

Connecting with People Training and Suicide Assessment Framework E Tool (SAFETool)

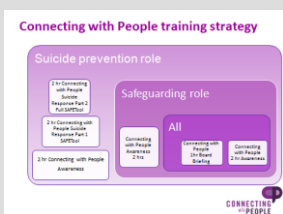
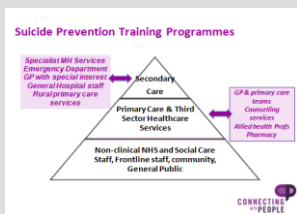
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Background: The Connecting with People approach ensures that everyone at risk of suicide is taken seriously and supported to co-produce a safety plan.

The Connecting with People training improves the assessment and response to people in distress and experiencing thoughts of suicide and self-harm. The Suicide Assessment Framework E Tool (SAFETool) is a clinical governance framework: a suite of peer reviewed clinical tools to improve quality, consistency and documentation of assessment and response to suicidal patients.

Promotes a compassionate and evidence-based approach and is available as a set of 2 hour 'bite sized' modules delivered directly to delegates at their chosen venue. To develop long-term capability in organisations, a "Train the trainer" programme is offered so those trained may then offer Connecting with People across a large organisation or cohort.



Connecting with People SAFETool:

- Documentary evidence of the assessment and a safety plan that underpins the risk assessment.
- Improves consistency at times of triage and referral between practitioners or different services.
- Clear structure and recording of information to ensure excellent governance.
- Available as a web-based app or an editable pdf for paper based systems and the app can be fully integrated securely with NHS IT systems. The Triage SAFETool is available within SystmOne
- Summary of SAFETool report generated suitable for practitioner and medical notes.
- Copy of the co-produced Safety Plan for the patient to take away with them



1) Continuum of suicidal thoughts

designed to uncover and tease out the various Aspects of suicidal thoughts in order to obtain a Detailed understanding of someone's suicidal thoughts.

2) The Risk Factor Table includes all the demographic evidence based risk factors at a population level, emotional and psychological factors which increase suicide risk. Also include 'red flag warning signs' indicative of an impending suicidal act for someone who may be particularly at risk of suicide.



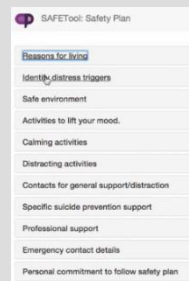
3) Classification of Suicidal Thoughts

provides a standardise language of the nature and intent of suicidal thoughts and most importantly the response required by the practitioner in order to keep the patient safe and help them not to act on their thoughts.



4) Mitigation Framework

- Improves quality, consistency & comprehensiveness management plans
- If risk factors cannot be removed/reduced as mitigated by protective factors.
- Promotes a collaborative approach and ensures all three elements of biopsychosocial response considered.



5) Full SAFETool Safety Plan

- Co-produced with a patient (+/- carer if appropriate).
- Includes agreed actions for patients if their suicidal thoughts become stronger/persistent



Triage SAFETool for Primary Care General hospital or first responders

"I consider the Connecting with people approach takes risk and safety management to a new and more sophisticated level and I urge clinical governance leads and professional heads to actively consider commissioning this model."

Malcolm Rae, OBE FRCN

"I was previously practising out of fear, feeling burdened with responsibility when faced with someone who expressed suicidal thoughts made worse by the system in which I was working and the tools I had to use. Thank you for Connecting with People as it set me free from this trap, and has enabled me to practice with a freedom, a confidence and the ability to empower the very people I have devoted my life to helping."

Senior MH Professional

Testimonials from participants:

Feedback is overwhelmingly positive, changing 'hearts and minds', confidence and competence of delegates, leading to a more patient-centred approach. Connecting with People is formally endorsed by the Royal College of Nursing, RCGP Remote and Rural Forum, forms part of the RCPsych OnSite Training and is part of the BMJ Masterclass series and is cited in national documents.

"I feel empowered that by discussing a patient's suicidal thoughts I can assess their risk more accurately, will refer patients more appropriately to secondary care services, and by discussing simple practical solutions that I can actually reduce their risk of dying." **General Practitioner, North Wales**

"Suicidal thoughts and monitoring were very nebulous concepts. The 'Cole-King Continuum' provides a platform to tease out individual aspects effectively." **Consultant Psychiatrist, BCUHB**

"A whole patient approach to risk as opposed to just scoring scales." **Junior Doctor, A&E**

"Key messages of not being frightened to ask about suicidal feelings, making sense of information that people tell us collaboratively, being central to saving lives, are the most important training messages I have heard for a while."

Mick O' Driscoll, Deputy Divisional Nurse, Nottingham Healthcare NHS Trust

Work-based Mental Health a series of Work-based Mental Health training www.connectingwithpeople.org/workplace-front