



**Southern Area Protect Life Implementation Group  
Action Plan  
2022-2024**

## INTRODUCTION

The **Southern Area Protect Life Implementation Group (SPLIG)** is a multi-agency group with representatives from both the statutory and community & voluntary sectors. The primary purpose of the group is to ensure implementation of Protect Life 2, The Suicide Prevention Strategy for Northern Ireland (2019 -2024) at a local level.

Protect Life 2, recognises the critical role that communities have in suicide prevention and local PLIGs ensure a coordinated approach in delivering key actions. It creates better linkages and understanding between statutory service providers, elected representatives and community and voluntary sector representatives at a local level and ensures input from their locality into the Regional Strategy Implementation steering group and vice versa. The Southern Area group meets on a quarterly basis and is currently chaired by the SHSCT Assistant Director of Mental Health Services and co-chaired by Action Mental Health.

In June 2022, SPLIG members came together to review their learning and achievements over the last few years working together, and to develop and agree a shared action plan to shape the direction of travel over the next 3 years. Members identified the key needs and priorities for action, and also recognised the opportunities to be realised by maximising their collective resources, efforts and passion to make a real difference across the Southern area in suicide prevention, intervention and postvention.

It was recognised that SPLIG is already doing good work together and the next three years will build on solid foundations and relationships. Rather than reinventing the wheel, SPLIG places importance on making best use of what is in place, alongside developing future approaches that meet the needs of local people and communities, and advocating for change and influencing real change at local and regional levels.



## ABOUT THE ACTION PLAN

SPLIG members have agreed 4 overarching themes that will guide our collective efforts and align with the relevant Protect Life 2 Objectives. These themes are:

- ◆ Building awareness and understanding
- ◆ Strengthening community capacity
- ◆ Providing effective support on the ground
- ◆ Capturing and sharing evidence and learning.

The action plan identified the priorities for action under each of the themes, the deliverables, lead responsibilities and measures of success. Deliverables within each theme identify ongoing, future development and regional work.

The plan incorporates both population and targeted approaches to raising awareness, strengthening capacity and providing support. It assumes that there will be targeted effort where need is greatest, taking account of local intelligence and learning from best practice. We will consider the needs of all section 75 groups, taking cognisance of the rural nature of our target area and focus in particular in areas of disadvantage.



## DELIVERING THE ACTION PLAN

During the action plan development process, members identified not only WHAT we want to achieve, but also HOW we work together through SPLIG. Members agreed how we want to measure our success as a group over the next few years.

We also agreed a number of key success factors for achieving our objectives and delivering on the plan over the next 3 years:

- ◆ Better working together - collective responsibility, ownership, sharing and exchange
- ◆ Collaboration, alignment and integration of work, efforts, resources
- ◆ Relentless focus on delivering outcomes together that matter to communities we serve
- ◆ Diversity and contribution of members – reframing SPLIG agenda around action plan
- ◆ Camaraderie, respect and support – looking after ourselves and each other





### Theme 1:

Building awareness and understanding

PL2 Objective 2/3

### Theme 2:

Strengthening community capacity

PL2 Objective 4

### Theme 3:

Providing effective support on the ground

PL2 Objective 9

### Theme 4:

Capturing and sharing evidence and learning

PL2 Objective 10



# Theme 1: Building Awareness and Understanding

## PL2 Objective 2: Improve awareness of suicide prevention and associated Services

## PL2 Objective 3: Enhance responsible media reporting on suicide



Priorities	Deliverables/Actions	Lead (s) / Participatory role	Measurement/ Metrics
1.1 Education and training	<b>Ongoing</b>		
	Continue to deliver MH/SP training in line with PHA training framework	Protect Life Resource Service / SHSCT	<ul style="list-style-type: none"> <li>◆ Training framework and MH standards as benchmark</li> <li>◆ Monitor uptake of training/number of participants trained annually</li> </ul>
	Produce and disseminate an online PL2 PLIG Training and Resource brochure to staff and general population	SHSCT, Protect Life Resource Service , All Partners	<ul style="list-style-type: none"> <li>◆ SPLIG Brochure produced and disseminated through training &amp; community databases and local networks</li> </ul>
	<b>Future Development</b>		
	<p>Targeted approaches to training development and delivery e.g. Section 75 groups with a particular focus on:</p> <p>Rural communities and to include Hairdressers and taxi drivers.</p> <p>Men's health forum</p>	Protect Life Resource Service , SHSCT	<ul style="list-style-type: none"> <li>◆ Numbers of Section 75 groups trained annually – feeding in to regional monitoring</li> <li>◆ No of initiatives undertaken through co-production</li> <li>◆ Number of hairdressers/ taxi drivers trained in level 3 (MH Training framework)</li> <li>◆ Event organised through men's health forum.</li> </ul>

# Theme 1: Building awareness and understanding



## PL2 Objective 2: Improve awareness of suicide prevention and associated Services

## PL2 Objective 3: Enhance responsible media reporting on suicide

Priorities	Deliverables/Actions	Lead (s)/ Participatory role	Measurement/ Metrics
1.1 Education and training	<b>Future Development</b>		
	Ethnic Minority and Migrants – development of Level 2 MH awareness training	PHA AMH NMDDC – Artur	BME training developed and piloted by March 2023
	<b>Regional</b>		
1.2 Creative approaches to raising awareness and addressing stigma	Contribute to shaping and informing the procurement of regional MH/SP training	All	<ul style="list-style-type: none"> <li>Attendance and input at stakeholder engagement events</li> <li>SPLIG responding to public consultation process</li> </ul>
	<b>Ongoing</b>		
	Develop creative approaches to engage with children and young people through existing networks – Youth Wellness Web promoted widely across the region	CEHWG CYPSP EA	<ul style="list-style-type: none"> <li>Google analytics for YWW</li> <li>Resources produced and disseminated to youth groups across the locality</li> </ul>
	Strengthen local linkages between PLIG and TZS identifying common areas for collaboration.	TZS coordinator/ PL Coordinator	<ul style="list-style-type: none"> <li>PLIG representation on TZS working groups and vice versa</li> </ul>
	<b>Developmental</b>		
	Develop SPLIG communications sub group and plan - creating awareness of associated services; to		<ul style="list-style-type: none"> <li>Communications sub-group including PHA/ Trust/Councils C&amp;V Sector</li> <li>Communications and engagement plan agreed and published</li> </ul>

# Theme 1: Building Awareness and Understanding

## PL2 Objective 2: Improve awareness of suicide prevention and associated Services



## PL2 Objective 3: Enhance responsible media reporting on suicide

Priorities	Deliverables/Actions	Lead (s)/ Participatory role	Measurement/ Metrics
1.2 Creative approaches to raising awareness and addressing stigma	<b>Future Development</b>		
	Prioritise the utilisation of digital technology and targeted promotion of Lifeline.	Lifeline	◆ Percentage increase of calls to Lifeline in southern area.
	Engage local media outlets/social media platforms to: Raise profile of work across Southern area Build awareness of, and embed, Samaritans media guidelines	Comms Sub-Group	◆ 1 annual event organised & No. of southern Media outlets attending
	Capture and promote positive lived experience stories on ongoing basis	MHF	◆ Total number of positive stories gathered and shared via Mental health Forum and wider social media platforms
	Develop and target circulation of compassionate conversation vignettes on video and audio.		
	Media training for SPLIG members including use of social media	PHA, SHSCT	◆ PLIG/ C&V forum members trained in social media
	<b>Regional</b>		
	Review regional media monitoring reporting to advise change locally	PHA/ Lifeline	◆ Percentage of media following strict guidelines [Data source: monitoring records]



# Theme 2: Strengthening Community Capacity

## PL2 Objective 4: Enhance community capacity to prevent and respond to suicidal behaviours within local communities



Priorities	Deliverables/Actions	Lead (s)/ Participatory role	Measurement/ Metrics
2.1 Strengthen and develop community-based initiatives	Ongoing		
	Embed Protect Life agenda in local communities	All Partners	<ul style="list-style-type: none"> <li>◆ PL work formalised as part of key staff roles.</li> <li>◆ Project monitoring and reporting arrangements e.g. - Community development workers in Trust and Council better aligned to PL2 agenda</li> </ul>
	Promote Take 5 interactive platform Incorporate wellbeing checklist within tool.	SHSCT, All Partners	<ul style="list-style-type: none"> <li>◆ Feedback indicating enhanced knowledge of well-being protective factors</li> </ul>
	Promote PHA Take 5 small grants within C&V Sector Organisations through support of CD workers/ promote programmes of activity through video	SHSCT, PHA, All Partners	<ul style="list-style-type: none"> <li>• Development of promotional video showcasing Take 5 projects across southern locality</li> </ul>
	Deliver DOH annual PLIG allocation of £20k to support delivery of PL2 across the Southern area		<ul style="list-style-type: none"> <li>◆ Supporting a number of initiatives listed in action plan</li> </ul>
	Further develop and promote crisis café model	PIPS Hope & Support	

# Theme 2: Strengthening community capacity

## PL2 Objective 4: Enhance community capacity to prevent and respond to suicidal behaviours within local communities



Priorities	Deliverables/Actions	Lead (s)/ Participatory role	Measurement/ Metrics
	<b>Future Development</b>		
2.1 Strengthen and develop community-based initiatives	Strengthen and extend members of Community and Voluntary Forum	PL Community Resource	<ul style="list-style-type: none"> <li>◆ Increased number of active Forum members (number &amp; % annual change) [Data source: monitoring activity records]</li> <li>◆ ToR reviewed and updated</li> <li>◆ Co chair nominated and invited to SPLIG.</li> </ul>
	Conduct survey to scope needs and common areas of interest for the Community and Voluntary Forum	PL Community Resource	<ul style="list-style-type: none"> <li>◆ Survey results completed for consideration and implementation by SPLIG</li> </ul>
2.2 Greater awareness of how to navigate prevention, intervention, postvention services	Influence and secure “joined-up” support for community-based initiatives through existing and emerging funding streams (e.g. Take 5 Participatory budgeting, DfC, Peace+, Renewal)	Local Councils PHA	<ul style="list-style-type: none"> <li>◆ Number of joint funding arrangements / complimentary funding</li> </ul>
	Establish a single point of contact sub – committee to develop community navigation plan for southern area	PL Community Resource	<ul style="list-style-type: none"> <li>◆ Joint working subcommittee established</li> </ul>
	<b>Regional</b>		
	Seek to influence ongoing developments regionally on single point of contact.	Regional PL2	<ul style="list-style-type: none"> <li>◆ Seek to influence ongoing developments regionally on single point of contact.</li> </ul>
	Promote COMKIT across partner organisations and communities	PHA and all partners	<ul style="list-style-type: none"> <li>◆ Promote COMKIT across partner organisations and communities</li> </ul>

# Theme 3: Providing effective support on the ground



## Objective 9: Ensure the provision of effective support for people who are exposed to suicide or suicidal behaviours

Priorities	Deliverables/Actions	Lead (s) / Participatory role	Measurement/ Metrics
<b>3.1 Embedding postvention services across the community</b>	<b>Ongoing</b>		
	Undertake ongoing review of CRP and implementation of best practice and learning	PL Coord/ SHSCT Governance	<ul style="list-style-type: none"> <li>◆ Southern area CRP updated annually</li> <li>◆ Establishment of an SD1 surveillance sub group with Trust/ PHA to monitor deaths, explore reoccurring themes.</li> </ul>
	Ensure user involvement in the development of accessible and easy-read information available on postvention e.g. other languages, audio, online etc.	SHSCT PWB PL Community Resource Service CEHWBG	<ul style="list-style-type: none"> <li>◆ Accessible publications produced and disseminated</li> </ul>
	List available of postvention supports available to be given to those bereaved	PL coordinator / PIPS	<ul style="list-style-type: none"> <li>◆ Resources available</li> </ul>
	<b>Future Development</b>		
	Information pack to give to community gatekeepers of where to access supports	CRP sub group/ PL2 Coordinator/ Protect Life Resource	<ul style="list-style-type: none"> <li>◆ Information pack collated and distributed to community gatekeepers when death(s) occur in a certain area.</li> </ul>
	Follow up with families/ impacted communities through surveys/ focus groups Online access/hits	PLIG members Family voices/ PIPS	<ul style="list-style-type: none"> <li>◆ Feedback from family follow up</li> </ul>

# Theme 3: Providing effective support on the ground

## Objective 9: Ensure the provision of effective support for those who are exposed to suicide or suicidal behaviours



Priorities	Deliverables/Actions	Lead (s) / Participatory role	Measurement/ Metrics
<b>3.1 Embedding postvention services across the community</b>	<b>Regional</b>		
	Explore further embedding of 'contact police' role within PSNI to develop pilot and wider approach	PHA / SD1 CRP regional group/FVF	<ul style="list-style-type: none"> <li>◆ Number of Meetings with FVF, PSNI and PHA</li> <li>◆ PSNI/ PHA to plan, develop and deliver pilot role out of contact police model</li> </ul>
<b>3.2 Enhance care and support for staff and volunteers, including first responders</b>	<b>Future Development</b>		
	Information pack to give to community gatekeepers of where to access supports	CRP sub group/ PL2 Coordinator/ Protect Life Resource	<ul style="list-style-type: none"> <li>◆ Information pack collated and distributed to community gatekeepers when death(s) occur in a certain area.</li> </ul>
	Follow up with families/ impacted communities through surveys/ focus groups Online access/hits	PLIG members Family voices/ PIPS	<ul style="list-style-type: none"> <li>◆ Feedback from family follow up</li> </ul>
	Information pack to give to community gatekeepers of where to access supports	CRP sub group/ PL2 Coordinator/ Protect Life Resource	<ul style="list-style-type: none"> <li>◆ Information pack collated and distributed to community gatekeepers when death(s) occur in a certain area.</li> </ul>
	Develop outline of longer-term support requirements for staff, volunteers and first responders e.g. attending Coroner court etc.)	Regional workforce group/ PHA/SHSCT	
	<b>Regional</b>		
	Embed postvention services in statutory HSC service access to psychology services	Regional Workforce group	

# Theme 4: Capturing and Sharing Evidence and Learning



**Objective 10: Strengthen the local evidence on suicide patterns, trends and risk, and on effective interventions to prevent suicide and self-harm**

Priorities	Deliverables/Actions	Lead (s)/ Participatory role	Measurement/ Metrics
	<b>Future Development</b>		
	Development of heatmaps to identify potential target areas	PHA- health intelligence	◆ Heat produced using postcode data from SD1 to identify hot spots in southern locality and help target interventions
	Information pack to give to community gatekeepers of where to access supports	CRP sub group/ PL2 Coordinator/ Protect Life Resource	
	Follow up with families/ impacted communities through surveys/ focus groups Online access/hits	PLIG members Family voices/ PIPS	
	<b>Regional</b>		
	Regional surveillance – Self harm registry and SD1 data	PHA SD1/ CRP regional group	
	Raise local issues through RPLIG	SPLIG reps	◆ Quarterly RPLIG update and meetings.
	Develop a mechanism for shared information and learning between members and across the region	Comms group SHSCT/PHA	◆ Shared learning / information Platform established

The Southern Area



Implementation Group