



Towards Zero Suicide Collaborative Safety Planning Scale and Spread

The introduction of Collaborative Safety Plans, brief psychosocial interventions for suicidal patients, across secondary mental health services aims to help patients lower their ongoing and future risk of suicidal behaviour through the application of a specific and prioritized set of coping strategies which can be used in the event of a suicidal crisis. Evidence indicates that Safety Plan interventions undertaken collaboratively can reduce suicide behavior by up to 45% (Stanley, 2015, Gamarraet; 2015, Kayman et al., 2015). A quality improvement approach is being applied to assess the benefits of a Collaborative Safety Planning model, coproduced by the WHSCT, across the range of secondary mental health settings. We are also trialling a Brief Safety Plan for use in Crisis and Liaison settings based on the work of Stanley and Brown (2012).

To date two Regional PDSA cycles have been completed spanning 6 different types of services, five Trusts and Healthcare in Prisons. Learning from 180 safety plans offered across these settings has been incorporated into practice, with Prisons making significant early adaptations based on service user and staff feedback. It has also been determined that the Emergency Department environment requires a shortened intervention, and the Stanley and Brown (2012) model has been identified for use in that setting, with testing plans delayed due to Covid restrictions and pressures within emergency departments.

Applying a rigorous data collection framework has been challenging both due to the required measures not being easily captured on current ICT systems, and the extra clinician time and patient follow-up needed to capture the information. Additional resource recently secured, has enabled dedicated QI support to be placed in each Trust to strengthen data collection and analysis, as we proceed with further scale up across services during 2021. Project ECHO is now being used to facilitate Regional QI meetings, and we anticipate that Trusts will present their data analysis from completed PDSAs from early May 2021 onwards.

The embedding of a regionally consistent Safety Plan Intervention across all Trusts and Prisons will form a fundamental component in the testing of a Suicide Prevention Care Pathway within mental health services, which is planned for Autumn 2021, and is a further development in this regional patient safety programme of work.