



Suicide and Self-Harm Research North West (SSHare NoW) 5th Annual Conference

Self-harm and suicide: what we know and what we need to know

Wednesday 8th June 2022

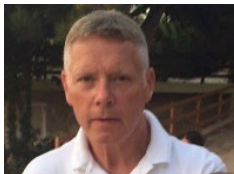
9.30am to 3:00pm

The fifth annual Suicide and Self-Harm Research North-West (SSHare NoW) conference brings together clinicians, individuals with lived experience, academics, and researchers in the field. The conference aims to raise awareness and understanding of self-harm and suicide by presenting some of our latest research in the field, providing opportunity to hear from individuals with lived experience of self-harm and suicide, and inviting discussion of key topics via our panel. For this year the panel discussion will be "Treating and recovering from self-harm and suicide: what we know and what we need to know".


Agenda

09:30 – 09:40 - Dr Kathryn Gardner: Welcome and introduction.

09:40 – 10:00 - Neil Smith: Suicide Prevention: everybody's business.


<p>Neil Smith</p> 	<p>Neil has a background in policing and retired from the Lancashire Constabulary as a Chief Superintendent in April 2009, with 36 years operational policing and organisational management experience. Since 2009 Neil has been working as an independent consultant supporting large scale organisational change across the private and public sector. He has created opportunities to work on National, Regional and Local programmes for the Government, National Health Service, Criminal Justice Agencies, Drug and Alcohol Treatment Providers and Community Charities. Neil is currently supporting the NHS Healthier Lancashire and South Cumbria Integrated Care System (ICS) Mental Health portfolio where Suicide Prevention is a key work stream. Neil has been leading on the Suicide Prevention Real Time Surveillance system which is gaining National profile and underpinning the delivery of the ICS Prevention Plan.</p>
<p>Contact details</p>	<p>neil.smith33@nhs.net</p>

10:00 – 10:20 - Professor Andrew Ireland: Suicide prevention in Universities.

<p>Professor Andrew Ireland</p> 	<p>Andrew is the Pro Vice-Chancellor for Students and Teaching at the University of Central Lancashire, providing strategic leadership across the organisation in the areas of student experience, teaching excellence, curriculum design, and student support services. Andrew oversees the Student Services provision of the University and leads the “Suicide Prevention and Review Strategic Group” which works to ensure that the university’s Suicide Prevention Strategy is implemented effectively across the university, and any barriers to implementation are addressed.</p>
<p>Contact details</p>	<p>aireland@uclan.ac.uk</p>

10:20 – 11:00 BREAK AND NETWORKING

11:00 – 11:20 - Alice Hendy: ‘R;pple suicide prevention tool’ (*via Microsoft Teams*)

<p>Alice Hendy</p> 	<p>Alice lost her only sibling, her brother Josh, on 25th November 2020 to suicide at 21 years old. After examining Josh’s phone, Alice found that he had been researching techniques to take his own life via harmful internet searches. The content available online following a search of this nature currently provides mental health support in one format; a helpline. To ensure more help and support is given to individuals searching for harmful content online, Alice set up R;pple Suicide Prevention. R;pple is a digital tool, which if a user searches for harmful content online, they will first be guided through a filter of breathing exercises and then very simple, uncluttered and calmly presented strategies and forums, help lines and mental health services they can access both now and longer term: accompanied with messages of hope and encouragement to keep safe.</p>
<p>Contact details</p>	<p>alice@ripplesuicideprevention.com</p>

Research on self-harm and suicide including by the SSHaRE NoW team: what we know and what we need to know

Biographies of the SSHaRE NoW speakers are below

11:20 – 11:40 - Dr Kathryn Gardner and Dr Caroline Clements: The location of self-injury: does it matter?

11:40 – 12:00 - Dr Caroline Clements and Dr Peter Taylor: Self-harm in university students and the Mental Imagery for Suicidality in Students Trial (MISST).

12:00 – 12:20 - Dr Jen Chopra: James place: a clinical intervention delivered in a community setting for men in suicidal crisis.

12:20 – 13:20 LUNCH

13:20 – 14:00: Dr Pooja Saini, Dr Peter Taylor and Anna Hunt: Co-production: the role of experts-by-experience in self-harm and suicide intervention research.


14:00 – 14:50: Panel discussion: Treating and recovering from self-harm and suicide: what we know and what we need to know





Panel members:



- Cameron Latham - expert-by-experience, Co-founder of SSHaRe NoW
- Peter Taylor - Clinical Psychologist, Co-founder of SSHaRe NoW.
- Jess Murdoc -, carer perspective, Co-founder of SSHaRe NoW.
- Paul Robertson - Wirral Minds Lived Experience Network Champion.
- Mani Priya Jalota - expert-by-experience.
- Stuart Parsons - CEO of Family Welfare charity and expert-by-experience.

14:50 – 15:00 - Dr Kathryn Gardner: Final comments and close

SSHaRe NoW Co-Founder Biographies


Dr Jennifer Chopra 	Jennifer is a Lecturer in Psychology at Liverpool John Moores University. Jennifer's research in the area of intimate partner abuse aims to look at the full spectrum of abusive behaviours, including coercive control, and she is particularly interested in the long-term impact of partner abuse. In addition, Jennifer researches stalking, domestic homicides, suicide risk and prevention.
Contact details	J.Chopra@ljmu.ac.uk



Dr Caroline Clements 	<p>Caroline is a Research Fellow and Project Manager of The Manchester Self-Harm Project based at the University of Manchester and has lived experience of self-harm. Caroline is widely published in the area of self-harm and suicide research. Caroline's research interests include the epidemiology and prevention of suicidal behaviours, and suicidal behaviours in at risk populations such as people with psychiatric diagnoses.</p>
Contact details	Caroline.v.clements@manchester.ac.uk
Dr Kathryn Gardner 	<p>Kathryn is a Senior Lecturer in Psychology and Chartered Psychologist at the University of Central Lancashire and is well published in the fields of self-harm, and borderline personality/relational difficulties. Kathryn works alongside many individuals with experience and knowledge of self-harm, including experts-by-experience, academics and clinicians. Kathryn's work focuses on the functions and processes underlying self-harm, as well as care providers' understanding and management of self-harm. Kathryn's work used both quantitative and qualitative research methods, and she is also leading various NHS service and research evaluations.</p>
Contact details	KJGardner@uclan.ac.uk
Cameron Latham 	<p>Cameron is originally a physicist/archaeological geophysicist and after working in the City, currently runs an innovative training business employing Experts-by-Experience (EBE's). As an EBE himself, with a diagnosis of Borderline Personality Disorder and extensive personal experience of self-injury, Cameron is involved in research, publication, training in many areas of mental health and self-injury, sitting on the Boards of Directors of several charities and companies.</p>
Contact details	Info@IMAGOftrainingltd.co.uk
Jess Murdoch 	<p>Jessica has a background in Marketing but is currently the Operations Director of a Lived Experience based Mental Health Training company and sits on the Board of Wigan Family Welfare. Jessica can provide a unique insight into living with someone who self-injures and also suffers with Borderline Personality Disorder. Jessica also designed and runs the 'Three Little Birds' Mental Health Cafes, and has recently been a guest lecturer at the University of Manchester.</p>

Contact details	Jessica@IMAGOtrainingltd.co.uk
Dr Pooja Saini 	<p>Pooja is a Chartered Psychologist and Reader in Suicide and Self-Harm Prevention at Liverpool John Moores University. Pooja is well published in the field of suicide and is currently the Lead Researcher for the first non-clinical community-based centre for men in suicidal crisis. Pooja currently leads LJMU Suicide and Self-Harm Research Group. Her work within suicide includes public engagement, knowledge exchange, implementation science, as well as expertise in both quantitative and qualitative research methods.</p>
Contact details	P.Saini@ljmu.ac.uk
Dr Peter Taylor 	<p>Peter is a Clinical Psychologist and researcher at University of Manchester and is well published in the field of self-harm. Peter's research involves building an understanding of psychological processes underlying self-harm. Other areas of work include psychosis and Cognitive Analytic Therapy. Peter has particular expertise in quantitative research methods.</p>
Contact details	Peter.taylor-2@manchester.ac.uk

Panel Discussion Biographies

- Cameron Latham, expert-by-experience, Co-founder of SSHaRe NoW (see above Bio)
- Peter Taylor, Clinical Psychologist, Co-founder of SSHaRe NoW (see above Bio)
- Jess Murdoch, carer perspective, Co-founder of SSHaRe NoW (see above Bio)

Paul Robertson 	<p>Paul joined the charity sector in March 2021 after working in Financial Planning for over 11 years. Paul has a 1st Class Honours degree in Mathematics and is a Fellow of The Personal Finance Society. After a long battle with anxiety and depression, Paul's passion for people and desire to make a difference led him to alter his career path and transfer his skills to the charity world. Paul is the Lived Experience Network (LEN) Champion at Wirral Mind and the Finance Manager for The Martin Gallier Project, a suicide prevention charity based on the Wirral.</p>
Contact details	Paul.Robertson@wirralmind.org.uk

Mani Priya Jalota 	<p>Mani was born and brought up in India and has been in UK since 2004 when she came to live with her husband who is a British citizen by birth. Mani has a Bachelors degree in economics from India and has been working as an Accounts Manager in a travel company for nearly 10 years. Mani has lived experience of mental health difficulties and suicidal thoughts and lives with and cares for her teenage daughter who also has lived experience of suicidal thoughts and self-harm. Mani has travelled a long journey of trying to help her daughter with her difficulties, whilst managing her own anxiety and suicidal thoughts. Mani is happy to share her experience if it can help others.</p>
Contact details	manijalota@hotmail.co.uk
Stuart Parsons 	<p>Stuart is the CEO for a Charity based in the Borough of Wigan called Family Welfare. It offers counselling and advocacy to on average 2500 new referrals a year. It works with all ages ranging from 5 to end of life. The counselling service is in 46 schools weekly and another 30 regularly. Its advocacy services are in schools, mental health wards and care homes daily. The Organisation is accredited by the British Association for Counselling and Psychotherapy (BACP, one of only 20 accredited services in the northwest). The service employs 32 staff and has a training programme for both counselling and advocacy. This is open to staff and volunteers. On a weekly basis it is in 70 different venues across the Borough of Wigan.</p> <p>Stuart is a registered Social Worker and is a BACP senior accredited practitioner (counsellor). He is a qualified Independent Mental Capacity Advocate, Independent Mental Health Advocate and holds the Independent Advocacy Qualification.</p> <p>Stuart has personal experience of suicide and recognises the lived experience of those who share the affect this has on people's lives.</p>
Contact details	sparsons@familywelfare.co.uk