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Bae Abertawe
Swansea Bay University
Health Board

MH and LD Delivery Group

Learning and Development Steering Committee

Update Report - April 2021

Self-harm and Suicide prevention training

Aims

In 2020 Professor Kate Davidson, a subject matter expert within the field of Self-harm and Suicide Prevention (University of Glasgow) was approached to design a bespoke training programme for experienced clinicians within our Mental Health and Learning Disability Delivery Group. The intention was to commission a Clinical training programme for selected Mental Health clinicians/Practitioners acting as 'Train the Trainers' to further cascade knowledge and skills.

The objectives of this training programme are to:

- Train a cohort of experienced clinicians in a contemporary evidence based approach (Integrated Motivational Volition Model) to assessing and managing people at risk of suicide
- Improve quality of risk assessment, crisis planning ,documentation and follow up
- Enable skills to be cascaded by training selected clinicians in the clinical model and through improved supervision governance.
- Clinicians will be nominated by Professional/Service leads from those services where individuals present to services with a history of self-harm/suicidal ideation (front - facing areas such as Crisis Home Treatment teams, Acute Inpatients, CMHTs, Liaison Psychiatry, CDAT, Forensic inpatients)

Training programme

The training programme will be delivered in two phases:-

Phase 1

Single Training day

This event will provide an overview of the IMV Clinical model and application. Up to 25 delegates can be accommodated.

Phase 2

'Train the Trainers'- from the cohort attending Phase 1, **nine** staff will be nominated/selected and allocated to one of three supervision groups (**3 groups of 3 clinical peers**). Staff participating in Phase 2 will be expected to attend 12 weekly supervision sessions with Professor Davidson . Active cases will be presented by participants. Adherence to the clinical model will underpin these sessions.

Selection/ nomination for 'Train the Trainers' will be on the basis of:

- Experience of working with patients with presentation of Self-harm and Suicidal intention.
- Front-facing clinical role.
- Commitment to participation in the Train the Trainers supervision groups (cohort of 3 in each group). These sessions will run on a weekly basis for 12 weeks.
- Commitment to supervision and supporting MDTs in improving practice in this approach
- Support from line manager to participate in the Programme.

Progress

Demand for training places was high and in response to demand the allocation for both phases was doubled. This was enabled due to the training being delivered remotely through Micro-soft Teams.

The first training day was facilitated by Professor Davidson on the 19th April 2021. Claire Cotter, the National Coordinator for Self-harm and Suicide Prevention (Public Health Wales) was also in attendance and presented on the National Work Plan (which includes

development of a National Competency Framework in this area). The event was well attended with over 45 participants across a range of specialities that included inpatient, crisis teams and community staff. We also extended places to the Swansea Bay Staff well-being service.

The next phase (Train the Trainers) commences on the 26th April 2021.

The programme will be evaluated through each stage.

Dr Rhonwen Parry

Chair of the Learning and Development Steering Committee MH and LD Delivery Group

Head of Psychology Swansea Bay University Health Board.