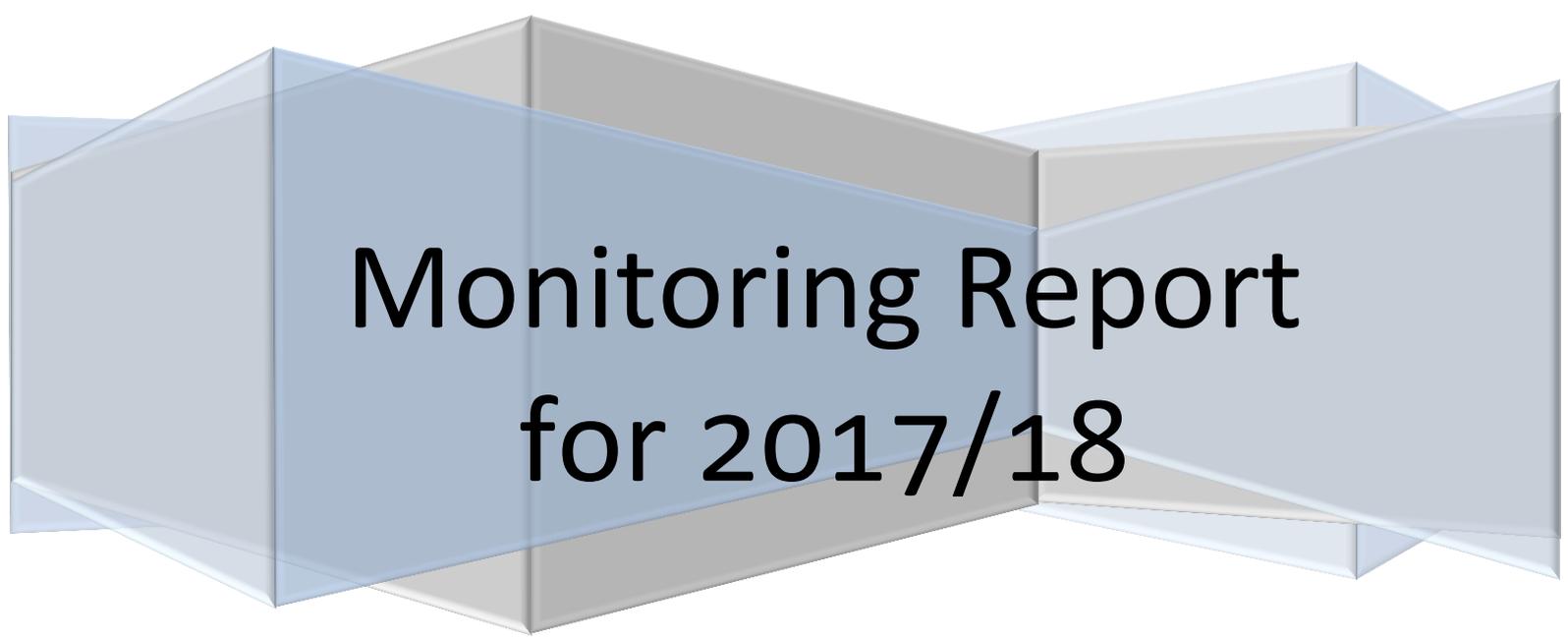




Public Health  
Agency

# **Mental Emotional Wellbeing and Suicide Prevention Training**

A decorative graphic consisting of several overlapping, semi-transparent, light blue and grey rectangular blocks arranged in a staggered, 3D-like pattern.

**Monitoring Report  
for 2017/18**

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## **Introduction**

The Public Health Agency (PHA) commissions a range of Mental Emotional Wellbeing and Suicide Prevention training programmes which are delivered across Northern Ireland. Training can range from increasing an individual's awareness of mental health and wellbeing through to skills training in mental health and crisis intervention.

This monitoring report provides an overview of training delivered from April 2017 – March 2018. All information provided has been collated from the submission of training monitoring returns provided by programme facilitators working in the mental emotional wellbeing and suicide prevention area.

## **Strategic context**

A new Mental and Emotional Health and Wellbeing and Suicide Prevention Strategy is being developed by Department of Health (DoH) which will define the aims, objectives and priority actions for the promotion of mental and emotional health and wellbeing and suicide prevention in Northern Ireland. It is expected that the strategy will build on the existing strategy and focus on the mental and emotional resilience of the whole population alongside specific “raised risk” groups, so that people can improve their ability to adapt and recover from adverse circumstances or events.

The Bamford Taskforce Report (2011) under the theme “Protect Life and Mental Health and Wellbeing Promotion” prioritised education and awareness raising of mental health problems. Greater awareness and understanding of mental health issues can play a significant role in improving the day to day experience of people with mental health problems in Northern Ireland.

Mental health promotion works at three levels:

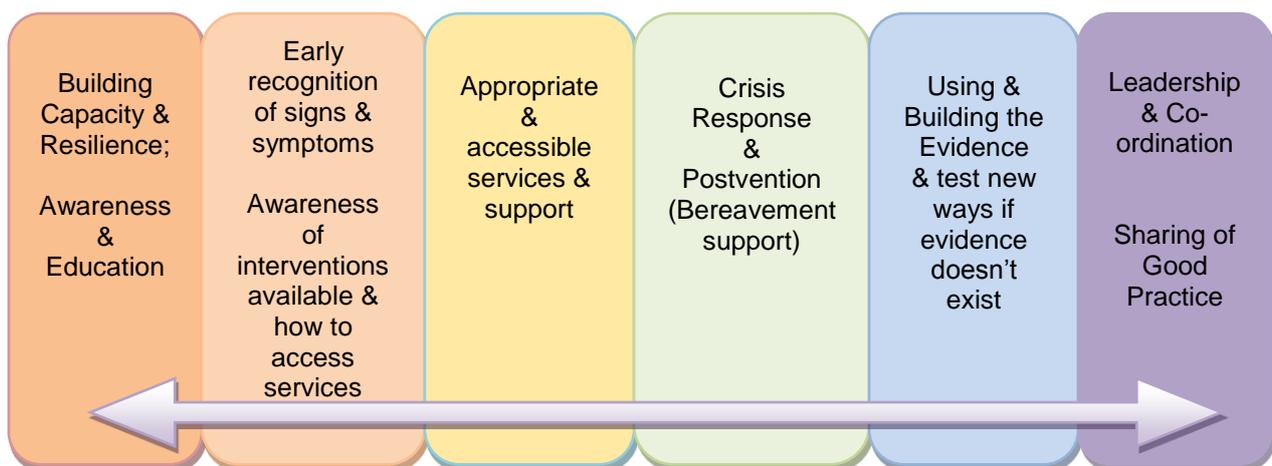
- Strengthening individuals
- Strengthening communities
- Reducing structural barriers to mental health.

The aim of mental health promotion is to enhance protective factors and mitigate risk factors at both individual and community level. Through evidence the following key areas are highlighted:

- De-stigmatising mental health issues.
- Strengthening communities through opportunities for participation, personal development and problem solving that enhance control and prevent isolation.
- Community empowerment and interventions to encourage improvements in physical and social environments and strengthen social networks.

The Protect Life 2 Strategy will continue to promote the need for training in suicide awareness and mental health awareness for the whole population living and working in Northern Ireland.

### Implementation model and current core programmes



The implementation model is based on a continuum of intervention as outlined above. Training, which is reflected in this model, spans both mental health promotion and suicide prevention using population and targeted approaches. The model has been developed from the evidence of what is known to be effective and the learning gained from partnership working. It begins with a focus on promoting good mental and emotional wellbeing for all and moves across to more targeted interventions (e.g., for those at increased risk) with on-going emphasis on improving knowledge and understanding of evidence.

It is imperative that action is taken within and across all segments in order to deliver best outcomes. It is an integrated model that recognises the need to respond to risk factors and also to build the protective factors which promote social and emotional wellbeing.

## **Steps of Training**

To reflect the PHA continuum model all mental and emotional wellbeing and suicide prevention training programmes/courses are identified through 3 steps of learning. Each step is defined below:

### **Step 1: Building Capacity and Resilience: Education and Awareness**

Courses are typically of short duration and aim to increase individual awareness of good and mental and emotional health and wellbeing and identify steps that can be taken by an individual to keep themselves mentally healthy.

### **Step 2: Early recognition of signs and symptoms; how to intervene and signpost to services**

Mental and emotional health and wellbeing and suicide prevention programmes typically highlight the recognition of signs and symptoms of mental illnesses and/or suicidal ideation; the steps to take to help a person and signpost to relevant services.

### **Step 3: Crisis Intervention**

Intervention training provides participants with the knowledge and evidenced based skills to help a person who is suffering a mental health or suicidal crisis. Training will teach participants how to keep a person safe until help arrives.

## **Evidence based training**

Training which has a sound evidence base is recognised as important in the prevention of suicide. Programmes commissioned by the PHA include Applied Suicide Intervention Skills Training (ASIST); Mental Health First Aid (MHFA) and safeTALK. The following provides a detailed listing of programmes provided across the region in 2017/18 and which reflect the PHA three steps of learning.

## Step 1 - Building Capacity and Resilience: Education and Awareness

### Mindset Adult

The Public Health Agency (PHA) commissions Action Mental Health to facilitate mental and emotional health and wellbeing awareness raising courses. Mindset Adult is a mental health awareness course which is available for the general public aged 18+yrs. It is delivered within 3½ hours.

### Mindset - Learning Goals and Objectives

- Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
- Raise awareness of signs and symptoms of mental ill-health
- Promote self-help/resilience techniques and how to maintain a safe level of positive mental and emotional health and wellbeing
- Promote self-care
- Information and/or resources on mental health support organisations available locally and regionally

Trust area	No of courses delivered	No of participants
Northern	38	475
South Eastern	28	367
Belfast	38	551
Western	48	540
Southern (Mood Matters)	Information not available	400
<b>Total</b>	<b>152</b>	<b>2333</b>

As part of the Mindset Adult training, specific target groups were recorded:

Sector	Northern	Western	Belfast	South Eastern	Total
Participants from the top 20% most deprived SOA in each locality	35	233	140	53	461
Long Term Unemployed	111	160	109	38	418
BME (inc Travellers)	35	42	42	21	140
LGBT	20	43	34	33	130
<b>Totals</b>	<b>201</b>	<b>478</b>	<b>325</b>	<b>145</b>	<b>1149</b>

## Mindset Adolescent

Mindset Adolescent is mental and emotional health and wellbeing awareness raising course which is delivered by Action Mental Health to young people aged between 14 - 17yrs of age. It is delivered within 3½ hours. Mindset Adolescent has the same learning goals and objectives as the adult course (see above) however, is tailored to meet the needs of younger participants.

Trust area	No of courses delivered	No of participants
Northern	18	210
South Eastern	17	256
Belfast	15	223
Western	21	316
Southern area (B+ & Gimme5) training	Information not available	681
<b>Total</b>	<b>71</b>	<b>1686</b>

As part of the Mindset Adolescent training specific target groups were recorded:

Sector	Northern	Western	Belfast	South Eastern	Total
Youth in rural areas	10	17	2	5	34
LAC C&YP	6	7	2	3	20
Vulnerable or at risk	7	4	4	5	20
LGBT	6	8	11	10	35
SOA	8	11	11	12	42
Youth Justice	0	2	1	0	3
BME (inc Travellers)	4	3	4	6	17

## Step 2 - Early recognition of signs & symptoms; how to intervene and signpost to services

### Mental Health First Aid (MHFA)

Mental Health First Aid is a 2 day (12hr) programme which takes participants through the 5 stepped model approach in becoming a trained first aider in mental health.

### Learning Goals and Objectives

Over the 2 day course participants learn to:

- preserve life where a person may be a danger to themselves or others
- provide help to prevent the mental health problem becoming more serious
- promote the recovery of good mental health
- provide comfort to a person experiencing a mental health problem

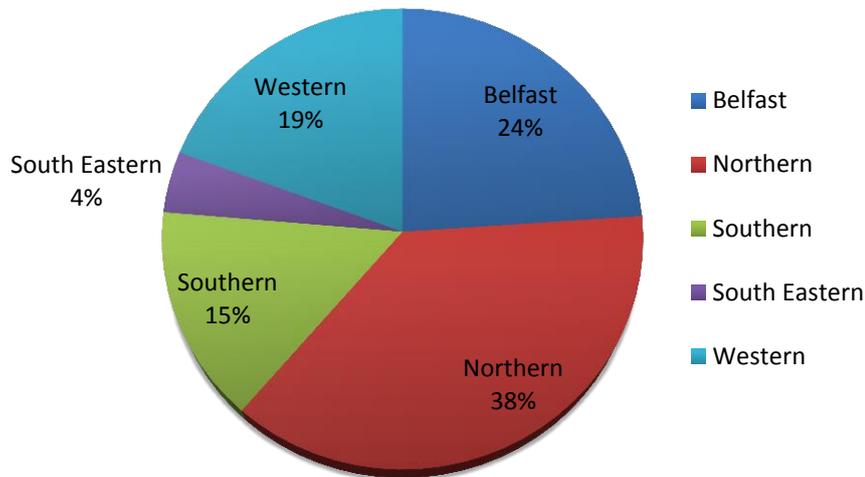
### MHFA teaches participants:

- What is meant by mental health / mental ill health?
- Recognising the signs and symptoms of common mental health problems including depression, anxiety disorders, psychosis and substance use disorders
- Dealing with crisis situations such as suicidal behaviour, self harm, panic attacks and acute psychotic behaviour
- How to provide initial help
- How to go about guiding a person towards appropriate professional help
- Self help strategies

The number of participants that have participated in a MHFA course in 17/18:

Locality	No. of participants	No. of courses delivered
Belfast	362	24
Southern	287	25
Northern	739	41
Western	304	20
South Eastern	65	4
Totals	1757	114

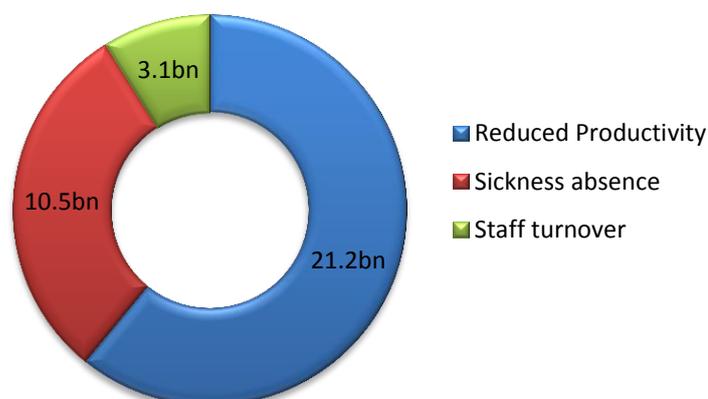
## Number of MHFA participants



The above chart highlights the spread of participants across the 5 HSC Trust areas.

Mental ill health costs UK employers an estimated **£34.9 billion each year** - the equivalent of £1,300 for every employee in the UK workforce. Broken down, that is approximately £10.6 billion in sickness absence, £21.2 billion in reduced productivity, and £3.1 billion in replacing staff who leave their jobs for mental health-related reasons<sup>1</sup>.

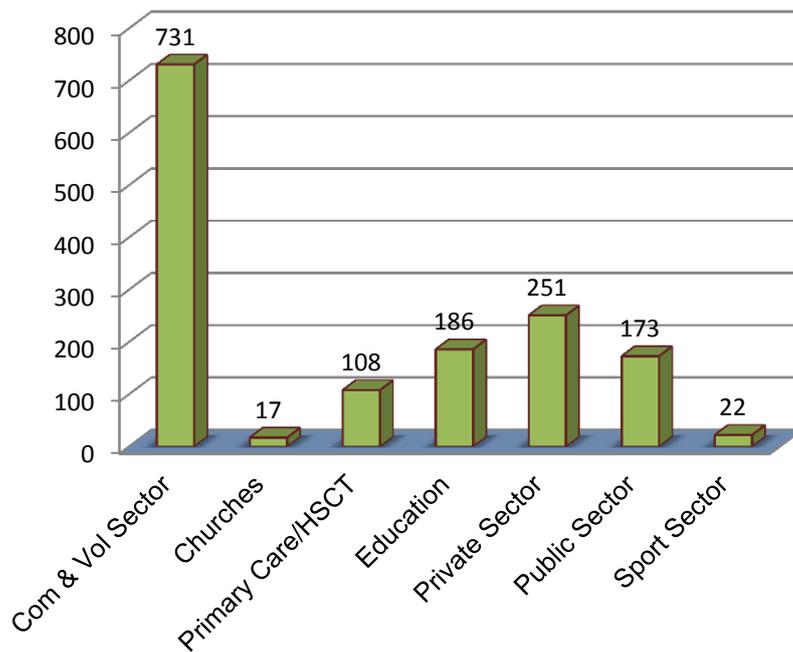
## Mental ill health costs UK employers £34.9 billion each year



<sup>1</sup> <https://mhfaengland.org/organisations/workplace/> accessed 25<sup>th</sup> June 2018

MHFA is made available to the whole population living and working in Northern Ireland. The table below highlights recorded attendances from a range of sectors across the region. As employers recognise the value of mental health first aiders in the workplace an increasing number of participants are from workplace sector organisations

### MHFA attendance by Organisational Sector

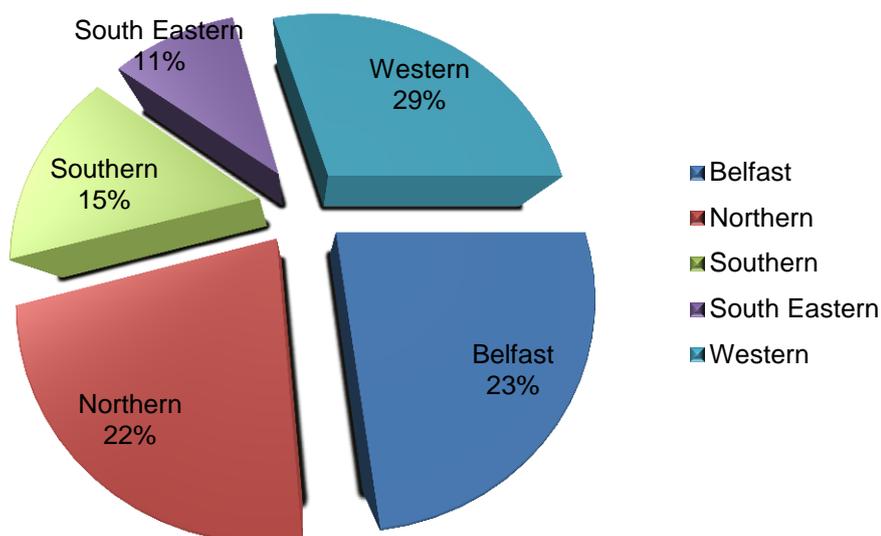


## safeTALK

safeTALK is a suicide prevention training programme which takes participants through 3.5hrs of training on how to become an alert helper to suicide.

In 2017/18 2240 people living and working in Northern Ireland attended a safeTALK suicide prevention training course.

Locality	No. of participants	No. of courses delivered
Belfast	395	29
Southern	376	27
South Eastern	176	11
Northern	249	18
Western	494	24
Front line service	550	20
<b>Totals</b>	<b>2240</b>	<b>129</b>



### Learning goals and objectives

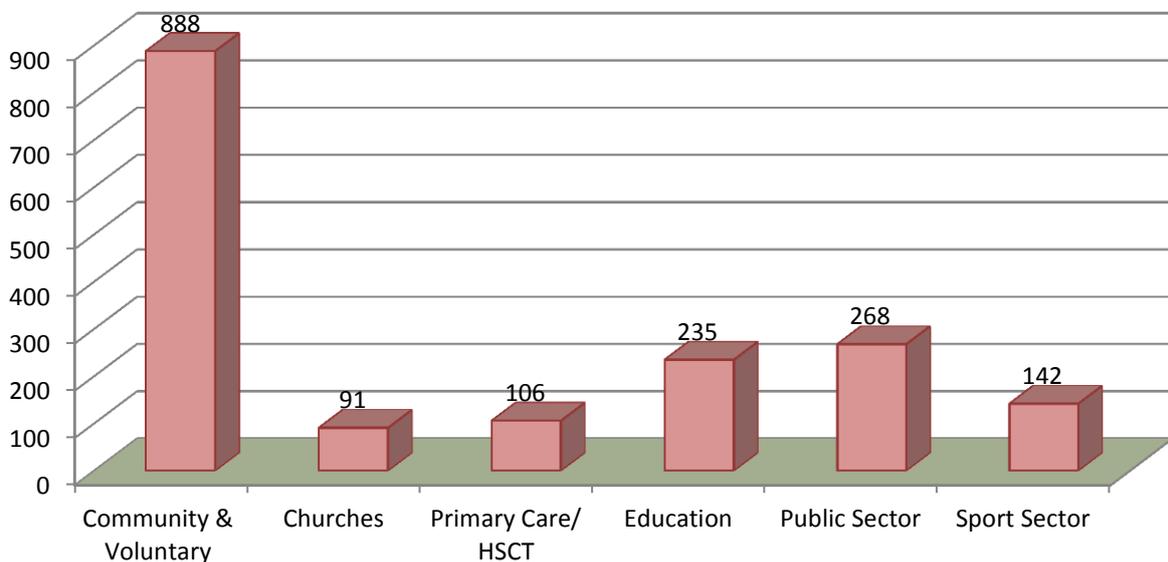
Participants learn how to provide practical help to persons with thoughts of suicide. When a helper does the TALK (**T**ell, **A**sk, **L**isten and **K**eeP Safe) they activate a suicide alert. SafeTALK prepares them to be alert helpers and an alert helper:

- Recognises when a person might be having thoughts of suicide.

- Is aware that opportunities to help a person with thoughts of suicide are sometimes missed, dismissed and avoided.
- Wants persons with thoughts of suicide to invite them to help.
- Engages a person with thoughts in direct and open talk about suicide.
- Listens to the person's feelings about suicide to show that they recognise that the thoughts are serious.
- Knows the name and contact information of local help for suicide intervention.
- Moves quickly to connect the person with thoughts to someone who can intervene immediately,

Below is a breakdown per locality area of participant attendances by the sector they represent when attending a safeTALK suicide prevention training course.

### safeTALK attendance by Organisational Sector



2017/18 saw an increase of 125 ‘gatekeepers<sup>2</sup>’ in the community and voluntary sector attending a safeTALK suicide prevention training course than that of 2016/17.

<sup>2</sup> gatekeeper is anyone who works to allow, limit, redirect, support initiatives in a community. Community gatekeepers are critical when building and strengthening co-operatives.

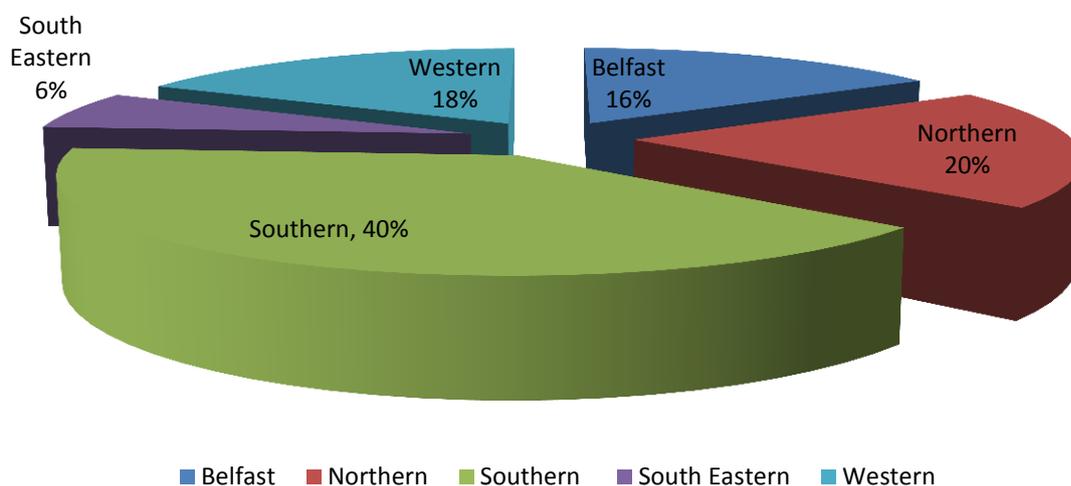
## Step 3 - Crisis Intervention

### ASIST

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Studies show that the ASIST method helps reduce suicidal feelings in those at risk and is a cost-effective way to help address the problem of suicide<sup>3</sup>.

Locality	No. of participants	No. of courses delivered
Belfast	89	5
Southern	220	13
South Eastern	35	2
Northern	110	6
Western	96	4
<b>Totals</b>	<b>550</b>	<b>30</b>

### Number of participants attending an ASIST course



### Learning goals and objectives

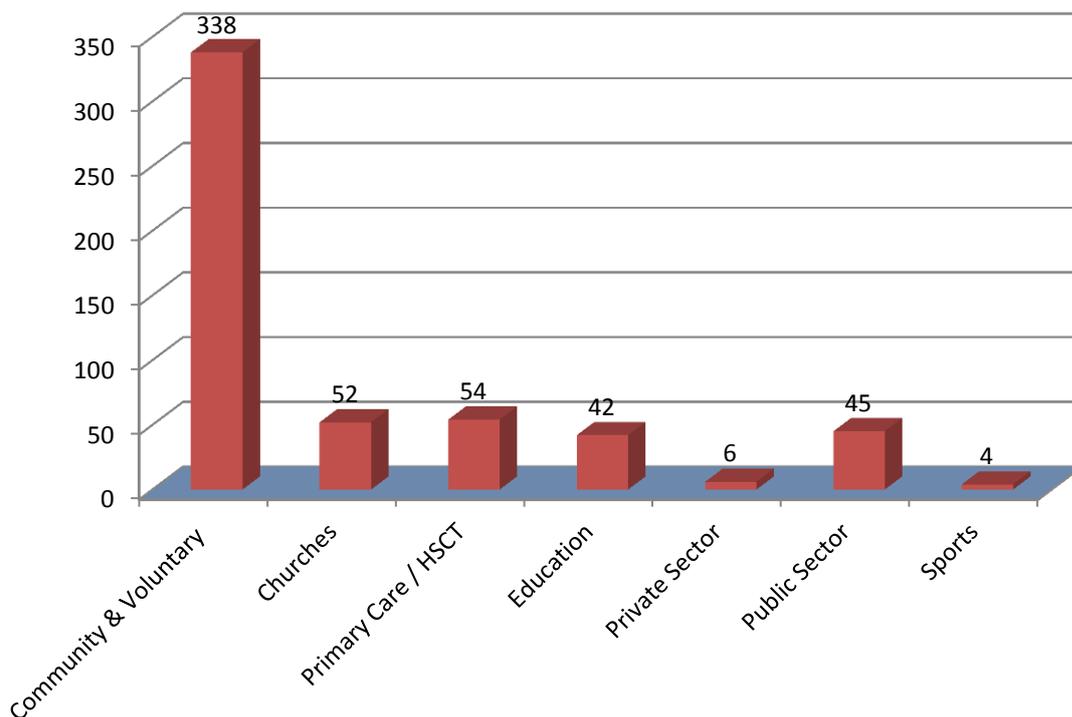
Over the course of their two-day workshop, ASIST participants learn to:

<sup>3</sup> <https://www.livingworks.net/programs/asist>

- Understand the ways that personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognise other important aspects of suicide prevention including life-promotion and self-care

Below is a breakdown per locality area of participant attendances by the sector they represent when attending an ASIST suicide intervention training course.

### Attendances at ASIST by sector



## Clergy Training (Flourish Initiative)

Flourish Inter-Churches Suicide Prevention initiative formally started in 2013.

Flourish aims to:

- support churches to develop a focused and shared approach to addressing the needs of vulnerable people; people affected by suicide and
- develop and provide appropriate training and good practice guidelines for clergy, church leaders and pastoral teams.

Emotional mental health and suicide prevention training is part of the Flourish Initiative. In 2016/17 4 clergy members completed training for trainers in facilitating the theological modules: faith, suicide and pastoral care “Working with Suicide: A Churches Guide” bringing the total number of active trainers to 7. The breakdown below highlights mental emotional and wellbeing and suicide prevention courses which Clergy and Church representatives have attended in 2017/18.

<b>Programme</b>	<b>Number of participants 17/18</b>
Flourish Theological Modules	59
SafeTALK	91
MHFA	17
ASIST	52
Suicide Connections	65
Suicide Connections Extended	16
Supporting bereaved children/young people	1
Mindfulness Training	1
Mood Matters Adults	12
Staying Safe Online T4T	1
Staying Safe Online	1
Self-Harm and Alcohol	2
Self-harm and the Family	2
<b>Total</b>	<b>320</b>

*From April 2014 – March 2018 there have been 1140 clergy/church representatives that have attended a course in mental and emotional health and wellbeing and/or suicide prevention*

## Sports Coaches Training

Sporting bodies are becoming more aware of the importance of providing mental and emotional health and wellbeing and suicide prevention programmes to their clubs/coaches/members. The information below provides an overview of the training attended by sporting clubs/coaches in 2017/18.

<b>Programme</b>	<b>No of participants</b>
ASIST	4
MHFA	22
SafeTALK	142
<b>Total</b>	<b>168</b>

Other courses attended by sports clubs included:

<b>Programme</b>	<b>No of participants</b>
Suicide Connections Awareness	24
B+	31
Mindfit	280
<b>Total</b>	<b>335</b>

<b>Programme</b>	<b>No of courses</b>
Mindset Adolescent	3
Mindset Adult	5
<b>Total</b>	<b>23 courses</b>

## Dentists

The PHA in partnership with the British Dental Association and NIMDTA has developed a training framework for mental emotional wellbeing and suicide awareness. This is targeted directly to all working in the dental profession in Northern Ireland. The 'Take 5' posters were disseminated to all Community, General and Hospital Dental Teams across the 5 health and social care trusts in 2016/17. The framework outlines the range of training programmes available; promotion of Take 5 and its focus on achieving a number of Mental Health First Aiders in the workplace. safeTALK suicide prevention training is provided for all dental staff by NIMDTA.

## NIMDTA – SafeTALK training

The Northern Ireland Medical and Dental Training Agency (NIMDTA) have 3 staff trained to deliver safeTALK suicide prevention training. They have been delivering

the training in-house to dentists/orthodontists and dental care teams across the region. In 2017/18 48 dental staff attended safeTALK suicide prevention training.

### Primary Care / Health & Social Care Trust

Local Health and Social Care Trust staff attend mental and emotional health and wellbeing and suicide prevention training. The following is an overview of courses commissioned by the Public Health Agency. This is in addition to staff training provided by each individual Trust.

#### SafeTALK courses

Overall **96** participants from the Primary Care/HSCT sector attended safeTALK courses in 17/18.

#### ASIST courses

Overall **53** participants from the Primary Care/HSCT sector attended ASIST courses in 17/18.

#### MHFA training courses

Overall **108** participants from the Primary Care/HSCT sector attended MHFA courses in 17/18.

In addition to the training courses above, Primary Care / HSCT staff also attended training in:

Name of course	No of participants from Primary Care /HSCT
Top Tips PLAY	31
Mindskill	5
Staying Safe Online T4T	5
Staying Safe online	19
Anger Management	1
Self-Harm and the family	1
The importance of compassion and working with self-harm	1
Caring with compassion	17
Resilience Managers	21
Resilience	45
Resilience through compassion	12
Understanding self-harm	7

Resilience under pressure	303
Suicide Awareness	118
<b>Total</b>	<b>586 staff</b>

*In total there were 843 participants recorded from the Primary Care / HSCT sector.*

## Education

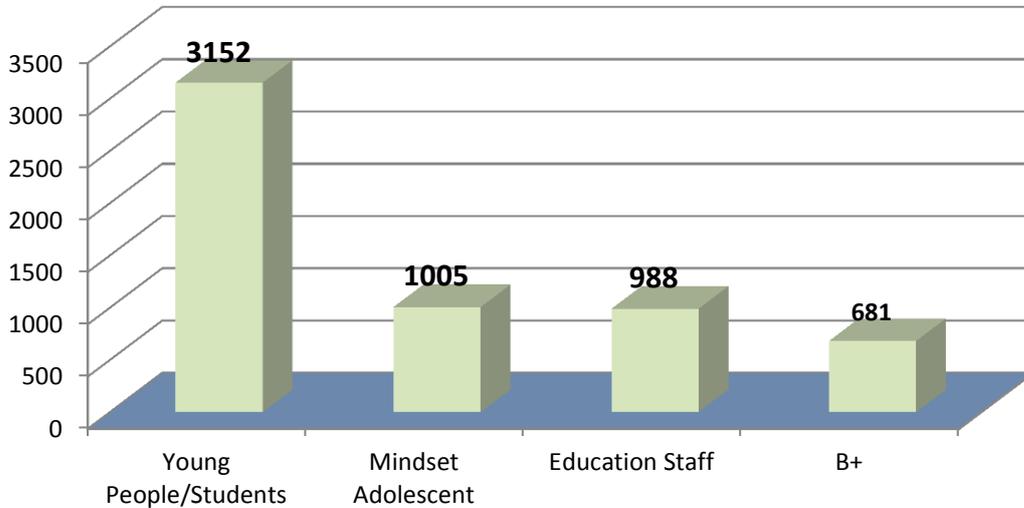
Programme	No of participants
MHFA	188
SafeTALK	235
ASIST	50
<b>Total</b>	<b>473</b>

In addition to the above courses, students and education authority staff attended a range of other emotional mental health and wellbeing and suicide prevention courses.

Name of course	No of participants
Mood Matters Young People	2697 (students)
Technology Teens & Mental Health	17
Anger management	1
Cultural Competency	3
Staying Safe Online T4T	1
Staying safe online	1
Understanding Self-Harm	16
Bereavement Awareness	1
Connections Suicide Awareness Extended	3
Suicide Awareness Connections	124
Suicide Talk/Awareness	109
Mood Matters Adult	187
Supporting Young People bereaved by suicide	46
Bereaved by suicide	6
B+	455 (students)
<b>Total</b>	<b>3667</b>

Some 4140 participants were from the education sector of which 3152 were students. In addition 1686 young people (as per page 7) aged 14-17yrs attended a Mindset Adolescent mental health awareness programme. In total there were 5826 participants that are categorised into the young people/education sector in 17/18.

## Education sector attendances including Young People and Staff



### Public Sector Training

Courses which are attended by participants representing the public sector are:

Name of course	No of participants from a public body org
ASIST	46
safeTALK	753
MHFA	163
Suicide Awareness Connections	19
Supporting Children & Young People Bereaved by suicide	121
Top Tips Play	8
Understanding Self-harm	6
Staying safe online T4T	4
Staying safe online	2
Resilience Training	47
Mood Matters Adult	58
Trauma Awareness	58
Looking After me	40
Mindfulness	19
Mental Health Awareness	30
Cultural Competency	6
Technology Teens & Mental Health	10
<b>Total</b>	<b>1390</b>

*In total 1390 participants were from the public sector*

## Additional training programmes delivered throughout 2017/18

In addition to the above training, each of the 5 Trust locality areas develop a training calendar of programmes reflective of locality needs. Below is a list of organisations that deliver bespoke courses as well as regionally co-ordinated courses.

### Northern area:

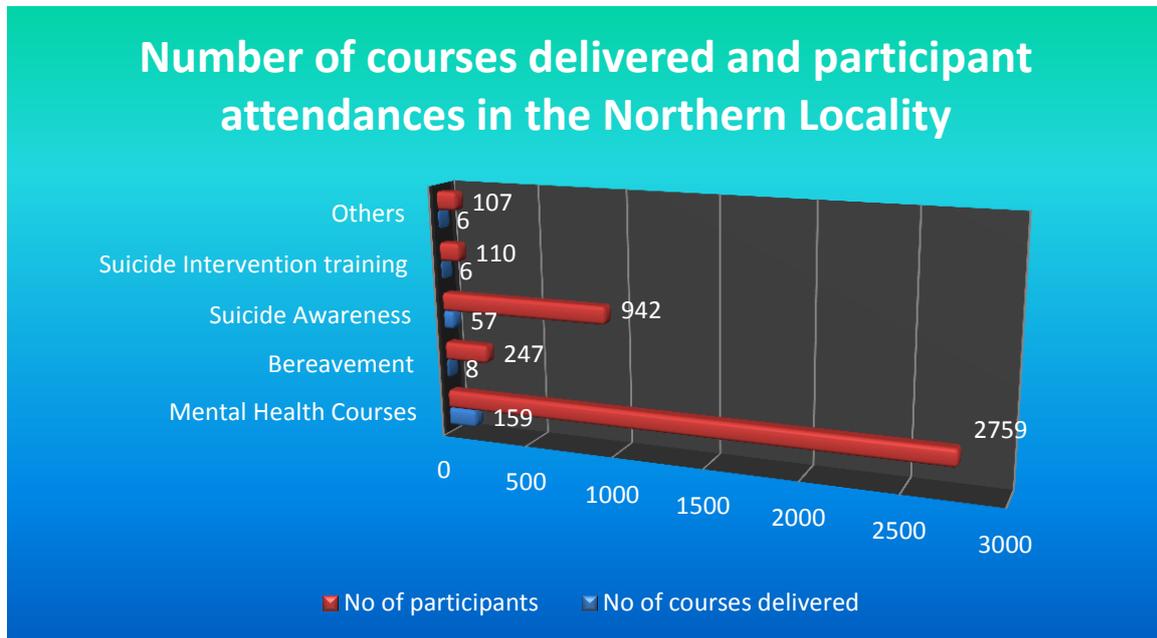
Delivery Organisation	Programme delivered
NACN	safeTALK
CRUN	safeTALK
SACN	safeTALK
Fresh Minds Education	SafeTALK
	Suicide Awareness: Connections
	Suicide Awareness: Extended
	ASIST
ZEST	Understanding Self-harm
	Trauma Awareness
	Anger Management
Barnardos	Supporting Children & Young People & their families bereaved by suicide
	Bereaved by suicide
	Awareness Raising
AWARE	Mood Matters for Young People
	Living Life to the full
	Mood Matters for Adults
	MHFA
NHSCT	MHFA
	ASIST
	Cultural Competency
CRUSE	Bereavement Awareness
Action Mental Health	Mindset Adult
	Mindset Adolescent
	MHFA

## Northern Overview of all mental and emotional wellbeing and suicide prevention training delivered in 2017/18

The figures below include all training delivered and attended within the northern locality in 2017/18 (including MHFA; SafeTALK; Mindset and ASIST). There were:

- 159 mental health courses delivered to 2759 participants
- 8 bereavement courses delivered to 247 participants
- 57 suicide awareness courses delivered to 942 participants
- 6 suicide crisis intervention training delivered to 110 participants

- 6 courses which includes self-harm; trauma; anger management; cultural competency delivered to 107 participants



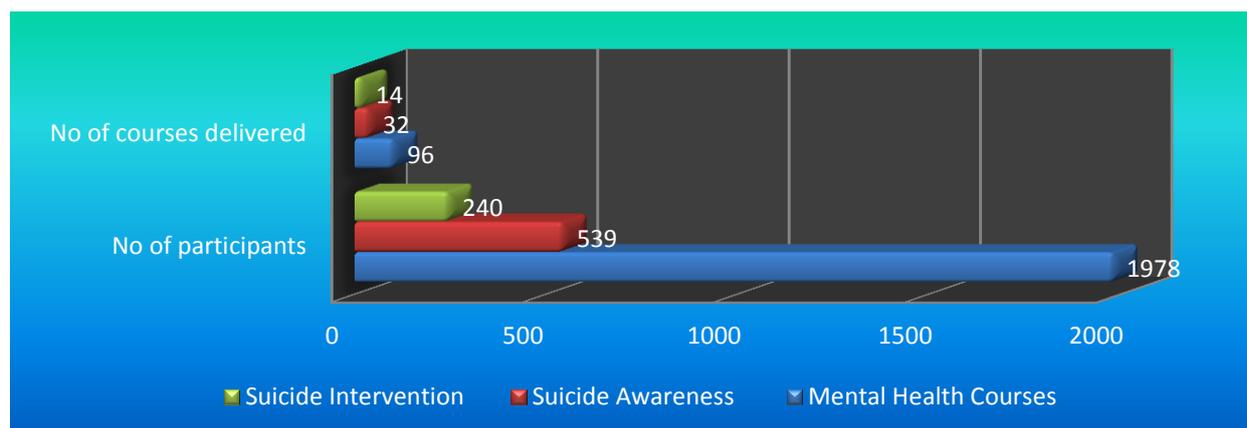
### Southern Overview of all mental and emotional wellbeing and suicide prevention training delivered in 2017/18

Delivery Organisation	Programme delivered
Action Mental Health	ASIST B+ MHFA SafeTALK Suicide Talk
SHSCT	ASIST MHFA B+ Mindfulness Looking After me Gimme5
PIPS	Suicide awareness ASIST B+ SafeTALK MHFA Understanding Mood Disorders Bereavement Support Shoulder to Shoulder Crisis intervention
Aware	Mood Matters Adult Mood Matters Young People
Niamh Louise Foundation	MHFA

The figures below include all training delivered and attended within the southern locality in 2017/18 (including MHFA; B+; SafeTALK and ASIST).

Within the southern area there were:

- 96 mental health courses delivered to 1978 participants
- 32 suicide awareness courses delivered to 539 participants
- 14 suicide crisis intervention training delivered to 240 participants



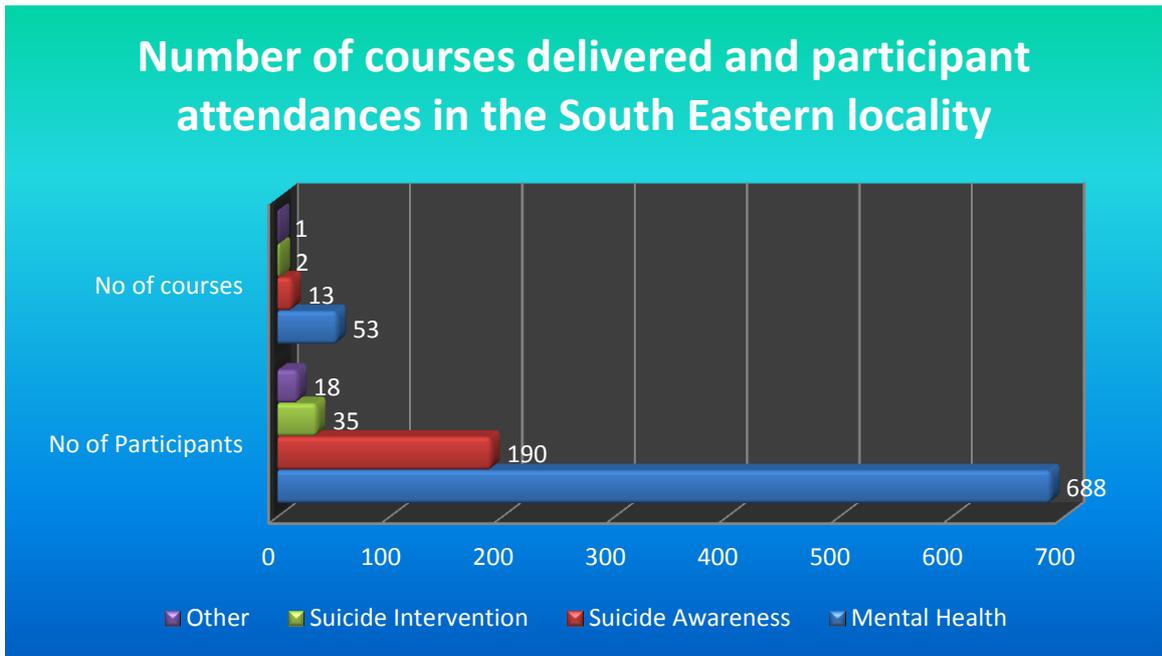
### South Eastern overview of all mental and emotional wellbeing and suicide prevention training delivered in 2017/18

Delivery Organisation	Programme delivered
SEHSCT	ASIST safeTALK
Action Mental Health	Mindset Adult Mindset Adolescent
ZEST	Self-Harm Awareness
AWARE	MHFA
NIPS	safeTALK

The figures below include all training delivered and attended within the south eastern locality in 2017/18 (including MHFA/SafeTALK/Mindset and ASIST).

Within the south eastern area there were:

- 53 mental health courses delivered to 688 participants
- 13 suicide awareness courses delivered to 190 participants
- 2 suicide crisis intervention training delivered to 35 participants
- 1 Understanding self-harm course delivered to 18 participants

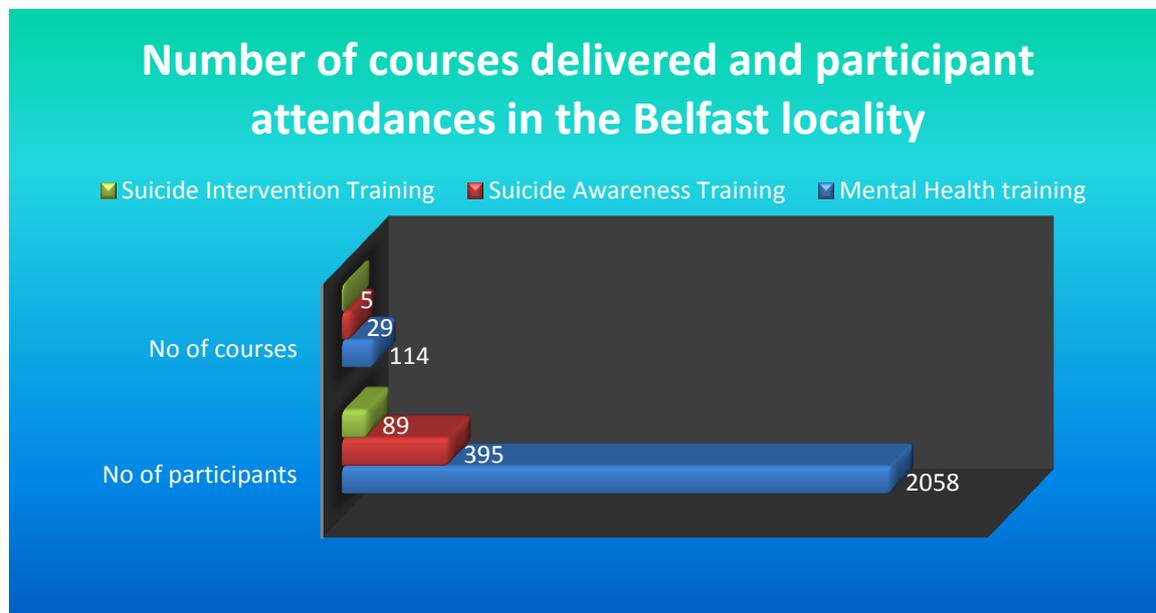


**Belfast overview of all mental and emotional wellbeing and suicide prevention training delivered in 2017/18**

Delivery Organisation	Programme delivered
Suicide Awareness Support Group	ASIST SafeTALK
EXTERN	safeTALK ASIST
BHSCT	ASIST MHFA Top Tips PLAY
AWARE	Mood Matters in Young People Mood Matters in Adults Mood Matters Parent & Baby MHFA
Princes Trust	MHFA
Lighthouse	Working with Suicide: a Churches response MHFA
Action Mental Health	Mindset Adult Mindset Adolescent
Kearns Training & Consultancy	MHFA

The figures below include all training delivered and attended within the Belfast locality in 2017/18 (including MHFA; SafeTALK; Mindset and ASIST). Within the Belfast locality there were:

114 mental health courses delivered to 2058 participants  
 29 suicide awareness courses delivered to 395 participants  
 5 suicide crisis intervention training delivered to 89 participants



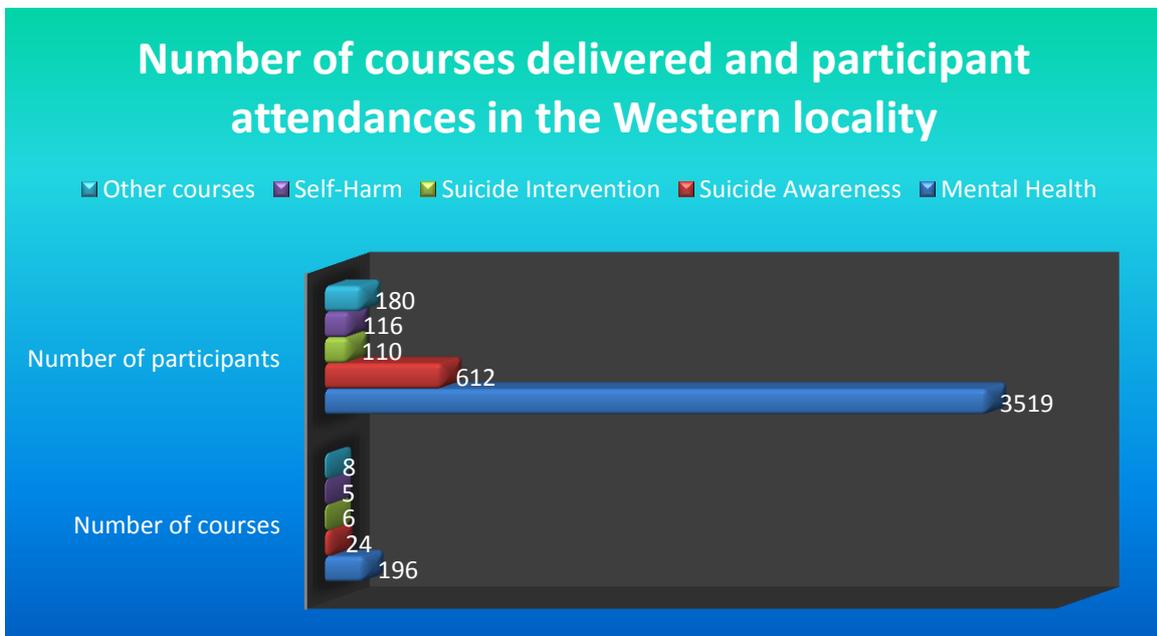
#### Western Area

Delivery Organisation	Programme delivered
WHSCCT	MHFA safeTALK ASIST Resilience Under Pressure Take 5 Staying Safe Online T4T Staying Safe Online Caring with Compassion Resilience Training Stress Management Resilience through compassion Resilience & Self-care Resilience under pressure Resilience Managers Suicide Awareness
AWARE	Mood Matters for Young People Mood Matters for Adults MHFA Living Life to the Full
CLEAR	SafeTALK Motivational Interviewing

	Anger Management Developing Personal Resilience Personal Resilience
ZEST	Impact of Alcohol and self-harm Crisis Intervention Importance of compassion in working with self-harm Self-Harm and the family Self-Care
Oak Healthy Living Centre	ASIST
Action Mental Health	Mindset Adult Mindset Adolescent

The figures below include all training delivered and attended within the western locality in 2017/18 (including MHFA; SafeTALK; Mindset and ASIST). In total there were:

- 196 mental health courses delivered to 3519 participants
- 24 suicide awareness courses delivered to 612 participants
- 6 suicide crisis intervention training delivered to 110 participants
- 5 Self-harm courses delivered to 116 participants
- 8 other courses which include Online Safety Training; Anger Management; Motivational Interviewing; delivered to 180 participants



## Training in Northern Ireland

Mental and Emotional Health and Wellbeing and Suicide Prevention training continues to deliver to the whole population living and working within Northern Ireland. The demand for training continues to rise.

***In total for 2017/18 there were 14,932<sup>4</sup> participants that had attended and completed training in a chosen mental health and/or suicide prevention area.***

## Next Steps

### **Framework for Mental Emotional Wellbeing and Suicide Prevention Training**

During 2018/19 the PHA will be working in partnership to develop a mental and emotional wellbeing and suicide prevention training framework. It is proposed that this framework will provide information for people living and working in Northern Ireland to help them be more aware of the mental and emotional health and wellbeing and suicide prevention training opportunities available and to provide them with information to assist them to make informed choices on the most appropriate training to attend to meet their own needs.

### **Evaluation**

In addition to the current participant evaluation forms and in order to ensure that all mental and emotional wellbeing and suicide prevention training meets the learning needs of the population, the Public Health Agency will introduce a computerised evaluation system. Participants will be asked to complete a short online survey from 6 months to 1 year after they have attended a training course. The evaluation will focus on the evidence of any skills used by a participant after they have attended training. The collated information will assist the Public Health Agency in assessing the efficiency of current provision of mental and emotional wellbeing and suicide prevention training across the region and to plan for future provision.

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<sup>4</sup> Participants may have attended more than one course through the year

For further information on emotional, mental health and wellbeing and suicide prevention training courses delivered in N Ireland please contact [helen.gibson@hscni.net](mailto:helen.gibson@hscni.net)