

Argyll and Bute

Choose Life Plan

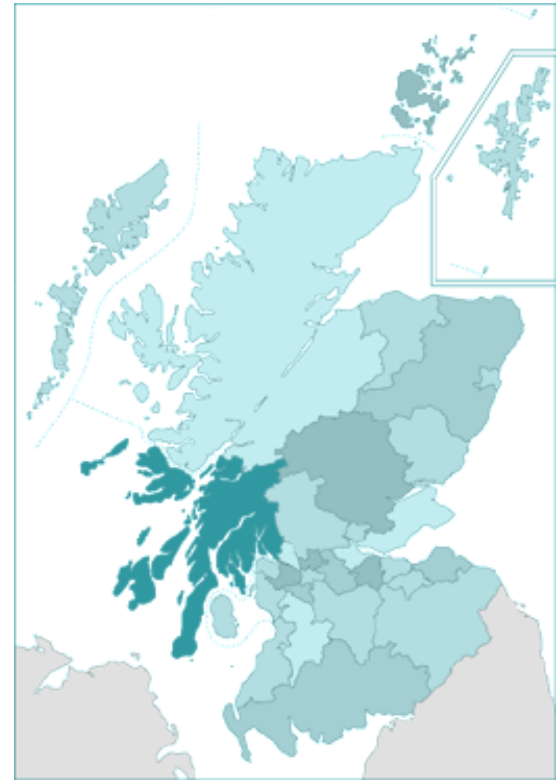
Co-ordinator Contact Details

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Activity Summary List

Key Area: Supporting the improved co-ordination of efforts by local agencies to develop and implement local suicide prevention action plans.

[Argyll and Bute Choose Life Initiative](#)

Updated: Wed, 7 Sep, 2005

Dedicated posts to promote and guide all suicide and self-harm prevention activities. There is a Choose Life office base in Helensburgh, which offers a resource to people looking for advice or information about, suicide and self-harm along with the services and support available locally and nationally.

[Bute Healthy Living Initiative – Crisis Card and Self-help Support](#)

Updated: Mon, 5 Sep, 2005

This project aims to reduce the stress surrounding potential crisis in mental health by working with people to prepare individualised crisis contact/information cards in times of good health. They will develop resources and activities that promote better mental health and encourage self-help. They also aim to reduce isolation by encouraging participation in leisure/arts activities.

[Choose Life Suicide Prevention Strategy Review](#)

Updated: Wed, 7 Sep, 2005

Funding from Argyll and Bute Council has allowed us to commission a piece of work which will review the Choose Life strategy

[Information Resource](#)

Updated: Thu, 8 Sep, 2005

Provision of up to date, easily accessible information about risk, protective factors, self-help, etc in relation to suicide and self-harm. We are hoping that the library services of NHS Argyll and Clyde and/or Argyll and Bute Council will be able to catalogue the resources gathered and administer the process of copying or lending these out.

Integrated Recording System

Updated: Thu, 8 Sep, 2005

We will work with partner agencies to review current systems for recording suicide, suicidal behaviour and self-harm. Once we have a clearer picture of current practice we can work to develop a more integrated system that will capture the information needed to plan for and develop appropriate services and support.

Joint Protocols

Updated: Thu, 8 Sep, 2005

An Argyll and Clyde wide group is working on the development of joint protocols for NHS and local authority services in relation to: Discharge from hospital (general or psychiatric) of people who may be at risk of suicide Discharge from Prison of people who may be at risk of suicide Young people presenting (to school, social work or health agencies) with suicidal or self-harming behaviour.

Networking Opportunities

Updated: Fri, 2 Sep, 2005

Providing opportunities for staff working with people at risk of suicide or who are self-harming to share good practice, explore common issues/difficulties. Given the geography of Argyll and Bute this will involve identifying a range of opportunities not all of which will include people physically coming together to do this.

Referral Pathways

Updated: Thu, 8 Sep, 2005

A working group will be established to review existing practice and, if necessary, develop joint protocols between NHS Argyll and Clyde, Argyll and Bute Council and relevant voluntary organisations, which will guide the process of referral to mental health and other services.

Suicide Talks & Other Public Awareness Raising

Updated: Fri, 2 Sep, 2005

We aim to identify people in local communities across Argyll and Bute who are willing and able to work with us to raise awareness about suicide and self-harm. We will use Suicide TALK and other awareness raising materials.

Key Area: Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.

'Overcoming Depression' – Supported Self-help Project

Updated: Thu, 8 Sep, 2005

Supported self-help pilot projects will be established in Helensburgh, Bute, Islay, Campbeltown and Lochgilphead using the 'Overcoming Depression' CD Rom developed by Chris Williams, Senior Lecturer in Psychiatry and Honorary Consultant Psychiatrist at the University of Glasgow.

Argyll Couple Counselling – Telephone Counselling Service

Updated: Wed, 7 Sep, 2005

The project will offer couple counselling and psychosexual therapy, by telephone, to those who cannot access one of the counselling centres.

Carer Support, Advice & Information

Updated: Thu, 8 Sep, 2005

We will develop a booklet for carers and other relatives including some brief carers stories, information about the risks and warning signs for suicide and the local and national sources of support, advice and information. We will also work with carers and carers groups to identify gaps in provision and priorities for development. A limited amount of Choose Life funding can be made available to develop a pilot project to address the gaps identified.

Dunoon Stress Management Project

Updated: Mon, 5 Sep, 2005

The project will run an eight-week stress management group, which will be adapted to suit the needs and wishes of group members. The project will also offer one to one counselling and alternative therapy sessions (including music therapy, aromatherapy, Reiki).

[HART Outreach Project](#)

Updated: Mon, 5 Sep, 2005

Develop an outreach and detached project based in Helensburgh Addictions Rehabilitation Team (HART). Working with young people aged 16 to 24, many of whom are socially and economically excluded and often at risk of harm/ self-harm through problem use of substances.

[Kintyre Choose Life Project](#)

Updated: Thu, 8 Sep, 2005

This project will promote greater understanding and awareness about suicide and self-harm, identify local training needs and deliver training courses (including 'Dealing with Self-harm' and 'Promoting Mental Health – Raising Awareness') to address these needs, facilitate a family support group, encourage greater involvement in service and action planning and support volunteers to carry out small research projects.

[Lorn Counselling Service – Specialist Suicide/Self-harm Service](#)

Updated: Wed, 28 Sep, 2005

This service will link with GPs and accident and emergency to provide a fast track (within 48 hours) counselling service to people presenting with issues of self-harm, attempted suicide or suicidal ideation. The service will work with local agencies to develop joint training for workers. They will link with the school counsellor at Oban High to provide a continuation of support, where necessary, for young people leaving school. They will also link with statutory leaving care services to work tow

[The Lifelines Advocacy Project](#)

Updated: Thu, 8 Sep, 2005

The project will recruit advocates to provide advocacy for people living in the Cowal area who have been treated as in patients in the Argyll and Bute Hospital. Volunteers will receive ASIST and Promoting Mental Health – Raising Awareness training in addition to their advocacy skills training. Advocates will have regular contact with their advocacy partners for a minimum period of eight weeks following discharge from hospital.

[The Mental Well-being Project](#)

Updated: Mon, 5 Sep, 2005

The project will develop an advice and information outreach service for people with mental health issues. Specially trained volunteer advisers will visit in-patients at Argyll and Bute Hospital and provide free housing, debt, relationship and generalist advice. This support will enable clients to sort out problems they may have had prior to admission, help them to manage their affairs whilst in hospital and help reorientate and support them once discharged to their communities.

Key Area: Developing and implementing local training programmes

[ASIST Training](#)

Updated: Fri, 2 Sep, 2005

We will deliver 6 Applied Suicide Intervention Skills Training (ASIST) courses each year across Argyll and Bute.

[Dealing with Self-Harm Training](#)

Updated: Wed, 7 Sep, 2005

We will recruit and train local people to deliver 6 'Dealing with Self-Harm' courses across Argyll and Bute as part of our training programme. Trainers will also be expected to deliver additional courses in their local areas or organisation.

[High School Training Programme](#)

Updated: Wed, 7 Sep, 2005

Development of training programmes and materials for S3/4 pupils.

Mental Health Awareness Training

Updated: Thu, 8 Sep, 2005

Provision of Mental Health Awareness Training.

Activity Detail List

(Alphabetical order)

Choose Life Plan

'Overcoming Depression' – Supported Self-help Project

Supported self-help pilot projects will be established in Helensburgh, Bute, Islay, Campbeltown and Lochgilphead using the 'Overcoming Depression' CD Rom developed by Chris Williams, Senior Lecturer in Psychiatry and Honorary Consultant Psychiatrist at the University of Glasgow.

The 'Overcoming Depression' CD Rom uses a Cognitive Behaviour Therapy (CBT) approach to teach people how to understand and overcome their condition over a series of 6 one-hour sessions. It offers a complete course of CBT. Videos and soundtracks are used to motivate and teach people and questions are posed to gather patient information and assess mental health status (for further information visit www.fiveareas.com).

Rationale

Encouraging self-help strategies is one of the main objectives of Choose Life and also fits well with the priorities identified locally. If supported self-help is offered to people with mild to moderate depression or anxiety this will help to increase their capacity to respond to difficult situations in the future.

The approach and materials that will be used have been tried and tested elsewhere and would seem ideal particularly for people living in a remote and rural area like Argyll and Bute where access to more traditional forms of support is limited.

Desired Outcomes

If supported self-help is offered to people with mild to moderate depression or anxiety this will increase their capacity to respond to difficult situations in the future. In turn it is hoped that supported self-help will, over time, reduce the demands on GPs and Community Psychiatric Nurses by diverting people, with mild to moderate anxiety or depression, to a more appropriate level of support.

Relevance to Choose Life's Key Areas Of Work

Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.

Choose Life Objectives

- Early prevention and intervention
- Promoting more public awareness and encouraging people to seek help early

Choose Life Priority Groups

People with mental health problems

Partners In Delivery

None Supplied

In Kind Support Received

We have received support from the Psychology Department at Argyll and Bute Hospital in identifying the evaluation tools that will be used. They will also collate and analyse the data produced.

Evaluation Tools/Methods

- The Patient Health Questionnaire, Clinical Outcome Measure in Routine Evaluation and the Work and Social Adjustment Scale will be completed before, during and after a period of supported self-help. The information gathered will be used for risk assessment purposes as well as for evaluation.
- A client satisfaction questionnaire will also be completed following a period of supported self-help.
- The Psychology Department at the Argyll and Bute Hospital will carry out the evaluation.

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Argyll and Bute Choose Life Initiative

Dedicated posts to promote and guide all suicide and self-harm prevention activities. There is a Choose Life office base in Helensburgh, which offers a resource to people looking for advice or information about, suicide and self-harm along with the services and support available locally and nationally.

Rationale

To ensure that a dedicated resource was available to drive the agenda forward and co-ordinate the implementation of the action plan.

Desired Outcomes

- Improved co-ordination of local activities.
- Improved access to advice and information.

Relevance to Choose Life's Key Areas Of Work

Supporting the improved co-ordination of efforts by local agencies to develop and implement local suicide prevention action plans.

Choose Life Objectives

- Early prevention and intervention
- Responding to immediate crisis
- Longer term work to provide hope and support recovery
- Coping with suicidal behaviour and completed suicide
- Promoting more public awareness and encouraging people to seek help early
- Supporting the media
- Knowing what works

Choose Life Priority Groups

All (coordination role)

Partners In Delivery

Community Planning Partnership

In Kind Support Received

Office space provided by Argyll and Bute Council. 8 hours per month administrative support provided by NHS Argyll and Clyde and Argyll and Bute Council.

Evaluation Tools/Methods

Firm decision still to be made.

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Argyll Couple Counselling – Telephone Counselling Service

The project will offer couple counselling and psychosexual therapy, by telephone, to those who cannot access one of the counselling centres.

Rationale

In an area like Argyll and Bute access to services can pose significant challenges and therefore telephone counselling enable people to access counselling who otherwise may not have been able to. If this project is successful it will provide a model that could be used to extend the provision of other counselling services.

Telephone counselling can be initiated quickly, so if a client is in a particularly stressful situation help can be offered without delay and in familiar surroundings.

Desired Outcomes

- Those living in remote mainland areas or on islands will have access to a service denied to them at presents.
- Counselling can help individuals or couples who have a problem with close personal relationships. This in turn can improve close family relationships especially those with children who could be negatively affected by their parent's relationship problems.
- If a relationship has ended through separation or death, counselling can help the person move on and build new relationships.

Relevance to Choose Life's Key Areas Of Work

Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.

Choose Life Objectives

- Early prevention and intervention
- Responding to immediate crisis
- Longer term work to provide hope and support recovery
- Coping with suicidal behaviour and completed suicide

Choose Life Priority Groups

- People affected by the aftermath of suicidal behaviour or a completed suicide
- People who abuse substances
- People with mental health problems

Partners In Delivery

Argyll Couple Counselling

Evaluation Tools/Methods

- Clients will receive a confidential questionnaire to gauge their satisfaction with the service.

- Monitoring information will be gathered including, the numbers and locations of enquirers, clients and appointments made. This information will be used to make direct comparisons with previous data about the take up of counselling in different areas across Argyll and Bute.

Contact Details

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ASIST Training

We will deliver 6 Applied Suicide Intervention Skills Training (ASIST) courses each year across Argyll and Bute.

Rationale

To improve the skills and confidence of staff, volunteers and members of the public in responding to people at immediate risk of suicide.

Desired Outcomes

- Increased capacity to respond effectively and appropriately to people at risk of suicide.
- 72 people complete ASIST training in 2004/5 and 144 in 2005/6.
- 6 ASIST instructors trained.

Relevance to Choose Life's Key Areas Of Work

Developing and implementing local training programmes

Choose Life Objectives

- Early prevention and intervention

Choose Life Priority Groups

People affected by the aftermath of suicidal behaviour or a completed suicide

Partners In Delivery

ASIST Trainers

Evaluation Tools/Methods

Evaluation form at the end of each workshop, diaries/logs completed by ASIST participants. Follow up questionnaires are sent to participants three months after completion to gauge both their confidence in using the suicide intervention model and how often they have had an opportunity to use it. Work is being done at a national level to develop an evaluation process for ASIST.

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Bute Healthy Living Initiative – Crisis Card and Self-help Support

This project aims to reduce the stress surrounding potential crisis in mental health by working with people to prepare individualised crisis contact/information cards in times of good health. They will develop resources and activities that promote better mental health and encourage self-help. They also aim to reduce isolation by encouraging participation in leisure/arts activities.

Rationale

The importance of crisis contacts/information was highlighted during the development of our local action plan. If the development of personalised cards is successful it is something that could easily be rolled out to other parts of Argyll and Bute.

Desired Outcomes

- Wider access to a new range of information/materials that may help people maintain better mental health.
- By promoting the availability of support in the community it may encourage people to seek help early and potentially reduce the risk of suicide or self-harm.
- Local health workers/carers will be more aware of the resources available to people who may be at risk of suicide and also for those affected by suicide.

Relevance to Choose Life's Key Areas Of Work

Supporting the improved co-ordination of efforts by local agencies to develop and implement local suicide prevention action plans.

Choose Life Objectives

- Early prevention and intervention
- Responding to immediate crisis
- Longer term work to provide hope and support recovery

Choose Life Priority Groups

- Young people
- People who attempt suicide
- People with mental health problems
- People in isolated or rural communities

Partners In Delivery

- Bute Link Club
- Allies in Change (for Mental Health Provision)

Evaluation Tools/Methods

Feedback will be gathered both informally (ongoing discussion with participants) and formally through questionnaires with the aim of identifying; changes in confidence, self-esteem, reduction in isolation etc. Monitoring information will also be gathered on an ongoing basis e.g. the number of crisis cards prepared and distributed, record of book loans, number of participants in art groups etc.

Contact Details

Lorna Crawford
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Additional Information

Potential for joint funding with police.

Carer Support, Advice & Information

We will develop a booklet for carers and other relatives including some brief carers stories, information about the risks and warning signs for suicide and the local and national sources of support, advice and information. We will also work with carers and carers groups to identify gaps in provision and priorities for development. A limited amount of Choose Life funding can be made available to develop a pilot project to address the gaps identified.

Rationale

Support for carers and others affected by suicide or self-harming behaviour has been identified as a priority for development.

Desired Outcomes

Clearer information about the help, support and advice needed by people who care for or about someone at risk of suicide.

Relevance to Choose Life's Key Areas Of Work

Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.

Choose Life Objectives

- Coping with suicidal behaviour and completed suicide

Choose Life Priority Groups

People affected by the aftermath of suicidal behaviour or a completed suicide

Partners In Delivery

None Supplied

Evaluation Tools/Methods

Firm decision still to be made. Feedback will be sought from carers and from carers groups.

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Additional Information

Funding for pilot/demonstration projects would come from capacity building budget.

Choose Life Suicide Prevention Strategy Review

Funding from Argyll and Bute Council has allowed us to commission a piece of work which will review the Choose Life strategy

- Identify the support, advice and information available to people at risk of suicide or self-harm and to people affected by suicidal/self-harming behaviour,
- Assess the effectiveness of these (in meeting Choose Life objectives), highlighting gaps as well as good practice,
- Identify competencies and barriers for agencies and staff,
- Provide recommendations for innovative approaches to suicide prevention,
- Provide recommendations for improved co-ordination and communication.

Of particular concern are the settings, accessibility and usage of services; the relationship and role of services not directly related to suicide; opportunities for better co-ordinated, synergistic work across services and opportunities to enhance provision, close gaps and promote good practice.

Rationale

In order to ensure that Choose Life resources (time as well as money) are invested wisely we need to have a clearer picture of the work that is already going on across Argyll and Bute along with the gaps and barriers being faced by agencies and staff.

Desired Outcomes

- Easily accessible information about the support, advice and information available to people at risk of suicide/self-harm and people who care for or about them.
- Clear information about the effectiveness of these in meeting Choose Life objectives and the additional support/resources needed to improve effectiveness and co-ordination.
- Identification of gaps/priorities for future development process including training needs.

Relevance to Choose Life's Key Areas Of Work

Supporting the improved co-ordination of efforts by local agencies to develop and implement local suicide prevention action plans.

Choose Life Objectives

- Early prevention and intervention

- Responding to immediate crisis
- Longer term work to provide hope and support recovery
- Coping with suicidal behaviour and completed suicide
- Promoting more public awareness and encouraging people to seek help early

Choose Life Priority Groups

All priority groups

Partners In Delivery

Community Planning Partnership

In Kind Support Received

Admin support by NHS Argyll and Clyde and Argyll and Bute Council

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Additional Information

Funding for this will be taken from the capacity building element of our budget.

Dealing with Self-Harm Training

We will recruit and train local people to deliver 6 'Dealing with Self-Harm' courses across Argyll and Bute as part of our training programme. Trainers will also be expected to deliver additional courses in their local areas or organisation.

Rationale

Deliberate self-harm appears to be a growing issues across Argyll and Bute and it is important that staff have the skills and confidence to respond appropriately and effectively.

Desired Outcomes

- Increased confidence and capacity to respond effectively and appropriately to people who are self-harming or at risk of self-harm.
- 14 Self-harm trainers trained in 2004/5 and 16 more 2005/6.
- 90 people attending Dealing with Self-harm courses delivered by Choose Life (we will also keep track of the number of courses organised and participants attending additional courses run by trainers in their local area) in 2005/6.

Relevance to Choose Life's Key Areas Of Work

Developing and implementing local training programmes

Choose Life Objectives

- Promoting more public awareness and encouraging people to seek help early

Choose Life Priority Groups

None Supplied

Partners In Delivery

FUSIONS

Evaluation Tools/Methods

Firm decision still to be made. Feedback is sought from participants and trainers following each course.

Contact Details

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Dunoon Stress Management Project

The project will run an eight-week stress management group, which will be adapted to suit the needs and wishes of group members. The project will also offer one to one counselling and alternative therapy sessions (including music therapy, aromatherapy, Reiki).

Rationale

If individuals can learn effective ways of dealing with stress this could lead to a reduction in the rates of suicide and self-harm.

Desired Outcomes

- Increase the range of support available for people with mental health issues.
- A reduction in the incidence of self-harm amongst link club members.

Relevance to Choose Life's Key Areas Of Work

Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.

Choose Life Objectives

- Early prevention and intervention
- Responding to immediate crisis
- Longer term work to provide hope and support recovery
- Promoting more public awareness and encouraging people to seek help early
- Knowing what works

Choose Life Priority Groups

- People who attempt suicide
- People with mental health problems

Partners In Delivery

Dunoon Link Club

Evaluation Tools/Methods

- Monitoring information will be gathered about the number of people accessing the stress management project and the range of therapies used.
- Feedback will be gathered from service users including information about any reduction in their self-harming behaviour.
- Feedback will also be gathered from people making referrals to the project.

Contact Details

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Dunoon Link Club
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98 Edward Street
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HART Outreach Project

Develop an outreach and detached project based in Helensburgh Addictions Rehabilitation Team (HART). Working with young people aged 16 to 24, many of whom are socially and economically excluded and often at risk of harm/ self-harm through problem use of substances.

Rationale

Many of the people in this target group lack the means and motivation or even the basic skills to access services that can support their needs and get them on the path to recovery.

Desired Outcomes

- Provide purposeful interaction – information, advice and support – that can work towards linking individuals to related services.
- Address risk behaviour – supporting people from risk related behaviour to stability.
- Ensure effective involvement in support networks and promote wider community involvement.

Relevance to Choose Life's Key Areas Of Work

Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.

Choose Life Objectives

- Early prevention and intervention
- Responding to immediate crisis
- Promoting more public awareness and encouraging people to seek help early

Choose Life Priority Groups

- People who abuse substances
- People with mental health problems

Partners In Delivery

Helensburgh Addictions Rehabilitation Team (HART)

Evaluation Tools/Methods

The evaluation will be based on the Effective Interventions Unit guidelines. The focus of the evaluation will be on the outcomes of the project, the process, staff roles, intensity of intervention and support, what services are provided etc. It will include reviews of person centred plans, action plans, Rickter Scale Motivational Assessment reviews and measurements.

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High School Training Programme

Development of training programmes and materials for S3/4 pupils.

Desired Outcomes

Training Material developed for use in High Schools with S3/4 pupils.

Relevance to Choose Life's Key Areas Of Work

Developing and implementing local training programmes

Choose Life Objectives

- Promoting more public awareness and encouraging people to seek help early

Choose Life Priority Groups

Children

Partners In Delivery

- FUSIONS
- School Teachers

Contact Details

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Information Resource

Provision of up to date, easily accessible information about risk, protective factors, self-help, etc in relation to suicide and self-harm. We are hoping that the library services of NHS Argyll and Clyde and/or Argyll and Bute Council will be able to catalogue the resources gathered and administer the process of copying or lending these out.

'Suicide – the Myths versus the Facts' and 'Self-harm – the Myths versus the Facts' leaflets have been produced and distributed.

There will be clear links with the Choose Life Toolkit being produced by the Choose Life National Implementation Support Team.

Rationale

Information has a key role to play in increasing the confidence and ability of people to respond effectively to someone at risk of suicide or self-harm. The geography of Argyll and Bute can make access to information difficult and therefore it is important for us to find effective ways to share information as widely as possible.

Desired Outcomes

Provision of an easily accessible information resource.

Relevance to Choose Life's Key Areas Of Work

Supporting the improved co-ordination of efforts by local agencies to develop and implement local suicide prevention action plans.

Choose Life Objectives

- Early prevention and intervention
- Responding to immediate crisis
- Longer term work to provide hope and support recovery
- Coping with suicidal behaviour and completed suicide
- Promoting more public awareness and encouraging people to seek help early

Choose Life Priority Groups

All priority groups

Partners In Delivery

- NHS Argyll & Clyde
- Argyll & Bute Council

In Kind Support Received

Librarian.

Evaluation Tools/Methods

Firm decision still to be made. Monitoring information will be gathered about the number of leaflets distributed and the use of the resource library.

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Integrated Recording System

We will work with partner agencies to review current systems for recording suicide, suicidal behaviour and self-harm. Once we have a clearer picture of current practice we can work to develop a more integrated system that will capture the information needed to plan for and develop appropriate services and support.

Rationale

We currently have very little data in relation to suicidal or self-harming behaviour and therefore it is difficult to accurately gauge the scale of the problem or the resources needed to respond effectively. Some agencies are gathering information (in individual client or patient records) in respect of suicidal or self-harming behaviour but this information is not being collated across agencies.

Desired Outcomes

Integrated procedure in place for recording incidents of suicide, suicidal behaviour and self-harm.

Relevance to Choose Life's Key Areas Of Work

Supporting the improved co-ordination of efforts by local agencies to develop and implement local suicide prevention action plans.

Choose Life Objectives

- Responding to immediate crisis

Choose Life Priority Groups

People who attempt suicide

Partners In Delivery

- NHS Argyll & Clyde
- Argyll & Bute Council
- Local Voluntary Agencies

Evaluation Tools/Methods

Firm decision still to be made. Feedback will be sought from agencies using the recording system.

Contact Details

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Joint Protocols

An Argyll and Clyde wide group is working on the development of joint protocols for NHS and local authority services in relation to: Discharge from hospital (general or psychiatric) of people who may be at risk of suicide
Discharge from Prison of people who may be at risk of suicide
Young people presenting (to school, social work or health agencies) with suicidal or self-harming behaviour.

There are similar issues in relation to: Patients accessing primary care services who may be at risk of suicide
People accessing social work services who may be at risk of suicide
Young people leaving care who may be at risk of suicide
These will be addressed in a second phase of activity.

Rationale

There appears to be a lack of clarity about the roles and boundaries of different agencies and staff in relation to responding to people identified as at risk of suicide or who are self-harming. It is therefore important to have protocols in place, which provide protection for staff carrying out their duties as well as people at risk of suicide.

Desired Outcomes

Relevant support and care services more integrated and accessible within local communities.

Relevance to Choose Life's Key Areas Of Work

Supporting the improved co-ordination of efforts by local agencies to develop and implement local suicide prevention action plans.

Choose Life Objectives

- Early prevention and intervention
- Responding to immediate crisis

Choose Life Priority Groups

- People who attempt suicide
- People with mental health problems

Partners In Delivery

- Argyll & Bute Council
- NHS Argyll & Clyde

Evaluation Tools/Methods

Firm decision still to be made. The implementation of the protocols will be reviewed and feedback sought

from the agencies involved in developing and using them.

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Kintyre Choose Life Project

This project will promote greater understanding and awareness about suicide and self-harm, identify local training needs and deliver training courses (including 'Dealing with Self-harm' and 'Promoting Mental Health – Raising Awareness') to address these needs, facilitate a family support group, encourage greater involvement in service and action planning and support volunteers to carry out small research projects.

This project is also one of the pilot sites for 'Overcoming Depression' a cognitive behavioural therapy based self-help tool.

Rationale

Sustainability is an important factor for Choose Life, if this is to be achieved we will need to find effective ways of building in ownership and commitment across communities. The Kintyre project provides an opportunity to work intensively in one area to develop a model that could be help to inform future work across Argyll and Bute.

Desired Outcomes

- Opportunities for volunteers to learn new skills and to participate in a variety of learning and research activities, enabling them to feel more confident in responding to an immediate crisis.
- Increase in the number of members of partnership agencies, their staff, volunteers and service users taking positive action to promote their mental health and well-being.
- Through the support group those who have experienced problems with alcohol/drugs, mental health issues or suicide will be supported to participate in helping to develop local services and activities with a view to encouraging earlier intervention.

Relevance to Choose Life's Key Areas Of Work

Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.

Choose Life Objectives

- Early prevention and intervention
- Responding to immediate crisis
- Longer term work to provide hope and support recovery
- Coping with suicidal behaviour and completed suicide
- Promoting more public awareness and encouraging people to seek help early
- Knowing what works

Choose Life Priority Groups

- People affected by the aftermath of suicidal behaviour or a completed suicide
- People who abuse substances
- People with mental health problems

Partners In Delivery

- Kintyre Alcohol and Drugs Advisory Service
- Home Start - Mid-Argyll, Jura, Islay & Kintyre
- Kintyre Voluntary Sector Forum
- Kintyre Healthy Living Centre

In Kind Support Received

Volunteer time, line management, health/social work partners at management meetings.

Evaluation Tools/Methods

- Firm decision still to be made.
- Monitoring information will be collected about the number of training courses run and the number of participants, attendance at support groups, take up of supported self-help.
- Feedback will be gathered from volunteers and service users.

Contact Details

Jackie Fulton/Nona Ruesgan
C/o Kintyre Healthy Living Centre
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Campbeltown
PA28 6BU
01586 551140/01546 553555
homestart.majik@bosinternet.com

Lorn Counselling Service – Specialist Suicide/Self-harm Service

This service will link with GPs and accident and emergency to provide a fast track (within 48 hours) counselling service to people presenting with issues of self-harm, attempted suicide or suicidal ideation. The service will work with local agencies to develop joint training for workers. They will link with the school counsellor at Oban High to provide a continuation of support, where necessary, for young people leaving school. They will also link with statutory leaving care services to work towards seamless referrals for young people leaving care. They will also offer support to families and friends along with training and guidance to other professionals.

Rationale

One of the priorities identified locally was the need to develop appropriate follow up support and services for people following an attempted suicide or deliberate injury. Activity Setting

Desired Outcomes

- A specialist counselling service for people who self-harm or attempt suicide with the intention of relieving distress, understanding their own personal distress and developing coping strategies to deal with these difficult feelings.
- To increase confidence of parents, carers, friends and other professionals in dealing with and responding to people who attempt suicide or deliberately harm themselves.

Relevance to Choose Life's Key Areas Of Work

Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.

Choose Life Objectives

- Early prevention and intervention
- Responding to immediate crisis
- Longer term work to provide hope and support recovery
- Coping with suicidal behaviour and completed suicide
- Promoting more public awareness and encouraging people to seek help early

Choose Life Priority Groups

- People who attempt suicide
- People affected by the aftermath of suicidal behaviour or a completed suicide
- People with mental health problems
- Young people

Partners In Delivery

- Kererra Lodge
- SOLAS
- OASIS
- Oban Rooftops

- GPs
- Accident and Emergency Services

Evaluation Tools/Methods

- Emotional well-being questionnaires will be carried out with clients at the beginning and end of therapeutic work and results compared.
- Reductions in self-harming behaviour will be monitored.
- Reductions in suicide attempts and suicidal behaviour will be monitored.
- Clients will be asked to complete end of therapy/counselling evaluation sheets.
- Participants on training courses will be asked to complete evaluation sheets.
- Satisfaction surveys will be carried out with other services and organisations the service has linked with.
- The service will also use the CORE evaluation system.

Contact Details

Rachel Rogers,
Lorn Counselling Service,
Albany Chambers,
Albany Street,
Oban,
PA34 4AL,
01631 566666 rachel02@fsmail.net

Mental Health Awareness Training

Provision of Mental Health Awareness Training.

Rationale

Promoting positive mental health along with increasing general mental health awareness has been identified as a local priority. It has an important role to play in our work towards reducing the rate of suicide and self-harm.

Desired Outcomes

- Reduce stigma, increase understanding of mental health issues (90 people attending mental health awareness course 2005/6).
- Increase the number and range of local people that can deliver mental health awareness/promotion training (32 people will be trained as trainers in 2005/6).

Relevance to Choose Life's Key Areas Of Work

Developing and implementing local training programmes

Choose Life Objectives

- Promoting more public awareness and encouraging people to seek help early

Choose Life Priority Groups

People with mental health problems

Partners In Delivery

- NHS Argyll & Clyde
- Mental Health Awareness Trainers

In Kind Support Received

Senior Health Promotion Officer's time equivalent to £1720.

Evaluation Tools/Methods

Firm decision still to be made. The 'Promoting Mental Health – Raising Awareness' training used was developed by NHS Health Scotland and evaluated on a national basis. Feedback is sought from participants and trainers at the end of each training course.

Contact Details

Charlotte Lee

Choose Life Project

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Helensburgh

G84 8UW

Tel: 01436 658 824 / 01546 510 325

charlotte.lee@nhs.net

Networking Opportunities

Providing opportunities for staff working with people at risk of suicide or who are self-harming to share good practice, explore common issues/difficulties. Given the geography of Argyll and Bute this will involve identifying a range of opportunities not all of which will include people physically coming together to do this.

Rationale

Isolation and duplication of effort are real dangers in a rural area like Argyll and Bute. Networking has an important role to play in addressing both of these issues.

Desired Outcomes

Opportunities for staff working with people at risk of suicide to share, good practice, explore common issues/difficulties and therefore improving communication and joint working.

Relevance to Choose Life's Key Areas Of Work

Supporting the improved co-ordination of efforts by local agencies to develop and implement local suicide prevention action plans.

Choose Life Objectives

- Early prevention and intervention
- Responding to immediate crisis
- Coping with suicidal behaviour and completed suicide

Choose Life Priority Groups

People affected by the aftermath of suicidal behaviour or a completed suicide

Partners In Delivery

None Supplied

Evaluation Tools/Methods

Number and range of people attending seminars, accessing discussion forums Feedback from people involved in the above.

Contact Details

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Referral Pathways

A working group will be established to review existing practice and, if necessary, develop joint protocols between NHS Argyll and Clyde, Argyll and Bute Council and relevant voluntary organisations, which will guide the process of referral to mental health and other services.

Rationale

The need to ensure that access to services and support is as simple and efficient as possible.

Desired Outcomes

- Relevant support and services are more accessible within local communities.
- A clear referral route and pathways into mental health and other services.

Relevance to Choose Life's Key Areas Of Work

Supporting the improved co-ordination of efforts by local agencies to develop and implement local suicide prevention action plans.

Choose Life Objectives

- Early prevention and intervention
- Responding to immediate crisis

Choose Life Priority Groups

- People who attempt suicide
- People with mental health problems

Partners In Delivery

- NHS Argyll & Clyde
- Argyll & Bute Council
- Local Voluntary Agencies

In Kind Support Received

The time of working group members.

Evaluation Tools/Methods

- Firm decision still to be made.
- Implementation of the protocols will be reviewed and feedback sought from organisations involved in developing and using them.

Contact Details

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Suicide Talks & Other Public Awareness Raising

We aim to identify people in local communities across Argyll and Bute who are willing and able to work with us to raise awareness about suicide and self-harm. We will use Suicide TALK and other awareness raising materials.

Rationale

Public awareness and understanding has a key role to play in reducing stigma and responding appropriately to someone at immediate risk of suicide.

Desired Outcomes

- Greater public awareness about positive mental health and well-being, suicide prevention and intervention.
- Identify people interested in our more intensive training programmes.
- Identify and support local 'champions' for choose life in localities across Argyll and Bute.

Relevance to Choose Life's Key Areas Of Work

Supporting the improved co-ordination of efforts by local agencies to develop and implement local suicide prevention action plans.

Choose Life Objectives

- Promoting more public awareness and encouraging people to seek help early

Choose Life Priority Groups

All priority groups

Partners In Delivery

None Supplied

In Kind Support Received

The time of volunteers delivering the awareness raising sessions.

Evaluation Tools/Methods

Feedback from people attending awareness raising sessions. Monitoring information will be gathered about the number of sessions delivered and the number and range of people attending.

Contact Details

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charlotte.lee@nhs.net

The Lifelines Advocacy Project

The project will recruit advocates to provide advocacy for people living in the Cowal area who have been treated as in patients in the Argyll and Bute Hospital. Volunteers will receive ASIST and Promoting Mental Health – Raising Awareness training in addition to their advocacy skills training. Advocates will have regular contact with their advocacy partners for a minimum period of eight weeks following discharge from hospital.

Rationale

There are many risks and pressures that can contribute to mental ill health and increase the risk of suicidal behaviour. These can include pressure on individuals arising from issues such as debt, housing problems, inadequate social support or low levels of practical or emotional assistance. In addition to the assistance independent advocacy may provide in helping people to access the support they require it can also support people to address problems or issues, which may be the cause of additional stress.

Desired Outcomes

- Recruit twelve volunteers who will receive intensive training, these volunteers will continue to be a valuable resource to the community long after this project has been completed.
- Provide real practical support for up to twenty-four people from the Cowal area who have been treated as in patients at the Argyll and Bute Hospital.
- The project hopes to reduce the need for hospital re-admission and minimise the likelihood of suicidal behaviour by encouraging people to seek help, responding to crisis, assisting people to deal with longer term practical issues, providing hope and support for recovery.

Relevance to Choose Life's Key Areas Of Work

Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.

Choose Life Objectives

- Early prevention and intervention
- Responding to immediate crisis
- Longer term work to provide hope and support recovery
- Promoting more public awareness and encouraging people to seek help early

Choose Life Priority Groups

- People who attempt suicide
- People in isolated or rural communities
- People with mental health problems
- People at times of transition

Partners In Delivery

Lomond and Argyll Advocacy Service

In Kind Support Received

Volunteer time.

Evaluation Tools/Methods

The evaluation of this project will build on earlier work done by Lomond and Argyll Advocacy Service. During 2004 the advocacy service in partnership with Dumbarton and District Mental Health Forum, supported a user led research project in to the experiences of people who use mental health services in the Lomond area. The same user led research approach will be used in the evaluation of this project.

Contact Details

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01389 726543

scott@laas.freeserve.co.uk

The Mental Well-being Project

The project will develop an advice and information outreach service for people with mental health issues. Specially trained volunteer advisers will visit in-patients at Argyll and Bute Hospital and provide free housing, debt, relationship and generalist advice. This support will enable clients to sort out problems they may have had prior to admission, help them to manage their affairs whilst in hospital and help reorientate and support them once discharged to their communities.

The CAB publishes money advice, benefits and other leaflets for distribution to patients on admission and discharge.

Further advice and support will be available through an email and telephone advice service.

Rationale

Admission to and discharge from hospital can be particularly stressful times for people. Appropriate and effective advice and support in relation to housing, finance and other issues should help to reduce the level of stress and hopefully help to reduce the risk of suicide.

Desired Outcomes

- Increased access to services and preventative support to reduce the risk of suicide within the community.
- Prevent debt and financial crises and maximise client's income through benefits uptake and money advice.

Relevance to Choose Life's Key Areas Of Work

Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.

Choose Life Objectives

- Early prevention and intervention
- Responding to immediate crisis
- Longer term work to provide hope and support recovery

Choose Life Priority Groups

- People who attempt suicide
- People with mental health problems

Partners In Delivery

Argyll & Bute CAB

In Kind Support Received

Volunteer time.

Evaluation Tools/Methods

- Quality of life changes will be monitored using the professional assessment of those referring patients and where appropriate a quality of life questionnaire issued by the project.
- Monitoring information will be gathered using an electronic case recording system.

Contact Details

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