

Suicide Programme Logic model

2025-2029

Lancashire and South Cumbria Integrated Care Board (ICB)

In order to ensure that the aims of the National Suicide Prevention strategy are met and that our communities are well and supported in Lancashire and South Cumbria, the Integrated Care Board in its role to join up health and care services works together with Public Health colleagues, Lancashire and South Cumbria NHS Foundation Trust, NWAS, Police authorities and wider partners across the system to work collaboratively on Suicide Prevention priority areas using pillars of Leadership, Prevention, Intervention, Postvention and Intelligence. The aim of this collaboration is to identify ways in which we can prevent and reduce suicides and attempted suicides together, working towards shared goals, reducing duplication, and enabling efficiencies.

Collaborative approach

This logic model brings together ICB organisational priorities with Local Suicide Prevention Strategies and partnership aims, detailing actions, outputs, and responsibilities.

Impact

Reduction in Self-Harm

Reduction in Suicide rates

Support for those Bereaved by suicide

Offer for all affected by Suicide

Output

Real Time alerts and support

Clinical pathways

Attempted suicide pathway

Training/ skills and awareness

Stigma awareness

Workforce wellbeing

Self-harm model

Tackling methods and means

Pillars

Leadership

Prevention

Intervention

Postvention

Intelligence

Short term actions

Looking at maximising connections across the system

Self-Harm awareness increased

Increasing the numbers of Orange Button holders across L&SC

Increased knowledge about the services locally for Adults

Self-harm and suicide attempt data throughout the system

Short term outcome

Collaborative campaign work across the whole system

Self-Harm strategy

Developing a Suicide safer community

Improved system language in relation to Bereaved by suicide

Looking nationally for comparisons and trends

Long term actions

Ensure collaborative direction within the programme

Attempted suicide pathway

Increased awareness within primary care

Covering suicide sensitively in media to be effective

Pre and post natal data

Long term outcome

Maintain strong Strategic leadership

Increased support and knowledge for parents and carers

Supporting workforce wellbeing

Ensuring a consistent offer across the ICB for CYP

Increased data received from wider partnerships

Overall aim

Accountability, making Suicide prevention everyone's business

Reduce Suicide rates in L&SC

Reduce rates of self harm in L&SC

Consistent offer of support for those bereaved by suicide

Collaborating on intelligence based service provision

Input

Blackburn with Darwen Borough Council

Blackpool County Council

Lancashire County Council

South Cumbria

Lancashire & South Cumbria Foundation Trust

NWAS

Lancashire and Cumbria Police

Other Stakeholders

Leadership

Short Term Outcome	Activity	Responsible Officer
Short Term Outcome 1		
Maintain a Multi Agency ICB co-chaired Suicide Prevention Oversight Board	Quarterly meetings co-chaired by ICB and LCC with all local stakeholders engaged	PH & ICB
	Action tracker linked to SP action plans so monitor and updating action as the programme progresses	ICB
	Ensure strategic direction is shared with ICB place leads	PH & ICB
Short Term Outcome 2		
Greater integration of suicide reduction activities within other strategies and service plans	Increased communications on the current mental health training/suicide awareness training and how to be an orange button holder and community member	PH & ICB
	Refresh system plan in terms of support to be commissioned in 25-26 with partners and explore collaborative approach to reporting training uptake across the system geography	PH & ICB
	Wider awareness with community leaders including people such as taxis/publicans and wider public on making every contact count and here to get support – Promote Zero Suicide Alliance	ICB
	Particular emphasis on the 5 localities with highest suicide rates, providing support with their Suicide prevention action plan	PH & ICB
Short Term Outcome 3		
Secure high-level Lancs and South Cumbria political support for suicide prevention, with support from local political mental health champions	Use the annual audit to inform any new local concerns/increasing trends to address across Lancashire and South Cumbria	PH & ICB
Short Term Outcome 4		
Funding opportunities across the system to be shared and supported	Keep partners informed of local, regional and national pots of money available connected to the impacts of suicide and SP	PH, ICB & All Partners
Short Term Outcome 5		
Address local media outlets and communication to be 'covering suicide sensitively'	Annual session arranged with Samaritans on a regional level offered to all communicators	ICB

	Follow up resources from the session as easy reference to comms teams and reminder of the process to logging concerns regarding newspaper articles and online harm	ICB
	Promoting a trauma sensitive working practice with all workstreams	PH, ICB & All Partners
Short Term Outcome 6		
Connections of Data held locally to share across the different organisations	Share RTS reports through the RTS panel meetings to inform the system of themes and emerging trends so an intelligence-led targeted approach can be taken	ICB

Prevention

Short Term Outcome	Activity	Responsible Officer
Short term Outcome 7		
Awareness and training		
Addressing stigma of mental health and suicide by ensuring frontline staff, communities have access to local or national training	Campaign calendar to address key areas within Suicide prevention	PH & ICB
	Training across the system of the three levels of Suicide prevention training available	PH & ICB
Priority areas		
Children and young people		
Ensure support and clear pathways for CYP with existing mental health	Develop a clear pathway and signposting between services, raising awareness of voluntary sector organisations local and national working with Comms	ICB & PH leads, LSCFT, ELCAS, BVHT
	CYP: All schools to have a senior mental health lead	PH & ICB (MH CYP)
Promote general resilience and wellbeing for CYP	Targeting Y5/6 and transitional years, promote self-care and partner agencies and Kooth as a digital offer	PH & ICB (MH CYP)
	Partners to engage with Family Hubs to promote their service offer and engage where appropriate including delivering training	PH & ICB (MH CYP)
Culture and Leadership	Leaders to make fundamental change in education settings and demonstrate the inclination to change	PH & ICB (MH CYP)

Short term Outcome 8		
Middle aged men		
Improve knowledge and awareness in suicide prevention within occupations which have a higher rate of suicide using system wide data and intelligence local and national	Encourage employers, including in occupations with higher number of males (e.g., security firms, tradespersons, delivery drivers etc), to have adequate and appropriate support in place for employees – including, for example, people trained in mental health first aid, mental health support and suicide prevention awareness	PH & ICB
	Promote local support networks such as Andy's Mans Club/Men's Sheds etc	ICB
Raise awareness of the Veteran support available	Promote the fast-tracked support via talking therapies available for this cohort of veterans	ICB (MH)
Older adults		
Gain wider understanding of the gaps and opportunities to support for veterans	Promote the uptake of Orange Button with organisations supporting veterans	ICB
	Undertake stakeholder mapping with relevant partners and people with lived experience to gain more knowledge of the current position gaps, opportunities and further actions in relation to self-harm, suicide awareness and suicide prevention	PH & ICB
Increase awareness of self-harm and suicide prevention within adult social care settings	Look at day centre workforce to skill up to identify	PH & ICB
Look at Veterans population	Sign up to the pledge	PH & ICB
Look at raising awareness of SP training for people working with Older adults to recognise signs of self-harm and suicide intent	Self-harm course for frontline trust staff to address older adults specifically	ICB & PH leads, LSCFT, ELCAS, BVHT
Establish touch point of services for OA	Mapping services for Older adults regarding mental health, loneliness, isolation, self-harm, suicide prevention	ICB
	Understand where Older adults report their mental health concerns - to target with skill knowledge and information about recognising skills	ICB
Look at life transitions retirement within the data	Older adult specific training to be included within clinical risk training at LSCFT	ICB & LSCFT

	Engagement event to gain more insight to develop work for OA	ICB & LSCFT
Training on self-harm within an older adult population for all professionals	Focus on Ethnic groups and inclusion to give lived experience perspective	ICB
Accessible information in different formats for older adults	Look to identify accessible formats to promote older adults work within the community	PH & ICB
Lived experience involvement from service users and carers	Involve older adults with experience of services to shape service provision and new services that can be proposed	ICB (MH OA)
Health promotion regarding self-harm in older adults	Work with social prescribers to promote key groups to connect individuals	ICB (MH OA)
Raise awareness of specific support groups and utilise local directories to address social isolation and loneliness	Work with cancer alliance to connect with bereaved families and expand knowledge and skills of Suicide Prevention support	ICB
Clinical pathway for Older adult regarding Self-harm and Complex emotional pathways	Work with ICB Lead to develop the service pathways and the self-harm working group action plan which will align with the strategy	ICB (MH OA) & LSCFT
Short term Outcome 9		
Self-Harm	Identification of pathways and interventions to support early engagement and reduction in self-harm	ICB & LSCFT
To ensure support and clear pathways for people who self-harm	Gain wider understanding of the gaps and opportunities to support the following priority groups: <ul style="list-style-type: none"> • Survivors of abuse or violence, including sexual abuse • People with financial difficulty and economic adversity • LGBTQIA+ community 	ICB & LSCFT
Further insight into wider prevention work	Explore and scope with partners including Voluntary, Community, Faith and Social Enterprise (VCFSE) services/organisations and Primary Care Network (PCN) how to support people who may not engage and explore the feasibility of automatic referrals to; for example, social prescriber or others (e.g., community mental health hubs, family hubs) if not engaged when referred to Mental Health (MH) and other services	PH & ICB
	Looking at the developments with MAPPS for suicide prevention in schools and link into the wider system	PH & ICB

Short Term Outcome 10		
Workforce wellbeing		
To improve the support and contact to people who do not engage with services	Work with partners to gain a wider understanding of the gaps and opportunities identified through the audit to support the following priority groups (all-age)	PH & ICB
	Individuals affected by - Trauma - People with financial difficulty and economic adversity - LGBTQIA+ people - Domestic Abuse - Mental Health Neurodiversity	PH & ICB
	Promote the fast-tracked support via talking therapies available for this cohort	ICB
	Undertake stakeholder mapping with relevant partners and people with lived experiences to gain more knowledge of the current position, gaps, opportunities and further actions in relation to self-harm and suicide prevention	PH & ICB
Short Term Outcome 11		
Pregnancy and new mothers		
Raise awareness of the support available	Work with APP about resources to share within the system regarding post-partum depression	ICB
Gain wider understanding of the gaps and opportunities to support for pregnant women and new mothers	Offer training and information to the staff in scope on the options to support people with long term conditions	ICB
Raise awareness of Post partum depression	Clinicians treating people with chronic illnesses (e.g., General Practice and acute hospitals) to undertake training on suicide prevention and training to be scoped out	ICB & LSCFT
Short Term Outcome 12		
Long term conditions		
Clinicians treating people with chronic illnesses being aware of increased risk of suicide and provide details on the support available	Priority access to GPs for individuals with long term conditions and suicidal ideation or appropriate signposting to mental health support	ICB
	Multi-agency approach required including Medicines Optimisation – ICB, community pharmacists, GPs, people working with the individual if within services	ICB

	Role of PCN's, social prescribing, and GP training needs to be explored when the action is determined. The action may also need to look at the role of pain clinics in hospitals	ICB
To improve awareness of pain management and explore the interventions for people with excessive use of pain relief or chronic and acute pain who see no improvement and have access to prescribed drugs	Development of a new pathway for people with dependency related to chronic pain management/ prescribing	ICB
	Amplify messages that promote storage of all medicines are secure and safe away from all members of the household	ICB
Short Term Outcome 13		
Gambling Harm		
Improve knowledge and awareness of support for people impacted and harmed by gambling	Inclusion in the SP Strategy and programme as part of Happier Minds	PH & ICB
	Campaigns with partners on how to access support for people impacted by gambling harms and developed integrated care pathways with local stakeholders working with the NHS Northwest Gambling Service	ICB
Short Term Outcome 14		
Tackling methods and means of suicides		
To ensure that media outlets are reporting a suspected suicide in line with national guidance	Annual webinar jointly with Samaritans	ICB
Reduce the number of overdoses	Linking to workforce training – initiatives to prevent stockpiling; STOMP (stopping over medication of people)	ICB (PCN), PH & LSCFT
	Work with safer prescribing team and medication optimising team to look at opportunities to reduce access	ICB (PCN) & LSCFT
	Develop a Medication bulletin for a system wide approach to managing medication	ICB (PCN), PH & LSCFT

Intervention

Short Term Outcome	Activity	Responsible Officer
Short Term Outcome 15		
Multi-agency improvement in communication in transition/referrals between services	Implement and embed the Transformation policy for 16-25	ICB (MH)
	Look at avenues of clear communication from Services to GP on referral to service and when discharged. To ensure clear indication of what is needed and how needs to act	ICB (MH) & PCN
	Patient Safety Incident Response (PSIF) actions	ICB (Quality) & LSCFT
	Extend learning reviews to the system so support can be a collaborative approach	ICB & LSCFT
	Clear communication about ongoing treatment plan and who is responsible	ICB & LSCFT
Short Term Outcome 16		
Criminal justice system development to support on discharge	Co-produce discharge packs for ongoing support for people leaving prison	Probation & ICB
	Facilitate connection to mental health service before discharge	Probation & ICB
Training	Align Suicide prevention training with risk vulnerability policy before rolling out training	Probation & ICB
	Investigate OBCS for key welfare positions in prison	Probation & ICB
	Connect OBCS training to probation staff	Probation & ICB
	Co-produce discharge leaflet with a selection of useful services	Probation & ICB
Short Term Outcome 17		
Neurodiverse pathway to include suicide prevention measures	Include a Neuroinclusive approach to pathways with alternative routes and neurodiverse options	ICB (MH) & LSCFT

Ensure children and young people (under 18) with complex needs have a designated keyworker	<p>Create and maintain a single Dynamic Support Register (DSR), where a child or young person under the age of 18, diagnosed with a learning disability and/or autism or</p> <ul style="list-style-type: none"> • where a diagnosis is expected or pending, is at risk of hospitalisation • Is currently hospitalised • At risk of accommodation • Care package breakdown 	PH
	<p>Develop and implement the Key Working Function to ensure that children and young people with a learning disability, autism or both, with the most complex needs, is on the Dynamic Support Database and at the 'red' level, will have a designated Keyworker</p>	PH & ICB (MH CYP)
Raise awareness of Self harm in the neurodiverse community	Look at a neurodiversity Self harm practice guide for professionals, parents and carers and the person harming	ICB
	Look at the creation of a neurodiverse Self harm safe kit	ICB
	Working with partners to adapt practice for neurodiversity and co-existing conditions to understand and support peoples journey through services	PH & ICB
Short Term Outcome 18		
Death by suicide to be brought to RTS panel meeting to complete Lessons learnt	Briefing paper for developmental opportunities for RTS panel structure	ICB & LSCFT
Known to Mental Health services	Co-produce a discharge pack that is used in MH services alongside a safety plan	ICB & LSCFT
	Promote the use of safety planning	ICB & LSCFT
	Promote resources available locally to signpost following discharge	ICB & LSCFT
Short Term Outcome 19		
Long term conditions	Cancer alliance joint working to maximise span of SP work	ICB

Ensure links to Dementia Strategy	Involvement in the development of the Dementia strategy and understanding how SP is part of the programme	ICB (MH)
Investigate the link between Long term pain and support available.	Investigate Self harm awareness in patient with long term pain	ICB & LSCFT
Short Term Outcome 20		
Crisis pathway		
Improve knowledge and awareness in suicide prevention with relevant front-line staff being appropriately trained and member of the public.	Identify which front line roles should receive mandatory suicide prevention training and what training (currently there is a range of options), frequency of refresher training etc and which staff are provided optional training	ICB & LSCFT
	Roll out training as per training analysis	ICB
Develop a Suicide attempts project to scope pathway and support offered	Suicide attempt pathway for CYP	ICB & LSCFT
	Attempt suicide pathway for adults	ICB & LSCFT
	Resources to support a discharge of a patients who has attempted suicide	ICB & LSCFT

Postvention

Short Term Outcome	Activity	Responsible Officer
Short Term Outcome 21		
Promotion of the bereavement pathway	Housing the bereavement pathway on the ICB bereavement webpage	ICB
Ensure anyone in Lancashire and South Cumbria impacted by suicide is aware of the support available and can access bereavement support	Campaign to promote postvention services across L&SC	ICB

	Map the support intervention and uptake to ensure equity across the system. Also, to review the response when promoting after any specific incidents particularly in education settings	PH & ICB
CYP: Ensure bereavement support is available for those affected by suicide particularly for siblings and parents of young people	Support system to look at relevant CYP bereavement offer	PH & ICB
	Promote suicide support with workplaces (including bereavement support) and ensure timely information. Equip staff to be better prepared to deal with loss and bereavement	ICB
Short Term Outcome 22		
Development of a GP resource pack regarding bereaved by suicide to improve support and knowledge in PC network	Develop a briefing paper to support the implementation of the GP practice guidelines	ICB
	Approval of the roll out of the practice guide	ICB
	Roll out and implementation of the Practice guide across all place based PCN networks	ICB
	Adopting self-harm resources to go alongside the suicide guide	ICB
	Co-produce a supporting guidance for the workforce following a suicide of a colleague	ICB
Short Term Outcome 23		
Out of Area protocol to connect those effected by suicide	Protocol development as a region to support effective responses to OoA suspected suicides	NHS England National SP programme
	RTA system to be developed to report out of area deaths	ICB
	Increase connections to potential support networks for people outside of the area	ICB
Short Term Outcome 24		

Promotion of commissioned service and engagement	Capture out of area deaths in RTS to monitor and track where from	ICB
All identified suicide clusters have an Adult community response in place	Link to trauma informed practice	ICB
	Notification of bereavement in general	ICB
	Workforce support following a death in their service	ICB
	Support in preparation for inquest and following	ICB

Intelligence

Short Term Outcome	Activity	Responsible Officer
Short term outcomes 25		
Investigate cause and risk factors related to suicides in L&SC	Use the outcomes from Suicide audit to look at focus sessions in the RTS panel group	ICB & PH leads
	Work with partners to investigate deaths in water	ICB & Water partnership
	Look at developing data collection for maternal deaths and detail if this risk factor is rising	ICB
	Look at the Audits for information about suspected suicides being new parents	ICB
	Use Priority Wards work to incorporate inequalities into the RTS datasets	ICB
	Develop data alongside the place-based priorities	ICB

Short Term Outcome 26		
Look at comparisons with national trends and communicate back to the system	Looking at suicide audits and inquest data	ICB
Male rates	Monitor suspected suicides with occupations such as security guards, delivery drivers, skilled tradesmen, construction workers	ICB
Female rates	Monitor the trends in menopause age women and the contributing factors	ICB
Older adults	Look for correlation in older adults and co-occurring conditions	ICB
Short Term Outcome 27		
Increase knowledge about known to MH service	Present to the system the dashboard on a quarterly basis	ICB
	Monitor the timeframe of unknown to MH services	ICB
	Use learning from information to support MH services	ICB
Short Term Outcome 28		
Increase data on Self-Harm and Suicide attempts to target known to MH services	Develop the Self harm data from N WAS	ICB
	Develop the suicide attempt data from N WAS into the RTS panel group	ICB
	Look to work with partners in criminal justice to develop their self-harm, suicide attempts and suspected suicide dataset	ICB
	Use the Kooth dataset to look at wider themes on emerging trends	ICB
Short Term Outcome 29		
Actively seek improvements to the data sources regarding Suicide, self-harm, attempted suicides and causal factors	Developing PCMD Dataset to develop a actual overview of suspects in L&SC	ICB

	Monitor and track regional and national trends through ONS data and developments	ICB
	Monitor the NTTRSS system to look at any reportable trends and early identifiable emerging evidence	ICB
	Continue to seek out and develop all available data across the system by building relationships with key partners as data sources	ICB & partners
Short Term Outcome 30		
Mapping for commissioned services locally in place to use for gaps in services	Linking into wider development work happening with service finders	ICB