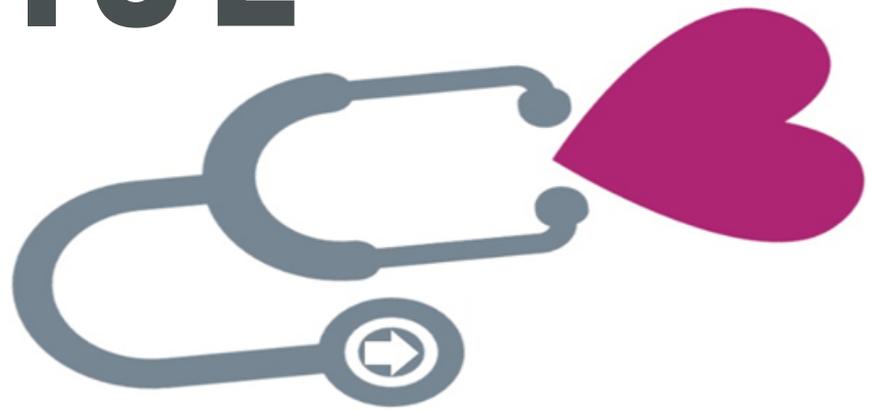


PRACTISE HOPE



Practise Hope - a **FREE** primary care initiative for 10 – 25 year olds who self-harm or have thoughts of suicide.

LAUNCH EVENT

MONDAY 29 MARCH 2020,
1 PM - 2 PM
VIA ZOOM

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WHAT IS PRACTISE HOPE?

Practise Hope is an innovative primary care initiative targeted specifically at clinical and non-clinical staff working in GP practices to strengthen their capacity to help 10-25-year olds who self-harm or have thoughts of suicide. Co-production with children and young people is a key element of this initiative.

The Practise Hope pilot (Feb 2019 – Sept 2020) received funding from Health Education England and was delivered by practices in Kent, Sussex and Surrey.

Practise Hope is based on the NHS PACEsetter model.



BACKGROUND

Self-harm and suicide is a major public health concern. New research has found that some GPs do not feel equipped to support children and young people who self-harm or have thoughts of suicide.

Between April 2019 and March 2020, 125 young people (aged 0-24) attended Coventry and Warwickshire A&E with a self-harm flag; in the same period, 1,705 young people (0-24) were admitted to Coventry and Warwickshire hospitals because of self-harm.

In October 2020, the Samaritans published their report "Pushed from pillar to post: Improving the availability and quality of support after self-harm in England".

The report found that people with lived experience of self-harm said GPs had two key roles in providing support:

- Assessing needs and providing a gateway to services that can address the underlying reasons for the self-harm
- Providing an accessible, ongoing source of support in times of stress.

It is estimated that around one third of those who die by suicide in England were in contact with primary care services prior to their death but were not receiving specialist mental health support. Supporting practices to strengthen their responsiveness to young people struggling with suicidal thoughts and self-harm is therefore vital.

1. https://media.samaritans.org/documents/Samaritans - Pushed from pillar to post_web.pdf

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Ann Feloy, Chair of Olly's Future suicide prevention charity, worked as Patient Carer Lead, bringing her personal insight of losing her son Oliver to suicide when he was 22 years old. She developed Practise Hope with Clinical Lead Dr. Sam Fraser a clinical psychologist who based her Dharzi Fellowship on this initiative.

Ann said: "So much more could have been done to help my son. For example, small system changes, such as asking if there was a trusted adult the GP could contact, and flagging up on the computer system that this was the first time Oliver had been prescribed anti-depressants and he was under 25 years old. Practise Hope is my way of ensuring other parents are spared the devastation of losing their son or daughter."

[For more information on Olly's Future - https://ollysfuture.org.uk/](https://ollysfuture.org.uk/)

WHAT IS INVOLVED?

All GP practices who sign up to Practise Hope complete five key activities:

1. **A baseline survey** - measuring practice staff competence and confidence in supporting children and young people with thoughts of suicide and who self-harm.
2. **A self-assessment audit** of your practice's safeguarding procedures (all ages) based on CQC regulation 13.
3. **A staff well-being survey** - with at least half of all staff - clinical and non-clinical, around their own wellbeing.
4. **A patient well-being survey** - with at least 1% of your (target) population (CYP in the age range 10-16 & 17-25).
5. The creation of an **Action Plan** co-created with staff and CYP.

Suicide prevention training is also delivered on-line by trainers who are clinicians themselves, for the following:

- **clinical staff** (60 mins, for up to 20 participants). It is expected for a Practice Lead and GPs and nurses from the same surgeries to attend this training scheduled during lunch time.
- **non-clinical staff** (90 mins, for up to 20 participants); ideally receptionists, medical secretaries and admin staff from the same surgery to attend.

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The three aims of the 60-minute clinical training sessions are as follows:

- Understanding the views of young people when they are seeking help
- Managing risk assessments and confidentiality
- Care planning around self-harm and suicide

After the clinical training session, participants will have the following skills:

1. Increased knowledge and awareness about self-harm and suicide - statistics, causality, risk factors, early indicators, particularly in their own area.
2. Knowledge of statistics in their own area concerning the above
3. Understanding of the NHS SLEEP acronym.
4. Awareness of Safety Plans, consensus and confidentiality.

Participants will also have a clear understanding of the following:

5. The NHS PACEsetter model
6. The Practise Hope initiative and the digital guide, with access to all the data collection tools, including surveys.
7. An appreciation of how to work in co-production with children and young people.

90-minute non-clinical training for receptionists, administration staff and volunteers

After the non-clinical training, participants will have knowledge of some of the above aspects, however, there is less emphasis on causality, risk factors, early indicators and confidentiality and on safety planning.

YOUR ACTION PLAN

Following the training sessions and on completion of the surveys, practices create **Action Plans** with three further activities. These are ideally co-produced with children and young people on how to improve services and support, with an aim that these 'focus groups' continue to work together with the surgery on an on-going basis.

BOOK YOUR PLACE AT THE LAUNCH

To book your place at the Practise Hope launch on **Monday March 29th at 1 PM - 2 PM**, and to find out how to sign up to this initiative please click [HERE](#).

For further queries please contact:

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