Suicide Bereavement: The Missing Link in Suicide Prevention

3rd National Suicide Bereavement Conference
The University of Manchester
23rd September 2014
Malcolm Rae

Malcolm Rae (OBE, FRCN) has extensive experience working in a range of Mental Health specialties. He has been Nurse Advisor for Mental Health and Forensic Psychiatry at the Department of Health and Lead for the Acute Care Programme of the National Institute for Mental Health England. In June 2013 he was awarded a Lifetime Achievement Award for Leadership in Nursing by the Journal of Psychiatric and Mental Health Nursing. Malcolm is employed as an Independent Investigator into serious untoward incidents, in particular, suicide and homicides. He is the Programme Director of “State of Mind”.

Reagan Blyth

Reagan Blyth is the Associate Director of Quality Assurance and Research at Pennine Care NHS Foundation Trust and has been key in developing and strengthening the collaboration between Pennine Care and Dr Sharon McDonnell. To date, this partnership has enabled bids for several research grants, including a successful Research for Patient Benefit award; support for Dr McDonnell and the development of the suicide bereavement research unit; as well as this important national conference, now in its third year.

Darren Rocks

Darren Rocks is a Senior Health Improvement Programme Officer for the National Programme for Suicide Prevention NHS Health Scotland. In his 6 years of working within NHS Health Scotland’s Choose Life national programme, Darren has worked with partners to develop national suicide prevention guidance on; looked-after children; supporting people bereaved by suicide; suicide prevention in rural areas; and suicide prevention in locations of concern. In 2013 he was part of the Scottish Government’s national reference group for the development of the new suicide prevention strategy.
Dr. Myfanwy Maple

Dr. Myfanwy Maple is an Associate Professor in Social Work at the University of New England. Myfanwy has contributed to informing the broader community about suicide, suicide bereavement and postvention and is one of Australia’s few internationally recognised experts in suicide bereavement. Her PhD – ‘Parental Portraits of Suicide: Narrating the loss of a young adult child’ – was the first in Australia to examine the journey of parental suicide grief through their own narratives and was the foundation for being awarded the inaugural Suicide Prevention Australia Emerging Researcher Award in 2007.

Seán McCarthy

Seán McCarthy is currently Co-Chair of the International Association for Suicide Prevention (IASP) Special Interest Group (SIG) on Postvention. He was a member of the steering group for the development of Reach Out, National Strategy for Action on Suicide Prevention 2005-2014 for Ireland. Sean is currently national lead on the roll out of the Suicide Crisis Assessment Nursing Service (SCAN) a suicide prevention initiative to Primary Care services. He has a particular interest in the development of suicide bereavement support services. Sean has also lost a close family member to suicide.

Dr. Sharon McDonnell

Dr. Sharon McDonnell works in the Centre for Mental Health and Risk, University of Manchester. She specialises in suicide bereavement research. Sharon and her team are currently developing training to guide health professionals how to respond to parents bereaved by suicide. Sharon is in the early stages of developing a suicide bereavement research unit within the Centre for Mental Health and Risk at the University of Manchester. This initiative is in collaboration with Pennine Care NHS Foundation Trust.
Shirley Smith

Shirley and Dean Smith run the If U Care Share Foundation (IUCSF) in County Durham, which was set up in memory of their son Daniel who took his own life in March 2005. IUCSF has been a registered charity since 2011 and focuses on prevention, intervention and support for people bereaved by suicide. Their contribution to suicide prevention/postvention is recognised nationally. IUCSF are members of several bodies that focus on suicide prevention, including, the National Suicide Prevention Strategy Advisory Group.

Kevin Betts

Kevin Betts is a runner and mental health campaigner with a passion for goal setting and pushing himself and others beyond their expectations. In 2011 Kevin ran 52 sub 4-hour marathons and in 2012 he led a group who ran from Paris’ Arc De Triomphe to London’s Marble Arch in 4 days. He believes that he is no more talented than the next man, and has learned that determination is everything. Kevin is a personal trainer who works with people to set goals, stay motivated and to inspire both themselves and others. Kevin lost his dad to suicide.

Trish Thomas

Trish Thomas has been widowed by suicide and is a member of Survivors of Bereavement by Suicide for 17 years. Trish has recently worked in partnership with Gloucestershire Police and 2together (Glos) NHS Foundation Trust for Mental Health to develop a new protocol for officers to follow when engaging with people bereaved by suicide. This protocol is of benefit to the bereaved and professionals engaging with them.
Dr. Phil Cooper
Dr. Phil Cooper is a Dual Diagnosis Nurse Consultant at 5 Boroughs Partnership NHS Foundation Trust and Co-Founder of State of Mind. Phil is an award winning and widely published mental health nurse who has piloted a number of clinical and service innovations. He has devised and implemented successful training programmes in the area of substance misuse, mental wellbeing and resilience for Rugby League players, students and communities. In 2012 he was awarded the Royal College of Nursing’s Nursing Standard Mental Health Award for his work with ‘State of Mind’.

Jimmy Gittins
Jimmy Gittins was a Professional Rugby League player for 10 years when he broke his neck in two places during a match. He was told that he would never walk again or be able to feed himself. Jimmy was determined to rehabilitate himself by setting goals and incrementally moving step by step. Nine months later he walked out of hospital and has since gone on to achieve some incredible successes as he continues to challenge himself and give back to the community. He has undertaken many notable charity activities, including cycling across France and Sky Diving with the Red Devils.

Danny Sculthorpe
Danny Sculthorpe is a former Super League Rugby Prop Forward who recently retired as a result of injury and illness which impacted on his mood and wellbeing. Subsequently Danny has become involved in State of Mind as a key contributor to training programmes and in the media. Danny’s personal experience of injury and illness and how he is dealing with his problems, brings highly credible and powerful insights into responding to adversity.
Kathy Devlin

Kathy is an experienced mental health clinician with a wide range of qualifications in and around the field of mental health and emotional well being and has worked nationally and internationally within this field. She is experienced at Critical Incident Debriefing and delivers training and intervention programmes on Suicide Prevention and Postvention. She represents the Beacon Counselling Trust and is a mental health support provider delivering a wide range of community based programmes in Merseyside and the Northwest, with a central hub in Liverpool and a residential facility in Anglesey. Kathy has lost her brother to suicide.

Neil Platt

Neil Platt represents the Beacon Counselling Trust and is a mental health support provider delivering a wide range of community based programmes in Merseyside and the Northwest, with a central hub in Liverpool and a residential facility in Anglesey. Neil is an experienced mental health clinician with a wide range of qualifications in and around the field of mental health and emotional well being and has worked nationally and internationally within this field. Neil is experienced at Critical Incident Debriefing and delivers training and intervention programmes on Suicide Prevention and Postvention.

Rebekah Lawson

Rebekah Lawson is from a nursing background. She is employed by Winstons Wish, which is a charity that provides support for bereaved children and young people. Rebekah is the lead practitioner for the new Winston’s Wish service to be provided in the Greater Manchester area. She has extensive experience in bereavement support for both children and adults.
Mark Smith
Mark has written and introduced the current force policy on suicide prevention. He helped to set up ‘Operation Partner’ which involves NHS Mental Health Professionals in London and BTP public protection staff working together to try and overcome organisational boundaries to better serve vulnerable people in crisis. Mark is currently, ‘Head of Suicide Prevention and Mental Health’ and leads a team which aims to reduce suicides on the railway.

Paul Hurley
Paul is Head of Specialist Crime Investigation for South Wales Police. He is a senior investigating officer with responsibility for the management of a department investigating the most serious crimes. Paul was involved in the investigation into the ‘cluster’ of suicides that affected the Bridgend area of South Wales. Paul is one of the forces’ Hostage Crisis Negotiators and delivers training in relation to Suicide Intervention Skills to the Public Service Centre staff regarding ‘suicidal callers’.
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<tr>
<th>Time</th>
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<tr>
<td>8.15 to 9.25</td>
<td>Registration</td>
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<tr>
<td>9.30</td>
<td>Chair: Malcolm Rae OBE Welcome to the University of Manchester conference</td>
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<td>9.40</td>
<td>Reagan Blyth Welcome from Pennine Care NHS Foundation Trust</td>
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<td>9.45</td>
<td>Darren Rocks Supporting People Bereaved by Suicide</td>
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<td>10.15</td>
<td>Myfanwy Maple Suicide Bereavement and Risk: Understanding the Impact of Exposure to Suicide</td>
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<td>10.45</td>
<td>Coffee Break</td>
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<td>11.15</td>
<td>Sean McCarthy The Forgotten Pillar of Suicide Prevention: The Role of IASP in Developing and Promoting Postvention</td>
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<td>11.45</td>
<td>Sharon McDonnell Giving a Voice to those Bereaved by Suicide and Health Professionals who Support Them</td>
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<td>12.15</td>
<td>Panel Discussion</td>
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<td>Lunch/networking</td>
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### Parallel Workshop 1 (Choice of one of following 3 workshops)

1. **Shirley Smith**  
The ‘S’ Word

2. **Kevin Betts**  
How We Dealt with your Death: A Decade Since you Chose to Die

3. **Trish Thomas and Mark Smith**  
Working with the Police to Help Guide Them how to Respond to Those Bereaved by Suicide; and Preventing Suicide on the Railways

### Parallel Workshop 2 (Choice of the one of following 2 workshops)

1. **State of Mind**  
STATE of MIND: What’s Yours?  
Promoting Mental Fitness and Tackling Stigma

2. **Kathy Devlin and Neil Platt**  
What has Changed in 20 Years and How do we Facilitate Change?

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**Paul Hurley**  
Effective Intervention  
15.00

**Rebekah Lawson**  
New Developments for Bereaved Children in the North West  
15.25

**Malcolm Rae OBE**  
Reflection and closing remarks  
15.50
What has Changed in Twenty Years and How do we Facilitate Change?
Twenty years ago Kathy’s brother Paul tragically took his own life. This workshop explores a chronology of events of that time and relates them to the present day, taking the lessons learnt and how these can be put into practice in the present moment, exploring the barriers as to why positive change and support cannot be effected for both the public and first responders alike.

The ‘S’ Word
Shirley Smith runs the If U Care Share Foundation in County Durham, which was set up in memory of her son Daniel who took his own life in Mark 2005. Part of their work involves supporting those bereaved by suicide. Currently, they have supported over 300 people bereaved by suicide. This presentation demonstrates the importance of providing support to those bereaved by suicide.

How we Dealt with your Death: A Decade Since you Chose to Die’
Kevin’s dad took his own life in 2003. In this session, Kevin will directly address his dad and discuss how his suicide changed the lives of the people around him - creating vulnerability and resilience in equal measure. A hopefully uplifting and enlightening session, Kevin aims to talk open and frankly, with no holds barred and no questions rejected.

Working with the Police to Guide Them how to Respond to Those Bereaved by Suicide
Trish has been widowed by suicide and has been a member of Survivors of Bereavement by Suicide for 17 years. Trish has recently worked in partnership with Gloucestershire Police and 2together (Glos) NHS Foundation Trust for Mental Health to develop a protocol for police officers to follow when engaging with people bereaved by suicide. The workshop will discuss the protocol and its benefits for both ‘Survivors’ and the professionals engaging with them.

Preventing Suicide on the Railways
Mark has been involved in ‘Operation Partner’ which involves NHS Mental Health Professionals in London and BTP public protection staff working together to try and overcome organisational boundaries to better serve vulnerable people in crisis. Mark is currently, ‘Head of Suicide Prevention and Mental Health’ and leads a Strategic Team working in partnership with Network Rail and the wider rail industry to reduce suicides on the railway. These issues will be explored during the presentation.

State of Mind: What’s Yours?
The State of Mind workshop has been delivered to rugby league players at all the top three division clubs across the country. The workshop will encourage you to become our rugby league players and we will deliver the session which is light hearted but deals with serious mental health issues. The session incorporates brief interventions for anxiety, depression and substance misuse and you will hear inspirational stories from former players. The sessions are now being delivered in community clubs, schools and colleges and prisons.
Posters

**Dr. Jo Bell.** Online suicide memorials, meaning making, making sense and managing trauma, Department of Social Sciences, University of Hull.

**Dr. Sharon Mallon.** Ever increasing circles: An exploration of the impact of a death by suicide on the wider community, Faculty of Health and Social Care, The Open University.

**Ms Tu Robin.** Contributing factors to various outcomes after suicide bereavement loss, Centre for Psychoanalytic Studies, University of Essex.

Organisers:

**Sharon McDonnell.** Centre for Mental Health and Risk, University of Manchester

**Ali Roscoe.** Centre for Mental Health and Risk, University of Manchester

**Reagan Blyth.** Pennine Care NHS Foundation Trust

**Malcolm Rae OBE.** Independent Investigator into serious untoward incidents, particularly suicide and homicide and cofounder of State of Mind.
We would like to thank Pennine Care NHS Foundation Trust and the Matthew Elvidge Trust for substantially funding this conference.

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