SUICIDE BEREAVEMENT: Bridging the Gap Between What We Know and What We Do

Manchester Conference Centre
One day conference 24th September 2015 £60
Additional Workshops 25th September 2015 (additional charges)
Louis Appleby is Professor of Psychiatry at the University of Manchester where he leads a research centre on mental health and safety. He is Director of the National Confidential Inquiry into Suicide and Homicide by People with Mental Illness. He currently leads the National Suicide Prevention Strategy and is a non-executive director on the Board of the Care Quality Commission. He was awarded a CBE for services to medicine in 2006.

Nav Kapur is Professor of Psychiatry at the University of Manchester. He is Head of Research at the Centre for Suicide Prevention in the University of Manchester and leads the suicide work programme of the National Confidential Inquiry into Suicide and Homicide by People with Mental Illness. He is currently chairing the NICE guidelines for depression in adults. He is a member of the Department of Health’s (England) National Suicide Prevention Strategy Advisory Group.
Ken Norton is the Executive Director of the National Alliance on Mental Illness (NAMI) based in New Hampshire, America. Ken led the development of NAMI NH’s Connect Suicide Prevention Program – which is designated as a National Best Practice program in suicide prevention, intervention and postvention. He has served on the U.S National Action Alliance For Suicide Prevention Survivor of Suicide Loss Task Force, and the National Suicide Prevention Lifeline Steering Committee.

Dr. Alexandra Pitman works at the University College London, Division of Psychiatry. She has recently conducted a national cross-sectional survey of 3,432 young bereaved adults to investigate the association between bereavement by suicide and incident suicide attempt, as well as associations with non-suicidal self-harm, incident depression, social functioning, and stigma. Her research has recently been published in the Lancet.
Dr. Sharon McDonnell works in the Centre for Mental Health and Safety, University of Manchester. She specialises in suicide bereavement research. Sharon and her team have recently developed suicide bereavement training for health professionals. 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 venture is in collaboration with Pennine Care NHS Foundation Trust.

Dr. Christabel Owens is based at the University of Exeter Medical School and has been researching suicide and self-harming behaviour since 1997. Drawing on a background in the social sciences and philosophy, she works outside the dominant medical paradigm and tries to understand suicide from the point of view of family members and friends who are caught up in the process.
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’s work in postvention. To date, this partnership has enabled bids for several research grants, the development of suicide bereavement training, the provision of support for Dr McDonnell and the development of the suicide bereavement research unit; as well as supporting this national conference.

Hamish Elvidge is chair of The Matthew Elvidge Trust, which was formed after his son, Matthew took his own life, aged 23. The Trust aims to increase everyone’s understanding of the importance of good emotional wellbeing and mental health and ensure people seek and receive the right professional support. He is a member of the National Suicide Prevention Strategy Advisory Board and National Suicide Prevention Alliance Steering Group; co-chair of The Alliance of Suicide Prevention Charities and chairs the Suicide Bereavement Support Partnership.
Jane Powell launched the charity campaign against living miserably, dedicated to preventing male suicide in the UK in 2007. She has been a consistent voice calling for support for the bereaved. Jane’s career has been spent campaigning both at grass-roots and parliamentary level and she has successfully advocated and led on the issue of male suicide since launching CALM initially as a pilot in Manchester in 1997.

Emma Bird is a freelance journalist who lost her brother to suicide in 2009. As a news reporter, she regularly interviewed the families of those bereaved through suicide. Now on the other side, Emma winces at the questions she once asked and realises how insensitive she might have been. She believes the current media guidelines are not adequate and that journalists need specialist training in reporting suicides and dealing with the families left behind.
Anne Embury is the Suicide Liaison Service Lead for a private provider of mental health services to the NHS. It is based on a similar service delivered in the Western Health & Social Care Trust in Northern Ireland. Cornwall’s Suicide Liaison Service is the first NHS-funded postvention service in England & Wales. Anne was awarded a Churchill Fellowship in 2014 to travel to Australia and New Zealand to look at best practice in the delivery of community postvention services, including group support for people bereaved by suicide.

Malcolm Rae (OBE, SCRN) has extensive experience working in a range of Mental Health specialties. During 1997–2002 he was Nurse Advisor for Mental Health and Forensic Psychiatry at the Department of Health. He was awarded the OBE in 1996. Malcolm is largely employed as an Independent Investigator into serious untoward incidents, in particular, suicide and homicides in both inpatient and community settings. He is the Co Founder of “State of Mind” a Rugby League and Mental Health initiative.
Dr. Jo Bell is a Social Scientist based at the Centre for End of Life Studies at the University of Hull. Jo’s research interests include the role of the internet in relation to suicidal behaviour, suicide intervention and postvention. She has a particular interest in suicide memorial sites.

### Additional Workshops

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<tr>
<th>#</th>
<th>Workshop Title</th>
<th>Speaker</th>
<th>Time</th>
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<tr>
<td>1</td>
<td>Clinicians as Service Providers of suicide loss</td>
<td>Ken Norton</td>
<td>10am - 11.30am</td>
<td>£50</td>
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<tr>
<td>2</td>
<td>Time to change: Stigma in Suicide bereavement</td>
<td>Karen Machin</td>
<td>9am - 12pm</td>
<td>£50</td>
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<td>3</td>
<td>Going Where we Need to Go: Providing a Community-Based Postvention Response to Suicide Contagion</td>
<td>Caroline Harroe</td>
<td>10am - 11am</td>
<td>£25</td>
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<td>4</td>
<td>State of Mind: What’s Yours?</td>
<td>Phil Cooper</td>
<td>1pm - 2pm</td>
<td>£25</td>
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<tr>
<td>5</td>
<td>Learning the Lessons from Inquiries</td>
<td>Malcolm Rae</td>
<td>1pm - 2pm</td>
<td>£25</td>
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<td>6</td>
<td>Death with Dignity, Physician Assisted Suicide</td>
<td>Ken Norton</td>
<td>1pm - 2.30pm</td>
<td>£50</td>
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How to Find Us

Located just a short stroll from the Metrolink and a 10 minute walk from Manchester Piccadilly train station means we’re just a 20 minute ride from Manchester airport.

By Rail
From Manchester Victoria Train Station: Purchase a City Zone ticket and take the Metrolink connection from Manchester Victoria to Manchester Piccadilly Train Station.

From Manchester Piccadilly Train Station: Leave the station via the taxi rank exit, cross London Road and proceed west along Fairfield Street. Continue on to Whitworth Street until you reach Sackville Street. Turn left and proceed South on Sackville Street, we are at the end of the road on the right.

From Oxford Road Train Station: Leave the station via the station approach, cross Oxford Street and proceed east along Whitworth Street until you reach Sackville Street. Turn right and proceed South on Sackville Street, we are at the end of the road on the right.

By Park & Ride
You can park for free at any rail station or Metrolink tram stop in Greater Manchester and take a connecting rail service to Manchester Piccadilly Train Station. For more information visit the Transport for Greater Manchester website.

By Road
If you are using sat nav our postcode is M1 3BB.

From the M60 ring road exit at junction 12 and join the M602 towards the city centre. Follow the M602 onto the A57 (Regent Road) and continue on to the A57(M) (Mancunian Way). Exit the A57(M) at the Universities slip road onto Sackville Street. The Manchester Conference Centre Entrance will be on your left.

Parking
Located next to the Manchester Conference Centre, on Charles Street, is an affordable multi-storey car park.

If approaching Manchester Conference Centre from the Mancunian way – drive past the entrance to Manchester Conference Centre and take the first left down Charles Street, the car park entrance will be on your right.

If approaching from Sackville Street – drive to the end of the road and follow Sackville Street on to Charles Street, the car park entrance will be on your right.

(Please note that the entrance to Manchester Conference Centre is on a one-way street and by car can only be reached via the Mancunian way.)

By Air
Manchester is served by one of the UK’s major international airports. It is located 9 miles outside the city centre and has a regular direct rail connection to Manchester Piccadilly. For the best prices be sure to purchase tickets for Manchester Central Stations.

For more information visit www.manchesterairport.co.uk
## Contact Details and Programme

**Registration**
- **8.15 to 9.25**

**Chair: Professor Nav Kapur**
- Welcome to the University of Manchester conference
- **9.30**

**Reagan Blyth**
- Welcome from Pennine Care NHS Foundation Trust
- **9.40**

**Professor Louis Appleby**
- England’s Suicide Prevention Strategy
- **9.45**

**Ken Norton**
- Engaging Communities in a Proactive Coordinated Response to Reduce Risk and Promote Healing in the Aftermath of a Suicide Death.
- **10.15**

**Coffee Break**
- **10.45**

**Sharon McDonnell**
- Postvention: Reflecting on our Progress
- **11.15**

**Alexandra Pitman**
- The Stigma Associated with Bereavement by Suicide: a Mixed Methods Analysis of Responses from a National Survey of Young Bereaved Adults
- **11.45**

**Panel Discussion**
- **12.15**

**Lunch/networking**
- **12.30**

**Workshop 1 - Choice of the one of following 3 workshops:**

1. **Jo Bell**
   - Suicide Memorial sites: Implications for Bereavement and Postvention
   - **13.30**

2. **Christabel Owens**
   - Recognising and Responding to a Suicidal Crisis Within the Family: Why is it so Difficult?

3. **Anne Embury**
   - The development of an 8-week grief education programme based on research from Australia and New Zealand.

**Workshop 2 - Choice of the one of following 2 workshops:**

1. **Hamish Elvidge**
   - Bereavement Support and the Health Continuum: Stretching Our Ambition
   - **14.15**

2. **Emma Bird**
   - Journalistic Instinct Never Dies: the Importance of the First-Person Narrative in Telling the Story of Suicide.

**Main lecture theatre**

**Ken Norton**
- Reducing Risk and Promoting Warrior, Veteran, Family and Community Resilience and Healing Following A Military Suicide.
- **15.00**

**Jane Powell**
- Painting a Picture on the Impact of Suicide
- **15.25**

**Chair: Malcolm Rae OBE**
- Reflection and closing remarks
- **15.50**

**Refreshments/networking**
- **16.00-16.30**

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**Contact:**

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**Those attending can attribute learning credits towards appraisal and revalidation.**
**Workshop: 1**

**Clinicians as Survivors of Suicide Loss**

Presenter: Ken Norton – international speaker  
Time: 10am-11.30am  
Cost: £50  

Research indicates that the suicide death of a client can have a profound personal and professional impact on clinicians working in the mental health field. Likewise the death of a family member, friend or colleague can also take an emotional and professional toll. Few clinicians receive any training or preparation for a suicide death and too often clinician survivors receive inadequate support in navigating the difficult legal, ethical, personal and performance related issues which can occur in the aftermath of a suicide death. This workshop will explore these difficult challenges and will include a panel of clinician survivors who will discuss how suicide death has impacted them.

**Objectives**  
- discuss results of research related to the impact of suicide on clinicians;  
- understand the personal and professional impact suicide has on clinicians;  
- discuss legal and ethical considerations for clinicians after a suicide death; and  
- and develop a process for supporting clinical staff after a suicide death.

**Workshop: 2**

**Time to Change: Stigma in Suicide Bereavement**

Presenter: Karen Machin  
Time: 9am-12pm  
Cost: £50  

Karen Machin is the North West regional coordinator for Time to Change, the national campaign to end the stigma and discrimination faced by people who experience mental health problems. Karen also brings her personal experience to the workshop as someone who has been bereaved by suicide. This is an interactive workshop which will focus on stigma, and provide an opportunity to consider how it impacts on the support needs of people bereaved by suicide.

**Objective:**  
delegates will feel more confident in talking with people who have been bereaved by suicide.

**Workshop 3**

**Going Where we Need to Go: Providing a Community Based Postvention Response to Suicide Contagion.**

Presenter: Caroline Harroe, CEO of Harmless and The Tomorrow Project.  
Time: 10am-11am  
Cost: £25  

The Tomorrow Project was launched by Harmless after a suicide cluster in rural Nottinghamshire. Its aim is to respond to the needs of the community and delivers a programme of support directly to the affected community and the bereaved families. Caroline will describe the model employed and the lessons learned. This workshop will consist of a short film and an opportunity for attendees to explore the complex issues that working in a bereaved community presents.

**Objectives:**  
- understand and examine the notion of suicide clusters;  
- enable attendees to explore the Tomorrow Project Model and alternative approaches to working with suicide clusters; and  
- consider appropriate interventions within the context of the unique needs of the multiple bereaved; and understand the implication for risk.
Workshop 4

STATE of MIND: What’s Yours?

Presenters: Dr. Phil Cooper and his team

Time: 1pm-2pm

Cost: £25.00

The State of Mind programme was established in 2011 with the aim of improving the mental health, wellbeing and working life of rugby league players and communities. The STATE of MIND team consist of mental health and sport professionals who deliver comprehensive education sessions at no cost throughout the UK in super league, championship and amateur clubs as well as colleges and community groups, aimed at raising awareness of mental health issues within sport. This workshop provides a unique blend of facts, humour, hope and personal stories to engage with a hard to reach population.

Objectives:
- to provide an opportunity to see how charities are engaging effectively with men; and
- to see how their message is tailored around mental fitness rather than mental illness.

Workshop 5

Young people, self harm and suicide: Learning the lessons from Inquiries

Presenter: Malcolm Rae, OBE

Time: 1pm-2pm

Cost: £25

Malcolm Rae has extensive experience working in a range of mental health specialties. During 1997-2002 he was Nurse Advisor for Mental Health and Forensic Psychiatry at the Department of Health. Malcolm is largely employed as an Independent Investigator into serious untoward incidents, in particular, suicide and homicides in both inpatient and community settings. During this workshop Malcolm will highlight the lessons learnt and explores what might help make the present system more effective.

Objectives:
- to highlight the recommendations made;
- to highlight the most commonly identified concerns; and
- to explore issues surrounding confidentiality.

Workshop 6

“Death with Dignity” or “Assisted Suicide”?

Presenter: Ken Norton – international speaker

Time: 1pm - 2.30pm

Cost: £50

Laws in several countries as well as US states have changed in recent years to allow individuals with terminal illnesses to end their life under the care of a physician. This issue presents challenges and difficult personal, religious, sociocultural, and professional considerations for clinicians, health care providers, and suicide prevention advocates. Even the terminology, as indicated in the title, is emotionally-charged. This workshop will provide a historical context by reviewing important religious, medical and legal decisions impacting on this issue as well as looking at the arguments for and against the issue. The workshop will facilitate a structured dialogue represented by the perspectives of workshop participants about how to better understand the complexities of this issue.

Objectives:
- understand historical context including religious, legal and medical decisions impacting on right to die movement
- discuss how data from places where death with dignity/physician assisted suicide is legal informs discussion related to these issues.
- better understand arguments for and against death with dignity, physician assisted suicide