Interested in transferring learning to other locations
- How can we help you?

QUESTIONS?

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JAMES' **J** PLACE

WWW.JAMESPLACE.ORG.UK

Presented by
Jane Boland

Our Vision



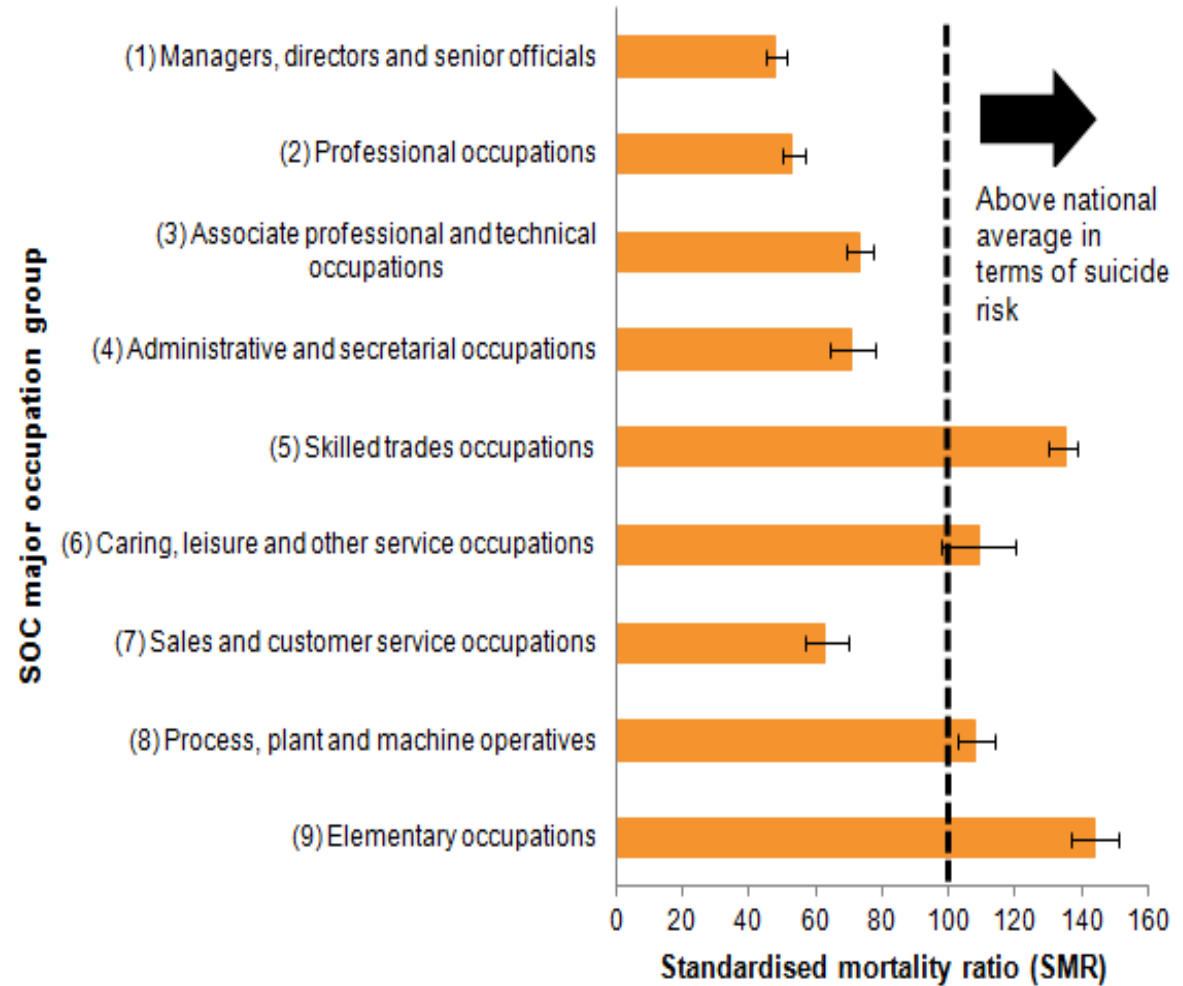
- We believe that men who are experiencing a suicidal crisis need to be in a space where they feel safe, valued and respected
 - We believe we deliver a safe and effective therapeutic intervention which will meet the needs of men using our service
- We believe it is vital to engage friends and families in the care of the men using our service
- We want James' Place to be somewhere that people look forward to visiting and look back on with a renewed sense of hope.

Suicide: National Picture

- In 2017, a total of 5,821 suicides were registered in the UK.
- 10.1 deaths per 100,000 population
- The 2017 suicide rate for males in the UK was 15.5 deaths per 100,000 (4,382 deaths)
- In 2017, males made up three-quarters of suicides, a proportion which has been consistent since the mid- 1990s.
- The highest age specific suicide rate was 24.8 deaths per 100,000 among males aged 45-49 years.

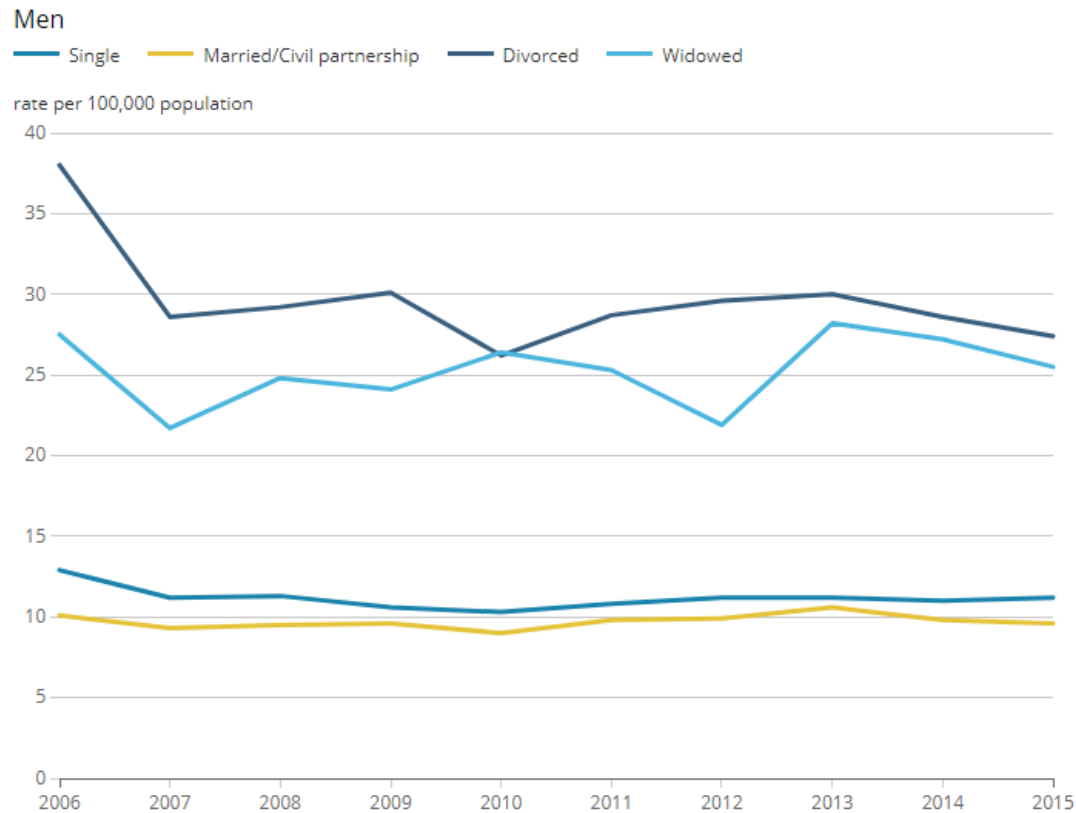
Suicide by occupation among males

Elementary occupations and skilled trades have a high incidence of suicide compared with the national average

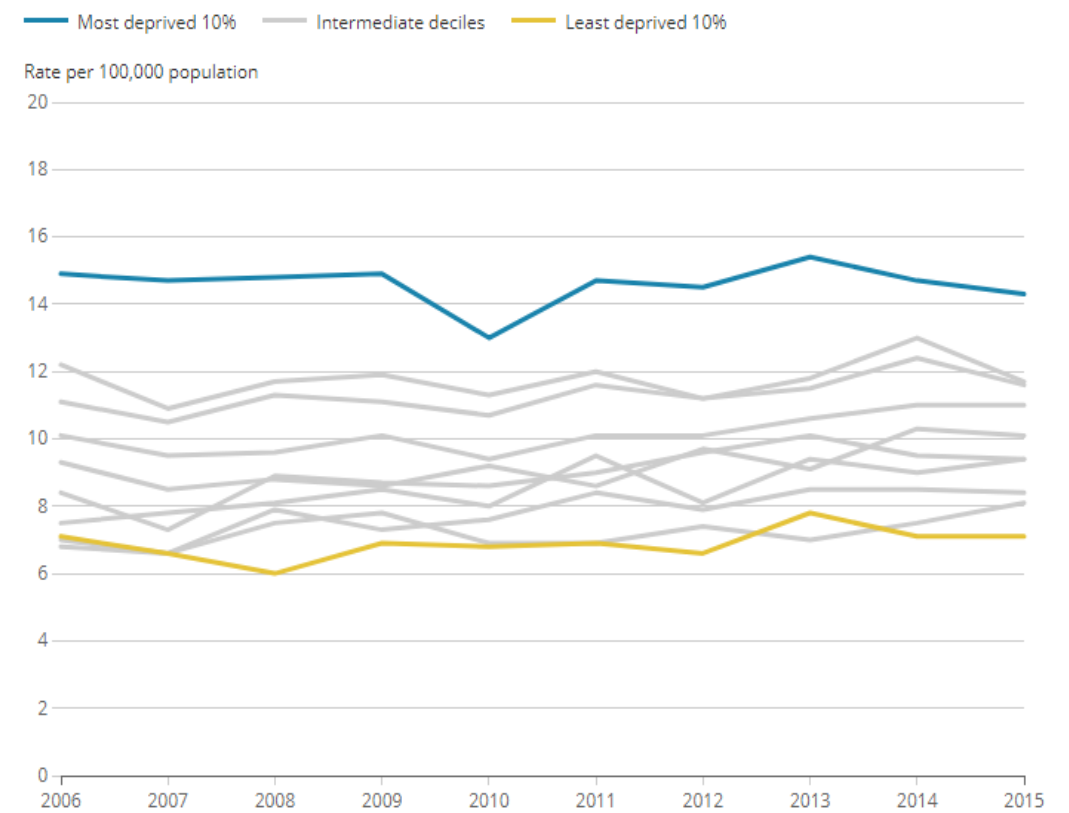


Men and Suicide

Suicide rate by marital status, England and Wales, 2006 to 2015



Suicide rate per deprivation decile, England, 2006 to 2015



The Local Picture

LCR Region	Halton	Knowsley	Liverpool	Saint Helens	Sefton	Wirral	North West region	England
Total Popn	130000	151000	466000	176000	275000	320000		
Male Suicide Rate (16+ per 100,000)	14.6	20.6	14.3	32.1	18.6	10.1	16.1	14.7
Expected male deaths per year	9	14	29	25	22	14		

Call to Action

- 1 out of every 39 male deaths by suicide will occur in the Liverpool City Region
 - 113 men could die by suicide this year

Co Production

- What is Co-production?
 - What Co-production looked like for James' Place
- What was the role of coproduction and its importance in the design and delivery of the James' Place service
- Co-production is central to the implementation, service delivery and evaluation of James' Place and continues to be embedded in our service delivery and evaluation.

Why Liverpool?

- Local Engagement
- Informal Stakeholder Consortium
- Merseycare NHS Trust- High level buy in – Medical Director/Chief Exec
 - Zero Suicide Strategy
 - Centre for Perfect Care
 - Academic Partnerships- led by Dr Pooja Saini-
- Liverpool City Council- Jake Mills- opened doors and gave access to estate
 - Lived Experience – Angela Samata-

Who is James' Place for?

- Male (or identify as male)
- 18+
- Experiencing a Suicidal Crisis
- Registered with a GP – willing to share info with GP
- Able to access accommodation
- Able to engage in talking therapy

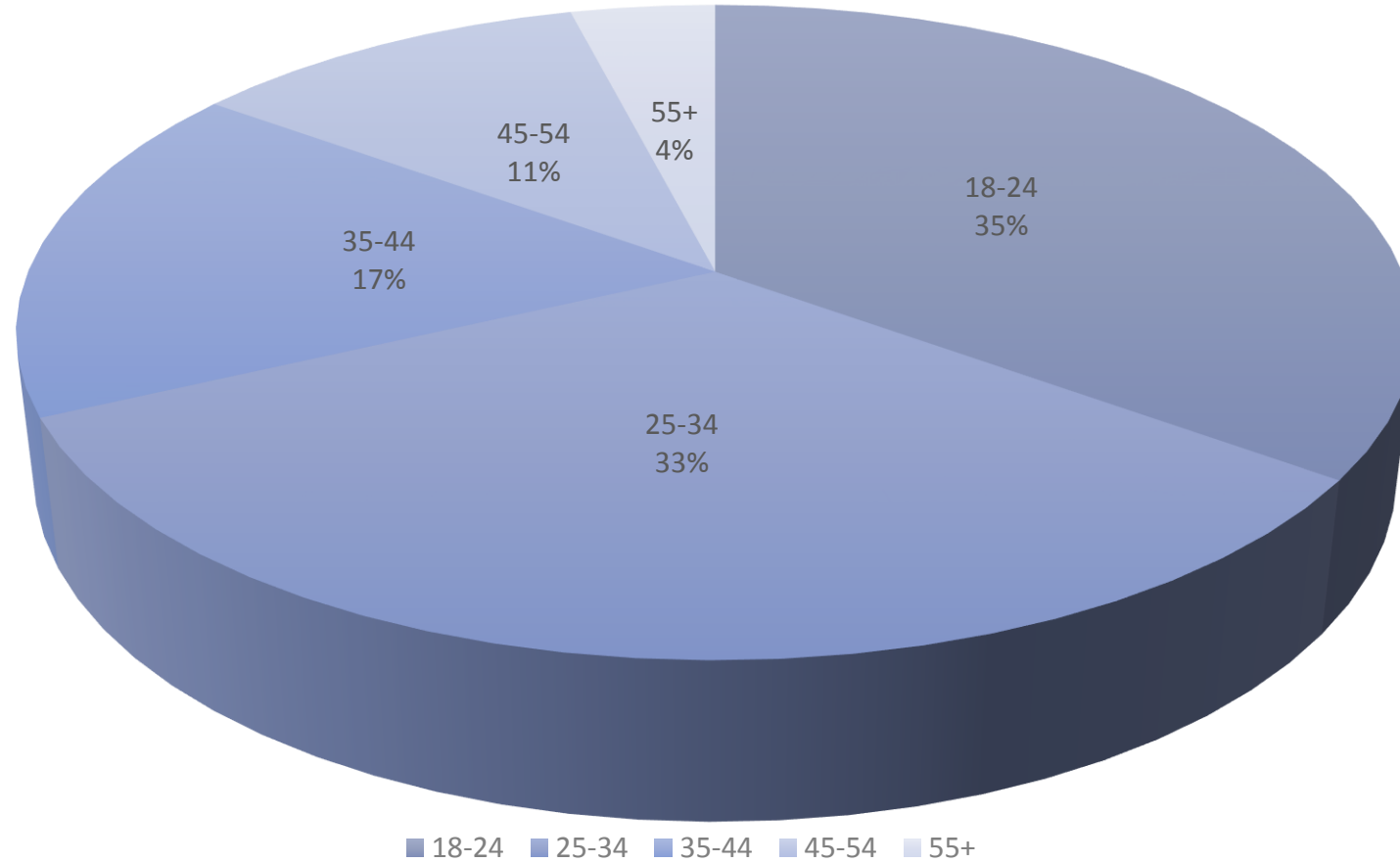
How do men find out about us?

- Local A&E Mental Health Teams
 - Walk in Centres
- University Health Services
 - City Centre GPS
 - Self Referrals

James' Place Liverpool

- 50 therapeutic sessions weekly – with scope to add a further 10 sessions
 - 12 Welcome Assessments weekly
- Rolling caseload of approximately 25 men
- Developing volunteer roles including new Mentor role

James' Place Liverpool



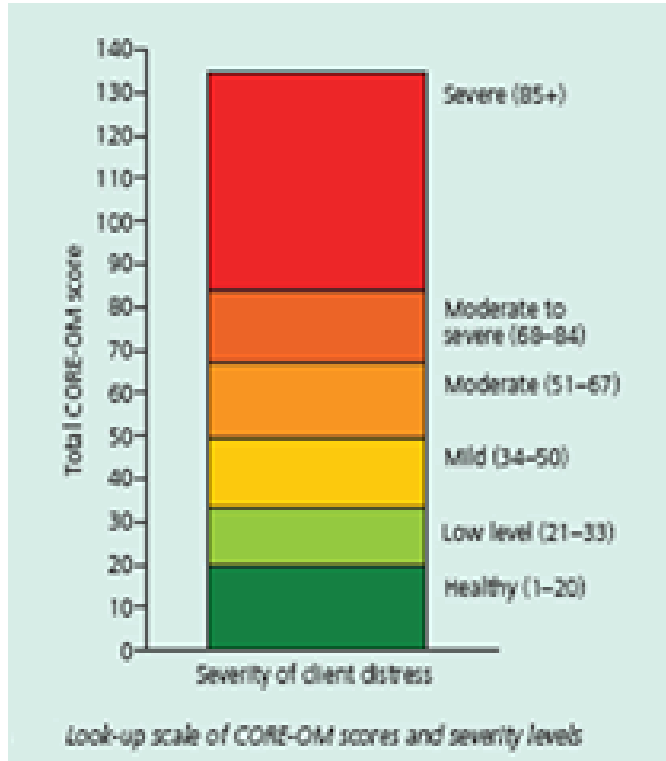
How do we Measure Outcomes?

- Feedback Questionnaires for men and supporters
- Incidents – has anyone hurt themselves whilst in our care?
- Core 34 Outcome – validated tool to assess and measure psychological distress

Core 34 – Validated Outcome Measure

- Self rating by client
- 5-point scale ranging from 'not at all' to 'most or all of the time'.
- The 34 items of the measure cover four dimensions:
 - Subjective well-being
 - Problems/symptoms
 - Life functioning
 - Risk/harm

Validated Outcome Measure



- Average Initial Core 82.76
- Range 46-102
- Average Final Core 38.9
- Range 81-12
- Average change -43.86
- Move from Moderate to Severe to Mild

Lay Your Cards on the Table



Our Challenges

- Over half of men who die by suicide do not seek help before their death
- How do we engage with those men? Where do they go? Who do they listen to?
- Partnerships with grassroots groups- ie COLFC, The Anfield Wrap, State Of Mind
 - New ways of engaging- ie AR cards
- Referral Pathways with Blue Light services and other large employers

Our Goals

- Financial Stability for JP Liverpool
 - Expand referral pathway to hard to reach groups
- Develop our technical capability- including clinical info system and innovative use of tech to engage hard to reach men – provide support for men who cannot physically access JP
 - Develop local partnerships and pathways to additional well being support
- Develop bespoke pathways with high risk groups- ie veterans , blue light services
 - Develop a service spec for next JP and identify suitable sites