



Date	19 September 2023
Agenda Item	16

**Report to: West Lothian Integration Joint Board**

**Report Title: Probable Suicide Report 2022**

**Report By: General Manager for Mental Health and Addictions Services**

<b>Summary of Report and Implications</b>	
<b>Purpose</b>	This report: (tick any that apply).
	- seeks a decision <input type="checkbox"/>
	- is to provide assurance <input checked="" type="checkbox"/>
	- is for information <input checked="" type="checkbox"/>
	- is for discussion <input type="checkbox"/>
	The purpose of the report is to note 2022 Probable Suicide figures for West Lothian and note the progress towards a Suicide Prevention plan in West Lothian
<b>Recommendations</b>	It is recommended that the IJB: <ul style="list-style-type: none"> <li>o note the contents of the report;</li> </ul>
<b>Directions to NHS Lothian and/or West Lothian Council</b>	A direction(s) is not required.
<b>Resource/ Finance/ Staffing</b>	N/A
<b>Policy/Legal</b>	<a href="#">National Records of Scotland Probable Suicides (2022)</a> <a href="#">Creating Hope Together (2022)</a>
<b>Risk</b>	Risk associated with failure to develop an effective Suicide Prevention Plan include further preventable loss of life and further impact on family, friends and the wider community  Risks to implementation include lack of appropriate data sharing
<b>Equality, Health Inequalities, Environmental and Sustainability Issues</b>	Actions in the paper aim to reduce health inequalities by providing high quality local care for people at risk of suicide or those who are affected by suicide

<b>Strategic Planning and Commissioning</b>	A suicide prevention action plan is an action in the West Lothian IJB Strategic Plan for 2023-8
<b>Locality Planning</b>	NA
<b>Engagement</b>	The action plan which is in development, will be informed by local engagement

**Terms of Report**

**1. Probable Suicides in West Lothian 2022**

1.1 On 5<sup>th</sup> September 2023, National Records of Scotland (NRS) published data for probable suicides in 2022. Despite a small increase in probable suicides across Scotland, West Lothian saw a decrease to 18, against 30 in 2021 and 23 in 2020.

1.2 To compare data, the Records Office suggest the 5-year mean mortality rate, standardised by age, to be the most reliable measure. By this measure, West Lothian’s age-standardised mean is slightly below Scotland’s as a whole, as illustrated in figure 1 below.

**Age-standardised mortality rates of suicide deaths by council area, 2018-2022 average**

Council Area	Rate (per 100,000 population)
Orkney Islands	22.0
Highland	21.5
Dundee City	21.0
East Ayrshire	19.5
Na h-Eileanan Siar	19.0
Perth and Kinross	18.5
Moray	17.5
Clackmannanshire	17.0
North Ayrshire	16.5
North Lanarkshire	16.0
Glasgow City	15.5
Argyll and Bute	15.0
Scottish Borders	14.5
West Dunbartonshire	14.0
Inverclyde	13.5
Falkirk	13.0
Scotland	14.5
South Lanarkshire	12.5
West Lothian	12.5
Fife	12.0
Aberdeenshire	11.5
South Ayrshire	11.0
Midlothian	10.5
Angus	10.0
Dumfries and Galloway	9.5
East Lothian	9.0
City of Edinburgh	8.5
Renfrewshire	8.0
Shetland Islands	7.5
Aberdeen City	7.0
East Dunbartonshire	6.5
Stirling	6.0
East Renfrewshire	5.5

Figure 1

## 2.1 National Strategy - Creating Hope Together

In 2022 the Scottish Government and Convention of Scottish Local Authorities (COSLA) published *Creating Hope Together: Scotland's Suicide Prevention Strategy 2022 to 2032* and accompanying Action Plan for 2022 to 2025.

The vision of the National Strategy is:

*"...to reduce the number of suicide deaths in Scotland, whilst tackling the inequalities which contribute to suicide. To achieve this, all sectors must come together in partnership, and we must support our communities, so they become safe, compassionate, inclusive, and free of stigma. Our aim is for any child, young person or adult who has thoughts of taking their own life, or are affected by suicide, to get the help they need and feel a sense of hope."*

This is supported by the following four national long-term outcomes:

**Outcome 1:** The environment we live in promotes the conditions which protect against suicide risk – this includes our psychological, social, cultural, economic, and physical environment.

**Outcome 2:** Our communities have a clear understanding of suicide, risk factors and its prevention – so that people and organisations are more able to respond in helpful and informed ways when they, or others, need support.

**Outcome 3:** Everyone affected by suicide is able to access high quality, compassionate, appropriate and timely support – which promotes wellbeing and recovery. This applies to all children, young people and adults who experience suicidal thoughts and behaviour, anyone who cares for them, and anyone affected by suicide in other ways.

**Outcome 4:** Our approach to suicide prevention is well planned and delivered, through close collaboration between national, local, and sectoral partners. Our work is designed with lived experience insight, practice, data, research, and intelligence. We improve our approach through regular monitoring, evaluation, and review.

The plan mainly focuses on high level and national action and seeks to roll out Distress Brief Intervention (DBI) across local areas, informed by evaluation. We know from the evaluation of the initial DBI pilots that one in ten people reported that they may have attempted suicide or continued with suicidal thoughts if DBI had not been offered to them. The plan also requires there to be reviews of audits of suicides in each local authority.

## 2.2 Local Strategy - West Lothian Integration Joint Board Strategic Plan 2023-28

In March 2023 the West Lothian Integrated Joint Board (IJB) published its new strategic plan with a vision of *"Working in partnership to improve wellbeing and reduce health inequalities across all communities in West Lothian"*. To achieve these three new strategic priorities were identified as:

1. Improving Health Inequalities in Partnership
2. A "Home First" Approach
3. Enabling High Quality Care, Support and Treatment

Suicide Prevention has key actions which contribute to meeting both priorities 1 and 3.

### 2.3 West Lothian Suicide Prevention Action Plan 2024 – 2027

To deliver on nation and local strategic focus of reducing and preventing probable suicides and tackling the inequalities which contribute to this, a three-year Suicide Prevention Action Plan will be developed for West Lothian, by the West Lothian Suicide Prevention Leadership Group, which reports to the West Lothian Public Protection Chief Officers Group.

To successfully deliver on this we need to consult and engage with partners across the Community Planning Partnership and with our communities. Over the next year we will undertake consultation and engagement to achieve this taking a whole system approach to our engagement work in tackling suicide considering the key risk factors that contribute to inequalities in West Lothian such as poverty, substance use, homelessness, and trauma. We will ensure our engagement and consultation considers those with lived and living experience, that colleagues across different sectors inform this engagement and the principles of Time, Space and Compassion are also included as part of this.

The above forms the basis and provides the key themes to inform the development of our three-year Suicide Prevention Action Plan.

#### West Lothian Suicide Prevention Action Plan 2023-2024

While our long-term action plan is developed a short term 1 year action plan will be put in place which focuses on delivering 4 key areas for Suicide Prevention in West Lothian:

1. Workforce Development and Community Building - Training and Learning
2. Support for people affected or bereaved by Suicide.
3. Prevention and Postvention Response
4. Maintaining links with national and local developments

These four areas will build on the progress made on our 2020-2023 action plan and contribute to the development of our longer-term action plan taking into consideration the visions of National and Local Strategy. Our 2023-24 will be reviewed within the stated timescales and an update will be provided to the Chief Officer Group quarterly per year or more frequently if requested.

### 4.0 Data Sharing

- 4.1 Many of the above proposals for reducing suicide as part of our short term and long-term action plans are predicated on effective data sharing agreements which are not currently in place in West Lothian. Police Scotland officers attending indicate that there is currently no pathway to developing a data sharing agreement in West Lothian. The Suicide Prevention Lead has linked in with the Suicide Prevention Implementation Support Lead for Public Health Scotland (PHS) who is aware that this is an issue for different areas across Scotland. PHS met with Police Scotland to discuss and are looking at different approaches to resolve this. The West Lothian Police Scotland contact indicated there may be the possibility of a local data sharing agreement however this remains to be discussed further.

### 5.0 Conclusion

- 5.1 Note proposed approached to developing a short term and long-term suicide action plan for West Lothian.  
Noting the current barriers to progression of actions detailed within the plan due to lack of a data sharing agreement.

Note and steps being taking at looking to resolve no data sharing agreement within West Lothian.

<b>Appendices</b>	
<b>References</b>	<a href="#">National Records of Scotland Probable Suicides (2022)</a> <a href="#">Creating Hope Together (2022)</a>
<b>Contact</b>	Mike Reid General Manager – HSCP Mental Health and Addictions <a href="mailto:Mike.Reid@nhslothian.scot.nhs.uk">Mike.Reid@nhslothian.scot.nhs.uk</a>