



NWCH

The Willow Project: Suicide Prevention in Children and Young People

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Winston Churchill Fellow 2019

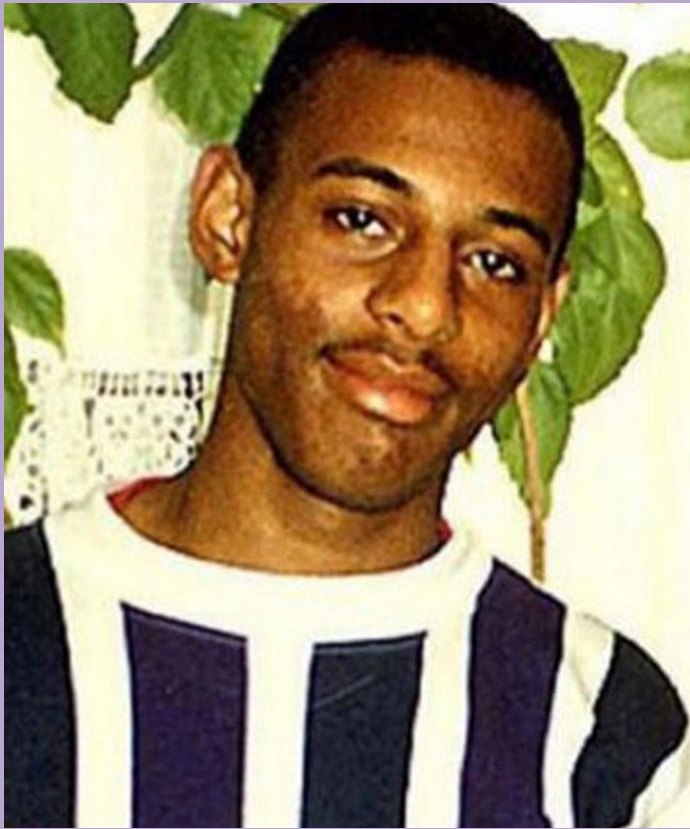
About Naomi

- ▶ One of the UK's leading Domestic Abuse consultants.
- ▶ Run NW Counselling Hub CIC in Lincoln.
- ▶ Work with young people from the ages of 0-25 years and adults.
- ▶ My project is called The Willow Project, it addresses suicidal ideation in children and young people aged 4-30 years.
- ▶ The over-arching aim is to prevent suicide.

Suicide - Prevalence/Background - 2017

- ▶ In 2017
 - ▶ 5,821 suicides in the UK - 16 people a day on average.
 - ▶ 177 Female teenagers (15-19 years old) in England ended their lives by suicide (the highest since records began in the UK).
 - ▶ 121 young males aged 15-19 years old, ended their lives by suicide an increase of 67% since 2010.
 - ▶ Suicide was the most common cause of death in 5-19 year olds in the UK, for both males and females (15.2% boys and 9.6% girls). Then it was car accidents, cancer, diseases, illness etc.
 - ▶ The fifth common cause of death, was homicide for young boys 5-19 years... killed mainly by parents/step-parents in DA relationships.
 - ▶ ONS - 5-49 year old males, 5-34 year old females, leading cause of death is suicide, followed closely by car accidents and 'accidental poisoning.'
- ▶ In the UK
 - ▶ Men are three times as likely to take their own lives than women.
 - ▶ The highest suicide rate was for men aged 45-49.
 - ▶ Death can't be classed as suicide unless they are 10 years or older.
- ▶ There has been a significant decrease in male suicide, now the lowest it's been in over 30 years - due to campaigns and targeted support.

What challenges do young people face today? Racism



Stephen Lawrence



George Floyd



Breonna Taylor

TRIGGER WARNING



1 in 4

Winston Churchill Memorial Trust

- ▶ WCMT is the UK's national memorial to Sir Winston.
- ▶ Each year the Trust awards Fellowships to UK citizens in a range of fields to enable Churchill Fellows to carry out research projects overseas.
- ▶ These projects are designed to exchange ideas and best practice, and build greater understanding between peoples and cultures, in order that professions and communities can benefit from international collaboration.

Why Australia/New Zealand?

- ▶ Australia and New Zealand both have high rates of suicide.
- ▶ Both countries have excellent projects that the UK can learn from.
- ▶ Inspired by hearing Bronwen Edwards - Roses in the Ocean speak at a NSPA conference (2017).

Services in the UK/Good Practice

- ▶ Samaritans - over 60 years in the UK (similar to Lifeline).
- ▶ ChildLine - over 30 years in the UK (similar to KidsLine).
- ▶ National Prevention of Suicide Alliance (NSPA) - **cross-sector, England-wide coalition working reduce suicide in England.**
- ▶ Samaritans hosts the NSPA Secretariat and is one of its founding members. The NSPA want to get all parts of society working together to take action to reduce suicide and improve the support for those affected by suicide.
- ▶ Every nation in the UK has a strategy for suicide prevention.
- ▶ Good progress has also been made locally - nearly every local area now has a suicide prevention plan in place.
- ▶ The latest statistics show that some of these changes are starting to have real impact and are helping to save lives.

Gaps in the UK

- ▶ Not enough provision for young people.
- ▶ National Health Service (NHS) struggling with demand, due to lack of funding and resources.
- ▶ Lack of funding in general for suicide prevention.

- ▶ To deliver effective national strategies policy-makers should:
 - ▶ **Set out ambitious targets for suicide reduction**, particularly amongst vulnerable groups, to drive forward change across government.
 - ▶ **Prioritise action on suicide prevention across government departments** and set out clear cross-government processes for implementation, governance and delivery.
 - ▶ **Provide ambitious leadership, resources, guidance and support** to enable local policy-makers to put effective plans in place.
 - ▶ **Set out ring-fenced funding for suicide prevention** and direct this towards evidence-based interventions that support the most vulnerable groups.

Findings

▶ Brisbane - Roses in the Ocean

- ▶ Excellent ideas around peer support, people with lived experience supporting those at risk of suicide and those bereaved by suicide.
- ▶ Gaps are funding and resources. Relatively new idea.

▶ Headspace

- ▶ Excellent model with all services being provided inhouse, such as drug and alcohol support, MH support, sexual health, physical health (GP's), housing and career/learning support.
- ▶ Gaps are provision and funding and only 10 counselling sessions provided every year.

▶ Standby

- ▶ Amazing support for those in crisis who have experience suicide, as postvention support is also prevention. Their model of dual counselling is an interesting one.
- ▶ Funding and staffing restraints play a big part in their service provision - only 1-2 sessions and only two staff covering around 3 million people between them.

▶ YourTown

- ▶ Excellent service provided by KidsLine and Parents Line. Great work in DA refuges and support services. Conducting research and appear to have brand trust, 700 staff working for them across Australia.

Recommendations

▶ Funding and Commissioning

Central and local government, along with statutory agencies, need to commit to funding and commissioning Third Sector organisations to develop and deliver more prevention support for young people and make this their priority.

▶ Involving Young People

There needs to be a commitment to involve young people with lived experience to feed into support programmes. These programmes need to be available in schools and education establishments, along with workplaces being flexible to allow young working people to access these programmes.

▶ Joined-Up Services

Statutory and voluntary community sector organisations should provide access to therapeutic support in young people friendly spaces. In those spaces there should be access to all the support a young person may need, a 'one-stop shop'. The criteria needs to be inclusive and not discriminatory.

▶ Supporting Families

There needs to be appropriate support and psychoeducation for organisations and families affected by suicide, which is timely, accessible and empathic in its overall approach.

▶ Outcomes and Evaluation

All new and existing services working with young people should establish appropriate suicide prevention services, to have an additional focus on outcomes and evaluation to ensure they are delivering effective and empathic treatment and support. Services should incorporate research into their processes.



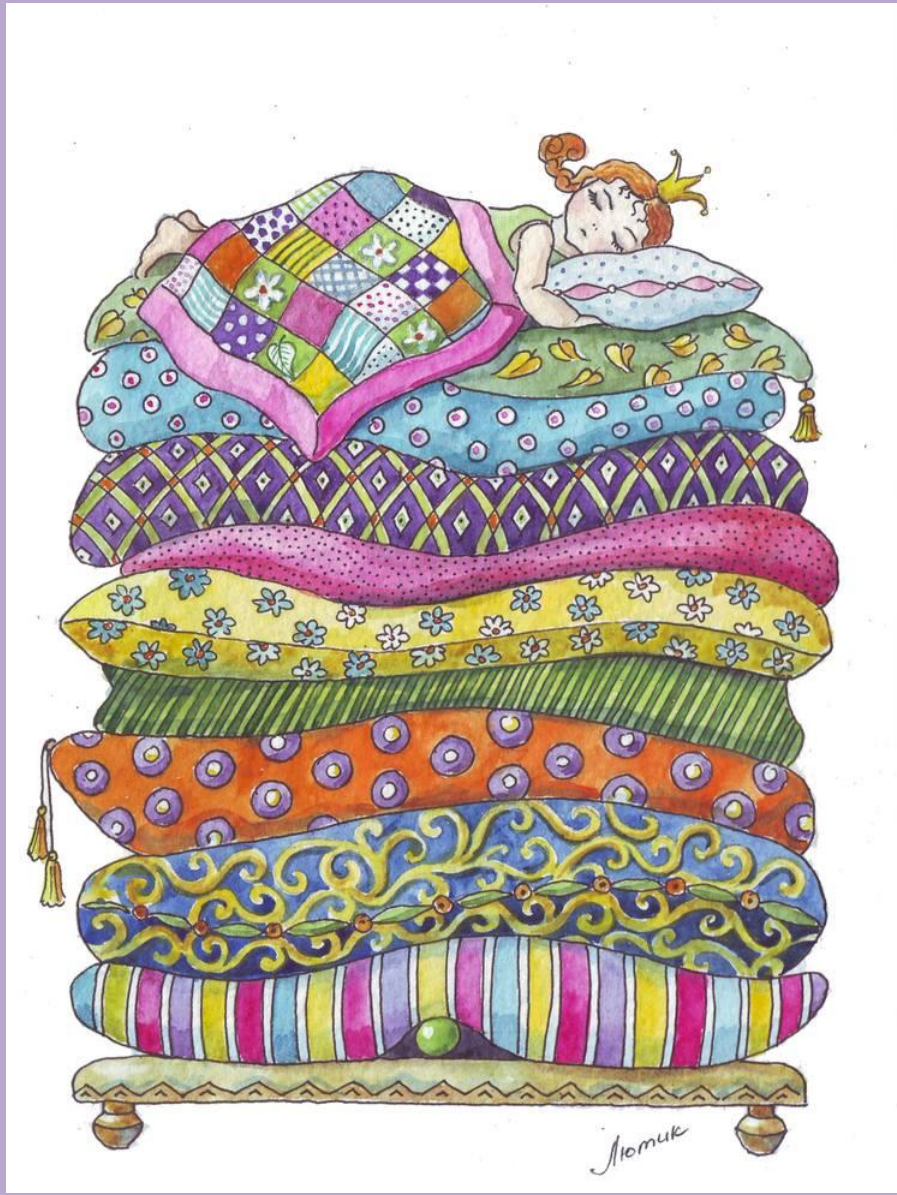
What is the Willow Project?

Trigger Warning



How to Spot the Signs?





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WE
WILL BE
HEARD

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Together, we can
and we will, make
a difference.

Further Contact Details

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