

NATIONAL CONFIDENTIAL INQUIRY INTO SUICIDE AND SAFETY IN MENTAL HEALTH (NCISH)

7th NCISH Conference, 22nd June 2021

PROGRAMME

10.00am-10.05am	Welcome by our Chair Dr Kate Lovett
10.05am-10.20am	Guest speaker Steve Gilbert
10.20am-10.45am	2021 NCISH Annual Report , Professor Louis Appleby
10.45am-11.00am	Break
11.00am-11.15am	Suicide by middle-aged men , Professor Nav Kapur
11.15am-11.50am	What do the findings mean? Q&A panel session Guest panellists Dr Jacqui Dyer Steve Gilbert Professor Louis Appleby Professor Nav Kapur Professor Jenny Shaw
11.50am-12.00pm	Closing remarks by Dr Kate Lovett

SPEAKER BIOGRAPHIES



Kate Lovett is the Dean of the Royal College of Psychiatrists having been elected in 2016. After studying medicine at the Universities of St Andrews and Manchester, Kate trained as a psychiatrist obtaining the MRCPsych in 1995 and an MSc in Clinical Psychiatry in 1997. Upon completing specialist training in 2001 Kate worked for Devon Partnership NHS Trust as a Consultant Psychiatrist in General Adult Psychiatry from 2001 where she

was also an Associate Medical Director between 2008 and 2010. Since 2019, Kate has worked for [Livewell Southwest](#), a social enterprise which delivers NHS services to a deprived community in Plymouth.

Kate has a longstanding interest in training and education. She has been undergraduate psychiatry lead for Peninsula Medical School and Training Programme Director for Adult Psychiatry. She completed a Postgraduate Certificate of Clinical Education with Distinction in 2008. She served on the Education, Training and Standards Committee at the Royal College of Psychiatrists between 2010 and 2014 and on the South West Division between 2010 and 2016. Kate was appointed as CASC (Clinical Assessment of Skills and Competencies) examiner in 2008 and became a lead examiner in 2014. She was Head of School of Psychiatry for the Peninsula Deanery for four and a half years until 2016 when she gave up this role having been elected Dean of the Royal College of Psychiatrists.

In her role as Dean, Kate has lead work on recruitment and retention in the mental health workforce and been a driving force behind the [#ChoosePsychiatry](#) campaign. She has successfully overseen the digitisation of the Royal College of Psychiatrists membership examinations, has led the modernisation of all psychiatric postgraduate curricula during her tenure and led ground-breaking work on supporting people with lived experience to lead and deliver training.

Since 2019 she has acted as Chair for NCISH's project board.

SPEAKER BIOGRAPHIES



Steve Gilbert is an emerging Anti-Racism consultant who works with senior leaders, helping them tackle racial inequality in their organisations, to deliver better outcomes for service users and staff alike.

Personal and familial experiences of racial discrimination are a significant driver for Steve's work. As a bi-racial child, with a Black father and a

White mother, growing up in a largely white neighbourhood, Steve grew up not 'fitting in'. As he grew older Steve became aware of the role racial discrimination had in the high rates of serious mental illness on his father's side of the family. It was in learning to live with Bipolar Disorder that Steve started his work in Anti-Racism.

Steve works with a range of leading organisations to develop policy and scrutinise their programmes of work. He is currently helping to develop organisational Anti-Discrimination approaches to better support the needs of racially discriminated communities.

In his appointment as Vice Chair for the Independent Mental Health Act Review, Steve supported the Chair in making recommendations to the Government and led work to improve outcomes for Black African and Caribbean communities.

Steve has continued to work with the Department of Health and Social Care and the Ministry of Justice, referred to as the Directors Group, to develop the Government response to the Mental Health Act Review, refining the key recommendations aimed at Black African and Caribbean communities.

Steve is a Trustee for the Association of Mental Health Providers (March 2018 – current) and for MIND (Sept 2017 – current) representing people with experiences of mental illness and supporting work to reduce racial inequalities.

Steve was recognised in the 2019 Queen's Birthday Honours List and appointed an OBE for services to mental health.



Jacqui Dyer is an independent health and social care consultant, with lived experience, and a background in adult mental health commissioning as well as community and family social work.

Jacqui was Vice Chair of England's Mental Health Taskforce, which collaboratively developed the 5 Year Forward View for Mental Health (NHSE). She has co-led the Mayoral 'Thrive London' since inception.

Jacqui is an elected Councillor and is currently the Deputy Leader for Lambeth Council, whilst maintaining responsibility for the Jobs, Skills and Community Safety portfolio for the borough. Jacqui is co-founder and chair of Lambeth's Black Thrive Partnership which takes a collective impact approach to improving the mental health and wellbeing of its Black Caribbean and African citizens through addressing inequities in the system. She is also Director of the social enterprise Black Thrive Global.

Jacqui was an advisory panel member of the 2018 Independent Mental Health Act Review and Co-Chair of its African and Caribbean Working Group. Jacqui is currently the Mental Health Equalities Advisor for NHS England and Health Education England, leading on the Advancing Mental Health Equalities Strategy and the development of the Patient and Carer Race Equality Framework. In early 2019 Jacqui was appointed as the Mental Health Equalities Champion for England to support implementation of Mental Health Act Review recommendations. She is the President of the Mental Health Foundation UK. Jacqui is also involved in a range of international networks to elevate the voices of lived experience, community participation and leadership, as central to city-wide mental health and wellbeing strategies. Jacqui is a member of the current Sciana Fellowship Cohort.

SPEAKER BIOGRAPHIES



Louis Appleby leads the National Suicide Prevention Strategy for England. He is Professor of Psychiatry at the University of Manchester where he leads the Centre for Mental Health and Safety, investigating suicide, self-harm and other areas of risk. He is Director of the National Confidential Inquiry into Suicide and Safety in Mental Health, a UK-wide study that aims to improve the safety of mental health care.

From 2000-2010 he was National Director for Mental Health in England, playing a central role in reforming community care. From 2010-2014 he was National Clinical Director for Health and Justice, leading the development of diversion services for offenders with mental health problems. From 2013-2019 he was a non-executive director on the Board of the Care Quality Commission.



Jenny Shaw is Professor in Forensic Psychiatry at the University of Manchester, with interests in homicide, suicide and violence risk and offender health care. She is Head of Homicide Research at the National Confidential Inquiry into Suicide and Safety in Mental Health.

Jenny is also a Consultant Forensic Psychiatrist and was Clinical Director for Specialist Services at Lancashire Care Foundation Trust until September 2016. She is an Honorary Consultant at Greater Manchester Mental Health NHS Foundation Trust. Throughout her career, she has been interested in translating research evidence into improving the quality and safety of forensic mental health services.



Nav Kapur is Professor of Psychiatry and Population Health at the University of Manchester, and an Honorary Consultant Psychiatrist at Greater Manchester Mental Health NHS Foundation Trust. He has spent the last 20 years researching suicidal behaviour, particularly its causes, treatment and prevention, including as Head of Suicide Research at the National Confidential Inquiry into Suicide and Safety in Mental Health.

Nav has led committees for the National Institute for Health and Clinical Excellence (NICE) including those developing guidelines for how all clinical staff should treat people who self-harm and for identifying and managing depression in adults. He was also a topic expert on the NICE guidelines for suicide prevention in the community.

Nav is a member of the Department of Health's (England) National Suicide Prevention Strategy Advisory Group and is currently helping to lead a national quality improvement project to prevent suicide. He has published extensively on suicide and self-harm with much of his research focusing on how health services might best contribute to suicide prevention.

NCISH Annual Report (2008-2018)

1,601

suicides by people under mental health care in 2018

27%

who died by **suicide** had contact with **mental health services** in the **12 months** before death

Mental health **in-patient** and **post discharge** deaths continue to **fall**

Patients who lived alone

Patients under 25

746

deaths per year



More self-harm, drug
and alcohol use

Higher rates of
unemployment,
physical and mental
illness



Services should address
these clinical and social risks

134

deaths per year

Increasing numbers in
15-17 year olds
and female patients



Personality disorder,
eating disorders, drug
misuse and self-harm
more common

Improve skills to respond to
clinical complexity

National Confidential Inquiry into Suicide and Safety in Mental Health (2021)

NCISH Annual Report (2008-2018)

Patients from ethnic minority groups

107

deaths per year



Risk profile differs
between ethnic groups



Different prevention
for severe mental
illness, substance
misuse and recent
migration

Services to be aware of diverse social and clinical characteristics

Suicide prevention during COVID-19

133

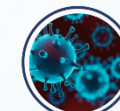
suspected suicide
deaths



1/3 had reported
disruption in
regular support



Increase in anxiety,
loneliness & isolation



2/3 reported
adverse experiences
related to the
pandemic

Additional support may be needed for vulnerable groups

Suicide prevention in mental health services



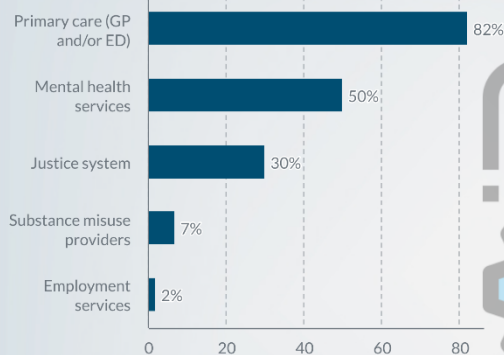
Healthcare organisations
can self-assess their
services using our
Safer Services toolkit



National Confidential Inquiry into Suicide and Safety in Mental Health (2021)

Suicide by middle-aged men (deaths occurring in 2017)

91% of men aged 40-54 had service contact



Higher rates of key risk factors



66%

Mental health diagnosis



52%

Physical health condition



49%

Alcohol and drug misuse



34%

Bereavement



11%

Suicide-related internet use

57% experienced economic adversity



Unemployment, financial or housing problems common

Recent adverse life events experienced by many

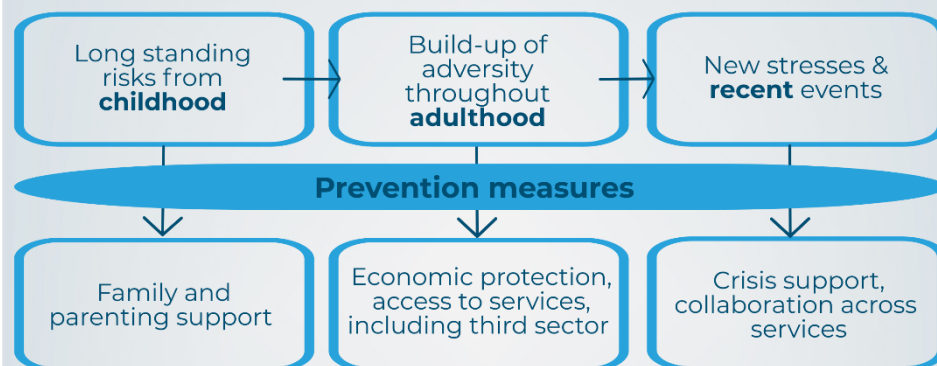


Relationship break-up, problems at work, social isolation

National Confidential Inquiry into Suicide and Safety in Mental Health (2021)

Suicide by middle-aged men (deaths occurring in 2017)

Cumulative risk



Opportunities for prevention



Adapt interventions to suit men's needs



Safer prescribing in accordance with national guidelines



Recognise risks after self-harm



Bereavement support tailored to men



Improved online safety in line with current initiatives

National Confidential Inquiry into Suicide and Safety in Mental Health (2021)