Angus Living Life Well Improvement Plan
January 2022 – December 2024

A lifelong approach to mental health and wellbeing in Angus

Public Engagement Document

Our ambition for mental health and wellbeing:

We want everyone across Angus, including children and young people, adults and older people to benefit from safe, effective and high-quality community mental health and wellbeing services (including substance use services) whenever they need them.

What is the engagement document about?

This public engagement is about a range of proposals to improve community mental health and wellbeing and substance use services in Angus. Each improvement is aimed to support people to achieve the best possible outcomes. The actions within the plan, listed on pages 8 – 15, are also aimed to improve the way staff work, by providing opportunities for development and supporting them to provide the best possible care for people who need their help and support. This includes actions to support the mental health and wellbeing of staff.

The Angus Living Life Well (LLW) improvement plan will help shape the future of mental health and wellbeing services in Angus. We want to make sure we can deliver the types of services that benefit people the most and ensure people get the right care, in the right place, at the right time. To do this we would like to hear from as many people as possible, especially people with lived experience of mental ill health and mental health services, their families and carers and people who deliver and receive services.

During earlier engagement activities many people have already told us what is important to them in relation to their mental health and wellbeing. The improvements proposed within this plan are aimed to further improve the health and wellbeing of local people at home and in the community and avoid them being admitted to hospital unless needed.

What is the scope of this engagement activity?

This plan complements the Tayside Living Life Well Strategy and is based around four of the six Living Life Well priority areas:

1. Good Mental Health for All
2. Primary and Community Mental Health
3. Specialist Adult Mental Health Services
4. Older People’s Mental Health

We have also identified actions related to leadership and culture to further enhance the delivery of mental health and wellbeing services in Angus.

The Tayside LLW Plan also includes two further priority areas, but we are not including those in this engagement programme:
- Children and Young People’s Mental health
- Learning Disabilities and Mental Health.

Improvements associated with Children and Young People’s Mental Health will be looked at separately from these engagement sessions to allow us to focus on their specific needs. Several improvements are already underway.

In August 2021 Angus Integration Joint Board (IJB) approved the Learning Disabilities Priority Improvement Plan 2021-2024 which has been informed by feedback from users of services, carers, local people and stakeholders. Improvements to Learning Disabilities and Mental Health will not be considered within this engagement exercise.

This engagement does not cover general adult psychiatry inpatient services.

This plan will complement other key priority areas in Angus and across Tayside. This includes our Protecting People Angus multi-agency response: Suicide Prevention, Adult Protection, Child Protection, Gender Based Violence and Alcohol and Drug Partnerships.

**What is mental health and wellbeing?**

We all have mental health. Our mental health affects how we think, feel, behave and interact with other people every single day of our lives. Good mental health is called wellbeing.

**Some facts about mental health in Angus**

In Scotland, approximately 1 in 4 people experience a mental health difficulty at some point in their lifetime and at any one time approximately 1 in 6 people have a mental health difficulty.

In the 2019/20 financial year, 20.42% of people in Angus were prescribed medication for anxiety, depression, or psychosis. This is a 2.4% increase from the previous financial year.

Populations living in the poorer socio-economic areas of Angus are at increased risk of poorer mental health, depression and self-reported wellbeing. Those living in the poorest areas are twice as likely to develop mental health problems as those on average incomes.
Why do we need to make improvements?

Improving mental health and wellbeing is an immediate priority for Angus Health and Social Care Partnership (HSCP). We have done a lot of work to improve mental health and wellbeing support and services, however we know more needs to be done to address the issues raised from the Independent Inquiry into mental health services as set out in the final report Trust and Respect (February 2020). We want more integrated services, so people’s care is more streamlined. This applies to all mental health services and to the links between mental health and physical health services and social services.

Demand for mental health and wellbeing support is increasing all the time, especially as a result of the COVID-19 pandemic. We need to make sure we can meet that demand, now and in the future.

We also recognise the importance of using a whole family approach, which provides co-ordinated services and support around the person with mental health and wellbeing difficulties and their wider family, including children and young people. This involves working with families as individuals and as a whole, being mindful of individual needs, the strengths and fragility of relationships, and the need to intervene to protect where necessary, to achieve common goals and long term, sustainable change.

We want information, advice and guidance on mental health to be more easily available to support people’s self-care. We also want people to be able to access mental health crisis care more quickly and easily, in the community and at home.

“As a user of mental health services in Angus, I think that there is definitely a lot of good work taking place to support people living with mental health issues. There is always room for improvement and this is what the Angus Living Life Well Plan will address. It’s important that people understand that there’s a lot that they can do for themselves to help their mental health and wellbeing, it’s not all about medication. The peer support that is available to GP Practices is terrific and exercise is really important too.”

*Colin McMillan, Chair of Angus Voice.*

Angus Voice represents the views and experiences of people in Angus who have a mental health problem.

What improvements have already been made in Angus?

A wide range of multi-agency partners have worked together to improve mental health and wellbeing services in Angus. For example:

- **7 day Community Mental Health Service** for people with severe and enduring mental health issues has now been fully rolled out across Angus and supports early supported discharge, and prevention of admission. The service accepts referrals from crisis response and home treatment teams, inpatients, and service users currently on the Community Mental Health Team caseload.
• Lead GP for Mental Health and Wellbeing appointed in Angus who will further enhance joined up working between GPs and services provided by the NHS, Angus Council and voluntary sector.

• Mental Health and Wellbeing Peer Support Workers and Social Prescribers available in every GP Practice across Angus, providing quick and easy access to social, emotional and practical support.

• Mental Health Hub introduced in Montrose and Edzell with GPs, mental health, wellbeing and substance services working collaboratively and offering a single point of access to different types of support, with no referrals rejected. This makes it easier and faster for each person to get the right care, in the right place, at the right time. Plans are underway to establish this across Angus. In December 2021, the teams supporting this work were recognised in the Mental Health Nursing Forum Scotland Awards, winning the Community Mental Health Nursing Award and they were joint winners of the Overall Prize.

• Continued improved working relationships between Community and In-patient Mental Health Services to provide streamlined pathways of care.

• Two Advanced Nurse Practitioners (ANP) work closely with GPs and specialist mental health services to promote joint working, care co-ordination and management of the physical wellbeing of people with severe and enduring mental health needs. They also have a key role in working with those with lived experience, families and carers to look at how services can be developed and improved.

• Suicide Prevention training for staff and members of the public is important. In 2021 we ran a train the trainer’s course in Angus to enable 15 members of multiagency staff to be suicide prevention trainers for Tayside. For information about available training, please contact SuicidePrevention@angus.gov.uk

• Co-occurring Mental Health and Substance Use Improvement Project developed to enable every person with co-occurring mental health and substance use problems to access services where and when required and enable people to move through the system easily within Angus Integrated Mental Health Services.

• Provision of Electroconvulsive Therapy (ECT) reinstated at Stracathro Hospital. This means that older people who require this treatment, which can be lifesaving, can receive it in Angus and are no longer required to have an inpatient stay in either Dundee or Perth or travel out-with Angus to an outpatient clinic.

• Expansion of the Post Diagnostic Dementia Support Team (PDDST) as a result of additional funding from Scottish Government. This means that people in Angus have equal access to this support which can be provided as quickly as possible. Partnership work with Kirrie Connections & Angus Carers has enabled easy access to support within local areas and support/advice around dementia/dementia care & treatment, to people who are not known to the team.

• Implementation of the Medication Assisted Treatment (MAT) Standards. These are evidence-based standards that enable the consistent delivery of safe, accessible, high-quality drug treatment across Angus that will improve and
increase access, choice and support. These are relevant to people and families accessing or in need of substance use services, and health and social care staff responsible for delivery of recovery-oriented systems of care.

Who will oversee the progress of the Angus Living Life Well Plan?

A new Strategic Oversight Group for the Angus Mental Health and Wellbeing Network (AMHAWN) has been created which will be central to driving forward developments in Angus. This group, together with the AMHAWN, will have responsibility for the outcomes in the LLW Angus Implementation Plan and reviewing and monitoring these actions. The Strategic Oversight Group will also ensure critical links are maintained across the whole system to support the delivery of Listen, Learn, Change which is the partnership response to Trust and Respect.

AMHAWN comprises statutory and third sector providers, service users and carer representatives from the whole mental health spectrum, including children, adult and older people. The aim of the network is to achieve the best outcomes possible for the people of Angus in relation to all aspects of mental health and wellbeing, including suicide prevention.

What happens after the engagement?

All the feedback that we receive will be reviewed by members of the AMHAWN and will be used to further develop the Angus LLW improvement plan. We will produce a report of the feedback that we have received and share on our website, social media and local newspapers.

How do you have your say?

This engagement period will take place from Tuesday 22 February -Friday 25th March 2022.

We would like to know what you think of the actions that we have identified which are all aimed at improving the mental health and wellbeing of people aged 16 and over in Angus. You will find the actions listed in Appendix 1 on pages 8 – 15.

The Angus Suicide Prevention Action Plan is currently under review and will be informed by the data obtained in the 2021 Angus suicide prevention survey that was open to members of the public and staff. We would be pleased to receive additional comments about the existing plan while the review is in progress. A copy of the plan has been included in Appendix 2 on pages 16 – 22.

You can have your say by:
Completing the online survey https://www.surveymonkey.co.uk/r/STSLJD2 (we advise the use of the following browsers to open the survey: Chrome, Firefox, Safari or Microsoft Edge)

- To request a copy of the questionnaire for you to complete at home or to arrange assistance to complete the questionnaire please call 01307 498560 (available 9am – 5pm Monday – Friday)
We are hosting a number of public engagement events on:
- Tuesday 8th March, 6 – 7pm
- Monday 14th March, 9.30 – 10.30 am
- Wednesday 16th March, 1 – 2pm

Due to current COVID-19 restrictions events will take place via Microsoft Teams. To reserve a place, please email angushscpllw@scottish.onmicrosoft.com (by Monday 14th March), indicating your first, second and third choice as applicable.

We will send you a link to the event making every effort to accommodate your first choice. In order to manage the meeting effectively, we ask for questions to be sent in advance. Please include any questions with your booking request.

These engagement activities are led by Angus HSCP using a human rights based approach with the aim to put people at the centre of our decisions on planning, service design and delivery. At the core of human rights, are the values of fairness, equality, dignity, respect and autonomy, values which are also at the core of quality health and social care. Angus HSCP has a legal responsibility, and a moral duty, to involve people when considering making improvements.

Would you like to continue to help shape mental health and wellbeing services in Angus?
If you would like to continue to be involved in the development of Mental Health and Wellbeing Services in Angus please email angushscpllw@scottish.onmicrosoft.com or call 01307 492560.

Are we speaking your language?
Versions of the summary consultation document are available in different formats, including easy read, video and large print on our key documents and links page. The summary documents can be provided in other languages on request. Please contact us for further information on: 01307 492560

Arabic
المعلومات من الطلب، ولمزيد من مُفافاة ولغات مشابهة، يمكن للمشاركة باللغة الإنجليزية البريد على 01307 492560 على الاتصال بالبريد
angushscpllw@scottish.onmicrosoft.com

Bulgarian
Възможно е този документ да е бъде наличен в различни формати и езици при поисване. Моля свържете се с нас за повече информация на 01307 492560 или имейл
angushscpllw@scottish.onmicrosoft.com

Polish
Poniższy dokument może zostać udostępniony na żądanie w różnych formatach i językach. Możesz skontaktować się z nami w celu uzyskania dalszych informacji pod 01307 492560 lub wysyłając email na adres
angushscpllw@scottish.onmicrosoft.com
Romanian
Acest document de implicare poate fi disponibil în mai multe limbi și formate la cerere. Vă rugăm să ne contactați pentru informații suplimentare pe 01307 492560 sau trimiteți e-mail pe adresa angushscpllw@scottish.onmicrosoft.com

Russian
Данный документ-соглашение можно получить в различных форматах и на разных языках по вашему запросу. Если вам нужна дополнительная информация, пожалуйста свяжитесь с нами по телефону 01307 492560 или по электронной почте angushscpllw@scottish.onmicrosoft.com
## Appendix 1

**Angus Living Life Well Improvement Plan**

**January 2022 – December 2024**

A lifelong approach to mental health in Angus

### What we plan to do.

The table below describes a range of actions that we plan to undertake, aligned to the Tayside Living Life Well priority areas. The table also describes the difference they will make and when they will be delivered.

<table>
<thead>
<tr>
<th>Good mental health for all - Helping people to know what to do to keep themselves mentally well</th>
<th>What we planning to do</th>
<th>What difference will this make?</th>
<th>Timescale</th>
</tr>
</thead>
<tbody>
<tr>
<td>What we planning to do in Good mental health for all - Helping people to know what to do to keep themselves mentally well</td>
<td>Work closely with Angus Community Planning Partnership to achieve the ambitions set out in the Angus Community Plan 2017-2030</td>
<td>Achieving the ambitions will make a difference to people’s lives and tackle poverty and disadvantage</td>
<td>December 2023</td>
</tr>
<tr>
<td></td>
<td>Work with Angus Alive to achieve the ambitions of the Active Scotland Outcome Framework and promote the benefits of and increase opportunities for physical activity</td>
<td>More people will be active more often which will have a positive impact on their health and wellbeing</td>
<td>December 2023</td>
</tr>
<tr>
<td></td>
<td>Work with NHS Tayside, Dundee and Perth and Kinross Health and Social Care Partnerships to develop a business case for an urgent and crisis care locality hub in Angus which would be open 24/7</td>
<td>This will evaluate the benefit, cost and rationale for the development of a 24/7 mental health and wellbeing support hub in Angus</td>
<td>July 2022</td>
</tr>
<tr>
<td></td>
<td>Provide Distress Brief Intervention (DBI)</td>
<td>A compassionate response will be available to</td>
<td>March 2022</td>
</tr>
<tr>
<td>What we are planning to do</td>
<td>What difference this will make?</td>
<td>Timescale</td>
<td></td>
</tr>
<tr>
<td>-------------------------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------------------------------</td>
<td>-----------</td>
<td></td>
</tr>
<tr>
<td>Review current ways that people find out about the range of mental health and wellbeing support services available in Angus and make improvements as required</td>
<td>• Increased awareness of the range of resources to support mental health and wellbeing and how to access these</td>
<td>July 2022</td>
<td></td>
</tr>
</tbody>
</table>
| Review the Angus Suicide Prevention Plan and implement local improvements. Where relevant we will also deliver joint actions across Tayside e.g. suicide prevention training oversight and action planning regarding suicide prevention for children and young people | • Increased awareness of suicide prevention  
• Improved access to high quality suicide prevention training | March 2023 |
| Work with multiagency colleagues across Tayside to develop a robust mental health and wellbeing training programme for staff. | • Increased training available for staff  
• Increased opportunities for multiagency staff to be involved in training delivery. | October 2022 |
| Work with AMHAWN to identify and deliver upon actions to reduce mental health stigma and discrimination | • People living with mental health issues feel empowered to talk about their experiences and seek help and support to aid their recovery | March 2023 |
| Staff will be supported in their roles with regular supervision sessions (either in person or via MS Teams) with their manager | • Staff will see their efforts recognised and receive real and meaningful support with an opportunity to share any concerns about their caseload and seek and be offered advice to enable them to provide the best possible care | February 2022 |
| Staff will receive adequate resources to fulfil their role with development plans to support and encourage ongoing learning and development | • Staff will feel skilled and a valued member of the team providing mental health and wellbeing services in Angus | March 2022 |
| **Primary and Community Mental Health - Getting help from GP practices and local community support networks quickly so that people can get back to feeling well** | | |

**What we are planning to do**

<table>
<thead>
<tr>
<th>What we are planning to do</th>
<th>What difference this will make?</th>
<th>Timescale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make better links between social and medical prescribing</td>
<td>• Improve social support for people with mental distress</td>
<td>October 2022</td>
</tr>
</tbody>
</table>
- Ensure medication is prescribed based on clinical evidence

**Implement the Scottish Government’s Medication Assisted Treatment (MAT) standards around prescribing drug treatment in the community**
- Enable the consistent delivery of safe, accessible, high-quality drug treatment across Angus
- The MAT standards are relevant to people and families accessing or in need of services, and health and social care staff responsible for delivery of recovery oriented systems of care

March 2023

**Look at the existing provision of mental health and wellbeing resources within each GP practice and community in Angus, identify the gaps and where things can be improved**
- Ensure people will get the help they need, when they need it, from people with the right knowledge, skills and experience to support them; this will be available in the form of easily accessible support close their home, education, employment, or community
- Ensure services are equally available across Angus

March 2023

**Specialist Adult Mental Health - A team of people who have completed specialist training providing a range of care and treatment for people with complex mental health needs**

<table>
<thead>
<tr>
<th>What we planning to do</th>
<th>What difference will this make?</th>
<th>Timescale</th>
</tr>
</thead>
</table>
| Review and evaluate the recently implemented 7-day community mental health service in adult mental health | - Inform potential expansion of the 7-day service to other mental health services in Angus e.g. Angus Integrated Drug and Alcohol Service/ Psychiatry of Old Age/Learning Disability  
- Greater understanding of what has worked well and areas for improvement regarding the 7-day service | March 2023 |
| Improve communication and joint working by teams supporting people with mental health and substance use issues. Including joint training opportunities for staff and improved documentation | - Service users with mental health and substance use issues will be able to access support when they need it and by the most appropriate person  
- Improved understanding of roles and responsibilities of staff | July 2022 |
| Continue to deliver the Enhanced Community support model in the Links Health Centre and Edzell GP Practices and roll out to other areas in Angus | • All agencies will work together to promote recovery, treatment and support opportunities  
• Reduced duplication of support, better transitions, and increased coordination of services  
• No referral to the hub will be rejected. Everyone referred to mental health services will be offered advice or support from one of the mental health services, including contracted services  
• People will receive the right care, in the right place and at the right time | March 2023 |
|---|---|---|
| Roll out the ‘Triangle of Care’ in adult community mental health teams in Angus | • The ‘Triangle of Care’ is a working collaboration, or “therapeutic alliance” between the service user, professional and carer that promotes safety, supports recovery and sustains well-being  
• Staff will be more aware of and responsive to carers needs  
• There will be a staff member with specific responsibility for meeting carers needs in adult community mental health services  
• Improved access to support for carers | December 2022 |
| Recruit and develop pharmacy role in adult mental health to ensure prescribing is appropriate, safe, clinically effective and cost effective for the population of Tayside. Deliver the best health outcomes for every person in Tayside by sharing the responsibility and accountability for prescribing decisions | • Safer prescribing practices within adult mental health services  
• Reduced timescales for prescribing  
• Specialist clinics to support holistic assessment and prescribing of high-risk medicines | May 2022 |
<p>| Engage with people with mental health and wellbeing needs and agree actions to improve their physical health e.g. Working with: NHS Tayside Public Health Team to deliver a smoking cessation programme; Branching Out, an outdoor therapeutic programme | • More people will have access to activities to improve their mental health and less reliance on medication | March 2023 |</p>
<table>
<thead>
<tr>
<th>Task</th>
<th>Expected Outcomes</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Undertake a housing needs review in Adult Mental Health to inform an options appraisal and agree the most appropriate model for support</td>
<td>• Mental health accommodation will meet the needs of the local population</td>
<td>March 2022</td>
</tr>
</tbody>
</table>
| Review and improve the criteria for accessing support to adult mental health services; then share updated criteria with referrers and the public | • Access will be improved to statutory and 3rd sector mental health supports  
• Waiting times will be reduced and people will be seen by the right person and at the right time | April 2022 |
| Develop new policies in adult mental health to provide a consistent response to people who do not attend appointments and/or do not engage with the service | • Improved access for hard to reach groups  
• Provide consistency of decision making for people who do not attend appointments | April 2022 |
| Develop new policies in adult mental health for managing referrals and planning discharge | • A consistent approach to the way all referrals are managed and discharges are planned | April 2022 |
| Implement the new Psychiatric Emergency Plan (PEP)                  | • A consistent response across Tayside to support patients, carers, referrers and staff to understand the process if someone requires assessment or support in an emergency due to a mental health crisis | December 2022 |
| Increase the use of anticipatory care plans in adult mental health  | • Supporting patient autonomy and quality of life through shared decision-making  
• Involving and supporting family members, carers, and legal proxy decision-makers  
• Delivering realistic healthcare with timely investigations and treatments and fewer interventions of low benefit, including unwarranted hospital admissions  
• Effective care coordination to reduce repeated conversations with different professionals and teams  
• Helping to recognise and reduce health problems | December 2022 |
<table>
<thead>
<tr>
<th>What we are planning to do</th>
<th>What difference will this will make?</th>
<th>Timescale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Develop the Healthcare Improvement Scotland Hub Pathfinder site for early intervention in psychosis in Tayside</td>
<td>• Identify a more responsive and integrated way of working and provide a holistic, “recovery” based model which focuses on strengths and reintegration, or rebuilding of skills</td>
<td>March 2023</td>
</tr>
<tr>
<td>Support the development of new pathways e.g. perinatal pathway, attention deficit hyperactivity disorder (ADHD) pathway and emotionally unstable personality disorder pathway</td>
<td>• Improved pathways of care will support person centred care and consistency of provision across Tayside</td>
<td>March 2023</td>
</tr>
<tr>
<td>Monitor and manage the impact of the additional workforce funded by Action 15 of the Scottish Government mental health strategy</td>
<td>• Deliver an improved service with new, specialist roles to provide person centred care and meet the needs of individuals</td>
<td>March 2023</td>
</tr>
<tr>
<td>Community Mental Health Teams continue to use the Wellness Recovery Action Plan (WRAP) for people where early warning signs can be identified and acted upon quickly</td>
<td>• WRAP promotes self-advocacy and personal responsibility while supporting people to identify tools and strategies to maintain wellness and recovery</td>
<td>March 2022</td>
</tr>
<tr>
<td><strong>Older People’s Mental Health – Specialist mental health services for people over the age of 65 years</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>What we are planning to do</td>
<td>What difference will this will make?</td>
<td>Timescale</td>
</tr>
<tr>
<td>Revise Angus Older People’s Mental Health Improvement Plan</td>
<td>• Raise awareness and improve care and support for older people with all mental health issues</td>
<td>March 2022</td>
</tr>
<tr>
<td>Support the development of the Post Diagnostic Dementia Support Team (PDDST) and create an app to allow people newly diagnosed with dementia to access information and support easily and at a time that is required</td>
<td>• Increased staffing will mean that people with a new diagnosis of dementia will be able to access support more quickly. The app will allow patients to access support &amp; information at a time suitable to them</td>
<td>September 2022</td>
</tr>
<tr>
<td>Develop robust anticipatory care planning within inpatient units, both for physical and mental health which will include relapse prevention/staying well plans</td>
<td>• Patients and carers will be more informed regarding their physical health and be able to make proactive choices regarding future care and treatment rather than a reactive decision during a physical health crisis</td>
<td>June 2022</td>
</tr>
<tr>
<td>Improve involvement of carers in discharge planning.</td>
<td>• Carers will feel more supported, involved and</td>
<td>June 2022</td>
</tr>
</tbody>
</table>
ensuring that they are fully supported and informed throughout the admission of significant other, this will prepare for the discharge of significant other, this will support successful discharge of patients

<table>
<thead>
<tr>
<th>Task</th>
<th>What this will ensure</th>
<th>Timescale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Review the National Dementia Strategy and agree actions required in Angus</td>
<td>• This will ensure that the needs of people with dementia in Angus are met in a timely, person centred, flexible and coordinated manner across all settings</td>
<td>March 2022</td>
</tr>
<tr>
<td>Develop a standardised approach to care &amp; treatment for inpatient functional units within psychiatry of old age across Tayside</td>
<td>• Patients will receive high standards of care &amp; treatment regardless of their location</td>
<td>September 2022</td>
</tr>
<tr>
<td>Develop alternatives to hospital care for service users who have dementia and complex levels of stress and distress</td>
<td>• Patients will not require to stay in hospital for lengthy periods of time but will be cared for in a more homely environment</td>
<td>September 2022</td>
</tr>
</tbody>
</table>

**Leadership and Culture**

<table>
<thead>
<tr>
<th>What we are planning to do</th>
<th>What difference this will make</th>
<th>Timescale</th>
</tr>
</thead>
</table>
| Hold staff sessions to develop a shared vision and culture across adult mental health teams in Angus to support the continued modernisation of the service | • All staff working towards the same goal with a shared way of working  
• People accessing mental health services receive a consistent, effective, professional and person-centred service | April 2022 |
| Angus Mental Health and Wellbeing Network (AMHAWN), and its new Strategic Oversight Group, will continue to play a key role in overseeing developments, improvements and service provision across Angus | • Achieve the best outcome possible for the citizens of Angus in relation to all aspects of mental health and wellbeing, including suicide prevention  
• Joint working between all service providers (statutory and third sector), service users and carer representatives from the whole mental health spectrum, including children, adult and older people  
• Promotion of prevention and early intervention opportunities and activities  
• Effective links with other strategic planning groups in Angus and Tayside | April 2022 |
| Ensure Human Resources (HR) processes such as supervision, appraisal and training plans are in place as per Angus Health and Social Care Partnership and NHS Tayside operational policy | • All staff provided with appropriate support and training to do their job effectively  
• People accessing mental health services receive a consistent, effective, professional and person-centred service | March 2022 |
Appendix 2

Angus Suicide Prevention
Action Plan
01 January 2020 – 31 December 2021

Introduction

The purpose of this Action Plan is to set out how suicide prevention priorities will be addressed in Angus.

The Angus Mental Health And Wellbeing Network (AMHAWN) is the strategic multiagency partnership that will have oversight of the plan and the progress of work.

This plan will be coordinated and updated by the Angus Suicide Prevention Development Officer. Progress will be reported to AMHAWN at Network meetings.

In addition to this action plan there will be ongoing work undertaken by the Development Officer with AMHAWN members and representatives from other Strategic Partnerships where opportunities arise regarding a range of awareness raising actions and shared work.

There will also be, throughout 2020 and 2021, the continuing support and monitoring for a local support service for people experiencing thoughts of suicide and their friends, family and carers and for a local support service for people impacted by being bereaved by suicide.
Background and Context

Nationally, the Suicide Prevention Strategy 2013-2016 followed Scotland’s first national suicide prevention strategy Choose Life, which was created in 2002. The strategy set out eleven commitments by Scottish Government which covered a broad cross-section of work, from reducing stigma to developing the data we have on suicides. The strategy identified five key themes:

- Responding to people in distress
- Talking about suicide
- Improving the NHS response to suicide
- Developing the evidence base
- Supporting change and improvement

Scotland’s Suicide Prevention Action Plan: **Every Life Matters** was released in August 2018 and identified 10 overarching actions which are being developed by the newly established National Leadership Team. The five key strategic aims are:

- People at risk of suicide feel able to ask for help and have access to skilled staff and well-coordinated support.
- People affected by suicide are not alone
- Suicide is no longer stigmatised
- We provide better support to those bereaved by suicide
- Through learning and improvement, we minimise the risk of suicide by delivering better services and building stronger, more connected communities.

This Plan reflects these priorities and ambitions and our commitment as a partnership is to work collaboratively towards preventing suicide in Angus.

The first annual report of the National Suicide Prevention Leadership Group was published in September 2019: Making Suicide Prevention Everyone’s Business. There are 11 recommendations in this report for Scottish Government and COSLA.
The second report from the National Suicide Prevention Leadership Group was released on 30 September 2020. This gives an overview and update on progress at a national level as well as highlighting the 4 recommendations made in June 2020 in their COVID-19 statement.

In Angus our actions will remain fluid to be able to respond to local need and will take account of the findings and recommendations from the Tayside Multiagency Suicide Review Group.

<table>
<thead>
<tr>
<th>Inputs</th>
<th>Short Term Outcomes 1 - 3 years</th>
<th>Long Term Outcomes 4 – 6 years (National aims)</th>
<th>Impact 7 – 10 years</th>
</tr>
</thead>
</table>
| • Finance  
• Venues  
• Technical and clerical support  
• Travel time and funding  
• Staff time  
• Leadership and governance  
• National links and reports  
• Local and national data  
• Research  
• Good Practise Guidance | 1. Front line staff in Angus are knowledgeable and adequately trained to identify suicidal ideation and support those affected by it  
2. The communities in Angus are knowledgeable and adequately trained to identify people with thoughts of suicide, support those affected and signpost to appropriate services/resources  
3. Services are available with clearly identified referral routes and pathways to support the needs of people affected by suicide throughout the prevention, crisis | 1. People at risk of suicide feel able to ask for help, and have access to skilled staff and well-coordinated support  
2. People affected by suicide are not alone  
3. Suicide is no longer stigmatised  
4. We provide better support to those bereaved by | 1. Reduction in the rates of suicide  
2. Those impacted have access to needs led support  
3. Long term impact of people affected by suicide is reduced.  
4. Social attitudes are changed  
5. Angus Communities lead the actions to |
- Suitably qualified staff and trainers

4. Those who access services have improved outcomes and reduced risks

5. Suicide Prevention is a priority in Angus with the work being supported by key strategic partnerships, included in relevant plans and informed by national and local data and guidance

---

<table>
<thead>
<tr>
<th>Activities (Actions)</th>
<th>Outputs</th>
<th>Key People</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Complete the national best practice suicide prevention self-evaluation checklist</td>
<td>Identify good practice areas and key improvement aspects</td>
<td>promote suicide prevention in their locality areas supported by Community Planning and key strategic lead</td>
</tr>
<tr>
<td>2. Develop a training strategy specific for suicide prevention in the context of mental health and wellbeing</td>
<td>Make links to other relevant mental health and wellbeing training Maximise efficiency and efficacy of resources and training opportunities Continue to offer a training programme of a minimum of six trainings</td>
<td></td>
</tr>
<tr>
<td>3. Develop a suicide prevention Communication and Engagement Strategy</td>
<td>Identify key messages and establish how they can be shared to maximum effect with clear guidance regarding good practice. Support AMHAWN members to become involved in awareness raising opportunities. Identify opportunities for focused activities with hard to reach communities. Carers and supporters have been identified as a priority. Use the Samaritans Guidance regarding good practice in reporting to inform the links with media to promote high standards.</td>
<td></td>
</tr>
<tr>
<td>4. Evaluate the Tayside Suicide? Help! App &amp; Website. (This will require to be done on a Tayside basis as it is a shared resource.)</td>
<td>Use of the resource will be better understood. Improvements will be identified. The use of the training linked to the safety planning section of this will be reviewed based on evidence from this evaluation and training evaluations.</td>
<td></td>
</tr>
</tbody>
</table>
| 5. Develop a signposting and pathway plan of adult services | Identify existing resources and processes  
Establish gaps in services  
Identify gaps in communication and knowledge routes  
Create engagement opportunities for Service Users  
Opportunities to establish a single point of contact to avoid duplication and maximise resources and multiagency expertise will be identified  
Develop options appraisals  
Identify key polices and guidance e.g. Tayside Cluster Guidance |
|---|---|
| 6. Work with local community representatives, agencies and other partners to ensure effective actions at identified locations of concern in Angus. | Locations will be identified  
Key data will be sought and used  
An individual action plan will be developed with key stakeholders for each location  
Use of the Choose life Locations of Concern Guidance will be made as the reference document to guide this work and effective links will be made with the national team to ensure best practise |
| 7. Explore opportunities to develop effective links and shared action opportunities with relevant Tayside Integrated Children’s Services Priority Groups. | Identify existing plans and resources  
Need and gaps in services and actions will be established  
Identify opportunities including pilot for whole school approach to suicide prevention  
Increased awareness regarding needs of children and young people |
| 8. Work collaboratively with the Tayside Multiagency Suicide Review Group (TMASRG) | Maximise shared opportunities for learning and development  
Shared local data to inform strategy, policies and actions to mitigate the risk of suicide  
Annual report and new fiscal year update will be shared with AMHAWN  
TMASRG updates, identification of additional locations of concern and emerging issues will be highlighted on a need basis |