

# North Yorkshire County Council

## Suicide Prevention Programme

**Specification: Co-produce a specification for a self-harm support service (non-clinical) for service users and their families**

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### 1. Introduction

North Yorkshire County Council – on behalf of the Humber Coast and Vale Health and Care Partnership (HCV HCP) - is seeking a not for-profit Provider, to help us design and develop a specification for a new non-clinical self-harm support service as part of the wider suicide prevention programme. We are keen that the design of the specification for the new service is co-produced with people with lived experience of self-harm and support services, and that it reflects the needs and views of people affected in the Humber Coast and Vale Health and Care Partnership (HCV HCP) area.

The provider will be required to establish and work with a group of service users and carers in order to ensure that any service reflects the needs and views of people affected by self-harm in the Humber Coast and Vale Health and Care Partnership (HCV HCP) area. <https://humbercoastandvale.org.uk/>

### 2. Background

In 2019, The NHS Long Term Plan set a clear direction for mental health, centred on integration and collaborative working to improve mental health outcomes. To enable this delivery, geographical areas are being formed into Integrated Care Systems (ICS), bringing together local partners from health, local authority and the voluntary sector, with the aim to align governance and decision-making processes, as well as funding and budgets.

The suicide prevention programme collaborates with 28 organisations. There is a steering group where these organisations are invited to come together to contribute to our plans of how we are going to reduce suicides in our area. One of the three priorities for service development (non-clinical) is in relation to self-harm.

The HCV HCP Suicide Prevention Steering Group aims:

- To reduce the rate of suicide within HC&V area by 10%
- To reduce self-harm within HC&V area
- To set a clear vision for Suicide Prevention
- To be intelligence led
- To provide a forum for successful multi-agency partnership working at strategic and operational level.

### **3. Suicide Prevention**

Suicide is a major public health concern. The National Confidential Inquiry into Suicide and Safety in Mental Health Annual Report 2019 provides findings relating to people who died by suicide in 2007-2017 across all UK countries. The report states that there were 1,517 suicides by people under mental health care in the UK in 2017, this figure having fallen in recent years. Over the whole report period 2007-2017, there were 18,024 patient suicides.

In 2019, the rates of suicide in the Yorkshire and Humber area were the highest in England. The Humber, Coast and Vale Health and Care Partnership (HCV HCP) gives us an opportunity to bring stakeholders together across the HCV HCP to ensure that we are all working together towards suicide safer communities.

### **4. Self Harm – Task & Finish Group**

Task and finish groups have been established for each of the key programmes of work across the HCV STP area. This grant will support the work of one of the work streams which focuses specifically on supporting people affected by self-harm this includes individuals, families/carers and professionals.

#### **Aims:**

The self-harm task and finish group aims:

- To ensure co-production by developing a network of people with lived experience, including parents and carers to inform the work of the group
- To develop an action plan reflecting the needs of the local area
- To link with other task and finish groups as appropriate, for example for campaigns, or training
- To use the knowledge and expertise of members and those with lived experience to help shape the specification for a new non clinical service and to make best use of the funding allocation.

#### **Objectives:**

To ensure a coordinated and co-produced approach to reducing self-harm across the Humber, Coast and Vale.

#### **Responsibilities:**

- To develop and agree a multi-agency self-harm action plan for HCV HCP
- To review and update the action plan and action log as appropriate
- To commission and develop specific projects and initiatives to meet the aims of the group
- To publicise ongoing work and recent developments
- To facilitate partnership working between organisations represented on the wider Steering Group
- To ensure co-production is embedded within all the work we do
- To influence the work of all agencies and individuals who could help prevent suicide and self-harm, including those with lived experience.

**Definition of self-harm:**

Self-harm is behaviour done deliberately in order to harm oneself. At least 10% of adolescents report having self-harmed.

**Examples of self-harm:**

- Self-cutting
- Taking an overdose
- Hitting or bruising
- Intentionally taking too little or too much medication
- Burning
- Hanging
- Suffocation
- Attempted suicide

Although some people who self-harm may be suicidal, self-harm is often used as a way of managing difficult emotions without being a suicide attempt. However, self-harming can result in accidental death.

**5. Scope of this funding opportunity**

Funding is available across the HCV HCP footprint to provide a new non-clinical service and to build a network of support for people who self-harm and their families.

The service will focus on the development of a co-produced service for those affected by self-harm in order to strengthen and build resilience and make a positive contribution to one, or more, of the following:

- Supporting those affected by suicide including family and carers
- Reducing stigma and discrimination
- Developing mentally healthy communities and workplaces
- Reducing loneliness and social and emotional isolation
- Reducing suicides.

The Prevention Concordat for better mental health PHE 2017 and the Suicide prevention guidance PHE 2016 provide a clear evidence base for working with communities to build emotional resilience, promote better mental health, and prevent mental health deterioration and suicidal behaviours.

In order to ensure we optimise any available investment available for the new service we want to ensure the views, needs and experiences of a range of people affected by self-harm are included in the design and development of the service model.

We are seeking a partner to help facilitate this process and develop the service requirements and detailed specification.

## 6. Grant available

The available grant to deliver the co-production design programme is £5,000. Applications are open to not for profit mental health organisations.

## 7. Role of provider

The provider will be required to:

- Work with an existing group of service users and carers to co-design a proposal for a support service for those affected by self-harm (non-clinical)
  - This will include virtual and face-to-face meetings (dependent on current coronavirus guidance)
  - Providing emotional support to those involved given the subject matter
  - Providing information and support information to those involved as required
  - Maintain and expand the group as appropriate
- Scope what would be needed in the new service
- Detail any additional training requirements needed to establish a new service
- Detail any communication requirements
- Test the proposed service model out with wider audiences
- Establish a small user group who can both assist HCV-HCP with the commissioning of the service and be involved with the informal evaluation of the new model after 6 months and 12 months.

## 8. Programme Duration

The period of grant will be for a maximum of 12 months. It is anticipated that the partner will be appointed with a view to commence work in January 2021.

## 9. Application Process

All applications must be submitted using the **Expression of Interest Application Form**.

**Closing date for applications: Sunday 16 December 2020.**