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Orchard Hill College Suicide Prevention

Introduction

This document should be read in conjunction with the Orchard Hill Academy and Trust Suicide Prevention Strategy and the Child Protection, Adult Protection & Safeguarding Policy and Procedures and the Student Mental Wealth, Health & Wellbeing Policy as agreed by the OHC&AT Board of Directors. This document is also supported by Orchard Hill College local procedure documents including the Suicide Prevention Plan and procedure.

Orchard Hill College is committed to providing outstanding educational opportunities for our students. The safety and welfare of our students is of the utmost important. All adults working at the college will support the prevention of suicide in our college settings by helping to create a safe physical learning environment, and by responding positively to the emotional support needs of the students.

Developing a suicide safer environment

It is important to ensure that the physical environment of college is as safe as possible. The removal of potential ligature points, restricting access to places which facilitate jumping or access to deep water, and removal of harmful substances from public areas, are all examples of how to reduce access to potential means of suicide.

Stigma

We recognise that the stigma surrounding suicide and mental illness can be both a barrier to help seeking, and a barrier to offering help. Schools and the College are committed to tackling suicide stigma.

Suicide Prevention

Suicidal thoughts or suicidal ideation is thinking about suicide and maybe talking about it. This could involve a momentary thought through to a detailed plan on how to take their own life.

When somebody presents with suicide ideation it is important to ascertain whether they have a plan to end their life and whether they want to die.

Research tells us that many people who died by suicide have told somebody that they want to die or hinted at the fact that their life is not worth living. Because of this it is extremely important to take anybody who talks about feeling suicidal seriously and try to support them to remain safe.

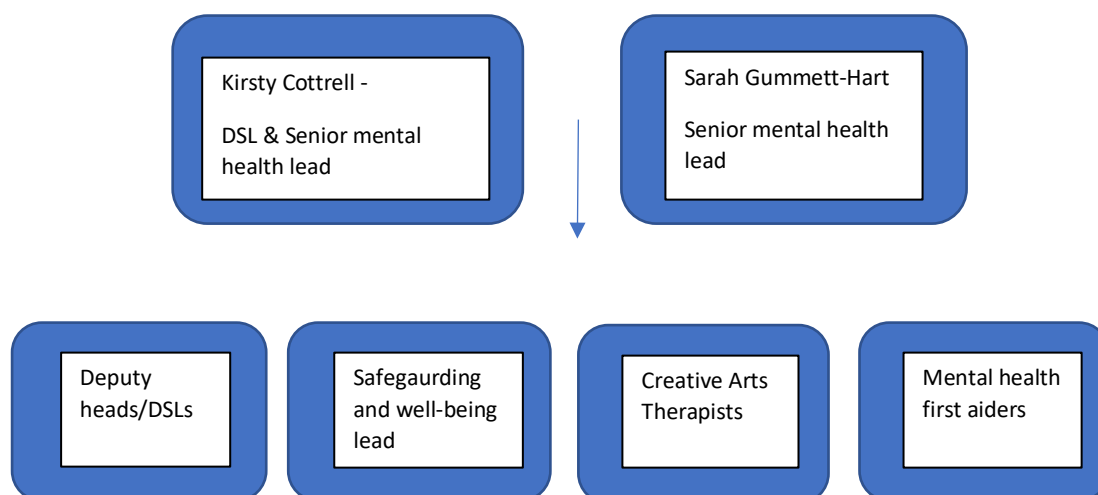
A safer suicide environment

Orchard Hill College (OHC) is committed to creating a physical environment that keeps our students as safe as possible.

Recommendations from the Suicide Prevention Strategy require us to identify ligature points and remove them where possible.

At OHC, Suicide Prevention is integrated into our overarching safeguarding strategy, support and personalised educational offer. As such we have a variety of support mechanisms that are involved in the overall welfare of the students, staff and families.

OHC has two senior mental health leads, as well as a well-being structure who has received training on how to support our students and staff, this sits alongside our mental health five-year strategy.



OHC promotes the EAP (Employee Assistance Programme) and Occupational Health referrals for staff who may encounter mental health difficulties. A robust line management system with personalised support where required, ensures that staff know the support available to them and where to seek it.

OHC have staff across sites trained in ligature awareness which enables them to support and respond should a crisis situation arise.

There are currently 11 staff trained across sites. A list in each region is available with staff details.

Assessing Risk

The risk chart is for guidance, it is not exhaustive; it is necessary to assess the situation according to the needs of the person, and to be certain that action is taken to safeguard.

Do not deal with suicidal ideation or intent alone.

Record the incident on the safeguarding system as soon as it is safe to do so.

Low Risk Reference to suicide through a comment, no attempt to self-harm, and when supported to discuss how they feel, the person confirms that they do not plan to end their life but appears to be low in their mood.	Medium Risk Reference to suicide following repeated suicide ideation. Previous or current self-harm. Expression of intent for further harm. Known issues such as low mood / mental health, bullying, domestic abuse, abuse etc.	High Risk The person is physically self-harming with intent to end their own life. The person is seeking objects to end their life. Heard talking of suicide and has a plan. Known issues, unresolved. Has made previous attempts to end their life and is in similar distress.
❖ Listen without judgement ❖ Remain with the individual in a <u>safe</u> place		
❖ Say active and engaged in your listening / offer water / breathing exercises if helpful. ❖ Be present: don't be on your mobile or watching people outside the door, etc ❖ Stay calm and listen to the person – hear them out. ❖ Inform that you will need to talk to other people who can provide help	❖ Inform the individual that you can help, and you'd like to call an ASIST (Applied Suicide Intervention Skills) trained member of staff to support you both in this next step. <i>"I'd like to ask one of our ASIST trained staff to join us to support you and to make sure we hear everything you have to say."</i>	❖ If immediate risk is ascertained (in the process of self-harm or intent to), call 999 ❖ Listen without judgement if the person is able to talk ❖ Reassure that help is available Call an ASIST qualified Staff member: Christina Canning (Kingston), Lauren Buzzwell (Sutton: 07467 716502),

❖ Gain consent to inform family / partner if safe to do so ❖ Inform DSL and agree next steps for ongoing safety. Implement work in college; which part of the safeguarding and wellbeing offer is appropriate for implementation? ❖ Record the information on the safeguarding system (Cpoms) NB. Unlike safeguarding conversations you can ask direct questions: Conversation-Starters-1.pdf STAFF NB Inform DSL as LM, SGH or KC liaise with HR if necessary. Suicide Safety Plan.pdf	❖ Inform DSL and agree next steps for ongoing safety. Implement work in college; which part of the safeguarding and wellbeing offer is appropriate for implementation? ❖ Make a referral to social care (if a student) ❖ Gain consent to speak to family if appropriate, suggest a visit to the GP. ❖ If trained refer to MHFA guidance and The Pathway for Assisting Life whilst awaiting further assistance ❖ If untrained formally to support, it is still helpful to listen, actively and supportively. NB. If you feel able you can ask direct, questions: Conversation-Starters-1.pdf Are you thinking about suicide? Do you have a plan? Who can help keep you safe? These questions can help the individual feel heard and accepted. Stay with the person until further assistance arrives. This might be a trained member of staff, safe person or other service providers.	Sarah Gummett-Hart (Cross-college: 07471 636 733), Tracy Hicklin (Cross college 07384 460255). If none available contact your DSL or Suzanna Challenger/ Jackie Van West / Laurie Cornwell. ❖ Call family / emergency contact ❖ DSL makes relevant referrals ❖ Administer physical first aid if necessary ❖ Refer to The Pathway for Assisting Life if ASIST trained. ❖ Refer to MHFA guidance if trained. NB STAFF: If ASIST staff unavailable please call: Samaritans 116 123 PAPYRUS (under 35's) 0800 068 4141 Text "Shout" to 85258.
If Staff member suicidal: Suicide prevention plan to be co-written with individual and signposted to external support. ❖ Suicide Safety Plan.pdf		

Suicide risk should never be dealt with alone. All concerns or action taken must be recorded and raised in a timely manner to ensure the required support can be put into place, which may include assess the risk at home etc. SMHL / DSLs should always be informed of any immediate risks to enable them to establish the next steps alongside the support of social care and emergency services.

OHC operate the use of safety plans,¹ which are created in collaboration with the individual where appropriate. This plan includes who to speak to when needing emotional support; who college should contact in case of emergency, including family, medics and other professionals, strategies and well-being support. For students this is completed in the form of a student accessible debrief.

Support to return to college

Students and staff are encouraged to return to college as soon as they are feeling well-enough to do so. This process must include a return to college meeting/strategy meeting which will identify the support strategies for the safety plan, a risk assessment, PSP updates, training updates for staff if required, and a timetable to re-engage/transition back to college (this may include home or community programmes where appropriate). All information must be agreed by the students, staff and other stakeholders if in place such as a social worker.

Debrief and Supervision

An act of significant self-harm or attempted suicide by a young person can have a significant effect on the college community, causing distress and anxiety for fellow students, school staff and parents.

Where staff or students were witness to or supported during an incident; a full debrief will take place with a senior mental health lead, or a relevant member of staff for students, supported by a mental health first aider.

There are support mechanisms in place as identified above such as EAP, well-being actions plans and occupational health support services. We also have access to clinical supervision and staff can access a set number of sessions which will be agreed by the principal.

¹ See Appendix 1

SAFETY FIRST: IF INDIVIDUAL HAS HARMED THEMSELVES OR SOMEONE ELSE OR IS IN IMMEDIATE DANGER OF DOING SO CALL 999 / 112 for an ambulance.

Advice for Parents / Carers and Families

Whenever a young person uses self-harm or suicidal language or behaviour, it is essential that they are supported to access support and an assessment from mental health services.

If a child or young person is at immediate risk of danger, we recommend contacting the emergency services on 999.

Other services to support are:

- Mental Health Crisis Helpline: 0800 915 4644 (this is a 24 hour support for people in Surrey and North East Hampshire, but equivalent services exist in other areas).
- The Samaritans support people who need to talk and are available 24 hours a day on 116 123
- Papyrus is a suicide prevention charity; their HOPELINE247 is for those having thoughts of suicide or those who are concerned for a young person.
 - Call: 0800 068 4141
 - Text: 07860 039967
 - Email: pat@papyrus-uk.or

The risk of serious injury or dying by suicide can be decreased if families can reduce access to ways young people can harm themselves. Removing access to or monitoring the following can improve safety in your home.

- Medications: Parents and caregivers should be in charge of the medications that are kept in the home.
- Alcohol and other substances: keep track of bottles of alcohol / toxic household cleaners, pesticides and chemicals and lock them away.
- Sharps / ropes / implements
- Secure high level windows and access to rooftops.

The influence of online activity

Parents and caregivers should monitor the online activities of their children/young people, watching for:

- Researching methods of suicide
- Purchasing of any materials or items that could be used for self-harm
- Spending time in chatrooms or social media sites dedicated to self-harm or suicide
- Receiving texts or direct messages from peers about suicide, calls for help or peer Bullying.

Appendices

Appendix 1

OHC&AT Suicide Prevention Strategy

Appendix 2

OHC Suicide Safety flowchart: [Suicide Safety Flowchart.pptx](#)

Appendix 3

OHC Suicide Safety Plan: [Suicide Safety Plan](#)