



suicidebereavement\*

Pennine Care **NHS**  
NHS Foundation Trust

# Suicide Bereavement: Looking Forward, Instilling Hope

**Manchester's 6th International Suicide Bereavement Conference**  
**One day conference: 27th September 2017 (£99+ VAT)**  
**Printworks Cinema, Manchester**

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# Speakers



**Professor  
Julie Cerel**



**Andrea  
Walraven-Thissen**



**Professor  
Nav Kapur**



**Dr. Sharon  
McDonnell**



**Vikki Levick**



**Dr. Delroy Hall**



**Elizabeth  
Burton-Phillips**



**Angela Samata**



**Shirley Smith**



**Matthew Smith**



**Adele Owen**



**Dr. Wesley O'Brien**



**Dr. Alys Cole King**



**Ado Mattheson**



**Malcolm Rae  
(OBE, FRCN)**



**Reagan Blyth**



**Barry McGale**

# Speakers



**Professor  
Julie Cerel**  
President of  
the American  
Association of  
Suicidology, USA

Professor Cerel is the President of the American Association of Suicidology, a licensed clinical psychologist and Professor in the College of Social Work at the University of Kentucky. Her research has focused on suicide bereavement, suicide attempt survivors and suicide prevention. Julie is the author of over 50 academic publications and co-author of '*Seeking Hope: Stories of the Suicide Bereaved*'. Her work has been funded by the Military Suicide Research Consortium from the U.S. Department of Defence, the Centres for Disease Control, Substance Abuse and Mental Health Services Administration, Suicide Prevention Action Network -USA and the American Foundation for Suicide Prevention. She is a Board member and former Chair, Kentucky Suicide Prevention Group, Inc. and Editorial Board Member, Suicide and Life-Threatening Behaviour.



**Andrea  
Walraven-Thissen**  
Crisis Intervention  
Specialist

Andrea is a crisis intervention specialist. She works in several countries as a critical incident manager. In Germany uniformed crisis interventionists are available 24/7 and get dispatched immediately when cases are considered critical incidents. They offer psychosocial support to first responders and civilians. Andrea trains and supervises colleagues. Andrea is very experienced in immediate suicide postvention. She coaches first responders and supports the bereaved during the first hours.

# Speakers



**Professor  
Nav Kapur**  
Professor of  
Psychiatry and  
Population Health  
at The University  
of Manchester

Nav is Professor of Psychiatry and Population Health at the University of Manchester, UK, and an Honorary Consultant Psychiatrist at Greater Manchester Mental Health NHS Foundation Trust. He is Head of Research at the Centre for Suicide Prevention in the University of Manchester, leads the suicide work programme of the National Confidential Inquiry, and works with NICE on a number of clinical guidelines. He has been researching suicidal behaviour for the last 20 years. Nav has published extensively on suicide and self-harm with much of his research focussing on how health services might best contribute to suicide prevention.



**Dr. Sharon  
McDonnell**  
Suicide  
Bereavement UK

Sharon is the Director of Suicide Bereavement UK (SBUK) and Honorary Research Fellow at the University of Manchester (UoM). She is one of the leading researchers in this field in the UK. Prior to setting up SBUK, Sharon worked at the Centre for Mental Health and Safety at the UoM, which is the largest suicide prevention research department internationally. During her time at the university, Sharon and her team developed evidence-based suicide bereavement training entitled '*Postvention Assisting Those Bereaved by Suicide*' (PABBS) which was informed by a three year study funded by National Institute for Health Research and is first of its kind internationally.

# Speakers



**Vikki Levick**  
Senior Learning  
and Knowledge  
Manager,  
Her Majesty's  
Prison and  
Probation Service

Vikki is a Senior Learning and Knowledge Manager in Her Majesty's Prison and Probation Service. She leads on the dissemination of learning on suicide and self-harm reduction to prisons and probation and provides support and advice on national policy. She has previously worked as an operational governor with experience in local, juvenile, open and female prisons. She has first-hand experience of suicide in prisons.



**Dr. Delroy Hall**  
Pastor in the  
Church of God  
of Prophecy

Delroy Hall is a pastor in the Church of God of Prophecy and a psychotherapist at Sheffield Hallam University in the Student Wellbeing Department. He has a PhD in Pastoral Theology from the University of Birmingham, UK. As a pastor, he has supported families when a loved one has died by suicide.

# Speakers



**Elizabeth  
Burton-Phillips**  
DrugFam

Elizabeth lost one of her twin sons to suicide aged 27 in 2004. She dedicates her time raising awareness of the impact of drug addiction and the importance of families receiving adequate and timely support. Elizabeth is author of *'Mum Can you Lend me Twenty Quid? What Drugs Did to My Family'*; which has been translated into five languages. The book describes how an "ordinary" family was devastated by drug addiction which drove her son to end his life in 2004. Elizabeth founded the charity DrugFAM in 2006, which supports people who are affected by someone's drug use, including those who have been bereaved by addiction. Elizabeth has been nominated *Woman of Achievement in the Women of the Year Awards* for four years running.



**Angela Samata**  
BAFTA nominee for  
'*Life After Suicide*'  
documentary

Angela recently presented a BBC1 BAFTA nominated and winner of the Mind Media Award for Best Factual TV documentary, *'Life After Suicide'*. The film encouraged discussion and exploration of mental health issues, challenging the stigma of suicide. Describing her own experience and that of her children after her partner took his own life 12 years ago. The documentary was reshown as part of the BBC's Mental Health Season #InTheMind and was watched world-wide by over 3.5 million viewers. Until recently she was Chair of the Survivors of the Bereaved by Suicide (SOBS), a nationwide charity which supports those bereaved by suicide.

# Speakers



**Shirley Smith**  
If U Care Share  
Foundation

Shirley is the co-founder of the charity if U Care Share Foundation, set up in memory of her son, Daniel who died by suicide aged 19. The charity has supported over 800 families bereaved by suicide. They work with County Durham Public Health and Durham police as part of an Early Alert System to support people affected by a death by suicide. Shirley was involved in the development of the PABBS suicide bereavement training funded by The National Institute for Health Research (NIHR). Shirley received a Winston Churchill Fellowship to visit the USA to identify good practice in postvention, with a view to improve postvention services in the UK. She is a member of the National Suicide Prevention Strategy Advisory Group.



**Matthew Smith**  
If U Care Share  
Foundation

Matthew is the cofounder of the charity if U Care Share Foundation, set up in memory of his brother. Matthew leads on TEAMH (Tackling Emotional and Mental Health), and is responsible for the design and delivery of the suicide prevention workshops in schools and Premier and Football League clubs. Matthew has worked with over 16,000 young people, to date. He has designed and delivered various mental health/suicide prevention training sessions within numerous football clubs, to the academy scholars (aged 13 - 21yrs) he coaches, house parents, heads of education, safeguarding officers, regional officers. In 2015 Matthew was awarded Winston Churchill Travel fellowship. to travel to the USA, to observe ways in which they tackle suicide prevention in young people.

# Speakers



**Adele Owen**  
Greater  
Manchester Police

Adele is a Police Constable with Greater Manchester Police (GMP). She is currently, Tactical Mental Health Lead for the Force, involved in National and local mental health working groups. She is passionate about working effectively with statutory and third sector partners to help improve interactions with those with mental ill health and their families. In 2015, Adele began a Mental Health Peer Support Network within GMP to support colleagues in the organisation affected themselves by mental illness. Adele has received several awards for her work, examples include a Chief Constable's Commendation, National Association of Women in Policing and a Winston Churchill Travel Fellowship in 2016, to research peer-support in policing in the USA and Norway.



**Dr. Wesley O'Brien**  
University  
College Cork

Dr. Wesley O'Brien was awarded his PhD in physical activity promotion amongst youth at the School of Health and Human Performance, at Dublin City University. Over the past four years, Wesley has lectured in the areas of physical education, coaching studies, exercise physiology, movement analysis, childhood movement, motor control, outdoor and adventure education, lifelong physical activity, nutrition and weight management. Wesley is a qualified physical education teacher and is presently lecturing on the Sports Studies and Physical Education programme at University College Cork, Ireland. Wesley has published widely in this field.

# Speakers



**Dr. Alys Cole-King**  
Consultant Liaison  
Psychiatrist and  
Clinical Director at  
Connecting with  
People and Open  
Minds Health

Dr. Alys Cole-King works internationally with Royal Colleges, voluntary bodies, academics, and experts by experience promoting compassion, governance and an integrated response to people in distress. She contributes to the All Party Parliamentary Group for Suicide and Self-harm Prevention. Alys led the development of the Connecting with People SAFE Tool framework and published several chapters, articles, podcasts, webinars, e-learning and self-help resources for suicide and self-harm prevention. She leads international campaigns via social media and regularly works with the media (film, radio and newspapers). Alys sits on the Editorial Board of the Journal of Compassionate Health Care, is a reviewer for journals and sits on Griffiths University, a WHO Collaborating Centre, Expert Reference Group advising on responding to professionals following patient suicide.



**Ado Matheson**  
Songs from  
the Heart

Ado Matheson is a Celtic singer and songwriter inspired by his family tradition of music, especially his late grandfather who was crowned 'Celtic Bard' in the 50's for his writing. Ado has lost many members of his family and friends. However, the greatest tragedy was losing his younger son William in 2013. Ado is currently involved in charity work, including 'DrugFam' and Compassionate Friends, raising awareness and funding for these causes. Ado's music and writing are helping him to heal and come to terms with his loss. He hopes above all else that his music will reach out and touch the hearts of others who have had a similar experience regardless of time and circumstances and uplift their spirits once again.

# Speakers



**Malcolm Rae**  
**(OBE, FRCN)**  
Chair

Malcolm (OBE, FRCN) 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 Sport' a Rugby League and Mental Health Initiative.



**Reagan Blyth**  
Director of  
Service Modelling,  
Research and  
Innovation

Reagan 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 grant for a NIHR, Research for Patient Benefit award to develop the PABBS evidence-based suicide bereavement training was launched March 2017. Pennine Care NHS Foundation Trust have supported this conference, since 2012.

# Speakers



**Barry McGale**  
Suicide  
Bereavement UK  
Chair

Barry McGale, is the senior suicide prevention consultant and trainer at 'Suicide Bereavement UK'. He helped to develop the first active postvention service in the UK. The current service in the Western Trust (the 'Derry Model') has been recognised as a model of best practice and referred to in Parliament as the model that should be replicated throughout the UK. Barry was involved in the development of the PABBS evidence-based suicide bereavement training and leads in its delivery. He has recently been awarded the American Association Suicidology, Roger J.Tierney Award for his services in suicide prevention.

# Conference Workshops

Please choose one of the following workshops when attending the conference.

## Workshop 1

### Responding to Suicides in Prison

Vikki Levick

Suicide in prison is extremely complex. The workshop will look at the realities of suicide in prison and the aftermath for the families and friends of the individual, as well as the prison staff, other prisoners and the victims of the offence. It will include information on the role of the prison Family Liaison Officer and how they support bereaved families. It will also look at what prisons are doing to improve how they identify and support those at risk of suicide.

## Workshop 2

### Working with Suicide: A Caribbean Pastoral Approach

Dr. Delroy Hall

As a pastor, Delroy has supported families bereaved by suicide. In this workshop he will discuss why practitioners, whether they subscribe to any faith position or not, need to be willing to step into the world of people of faith without pathologising their beliefs, if we are going to be effective in our actions of caring.

# Conference Workshops

Please choose one of the following workshops when attending the conference.

## Workshop 3

### Drugs, Suicide and Me – A New Definition of Self

**Elizabeth Burton-Phillips**

Elizabeth Burton-Phillips discusses the impact of death by suicide in her family because of drug addiction. Elizabeth discusses how she set up the charity DrugFam in memory of her son, to support families bereaved by addiction and the growing numbers bereaved by suicide because of addiction.

## Workshop 4

### Lived Experience, Not Just A One Way Street

**Angela Samata**

Deciding to talk openly about our experiences can be one of the most powerful, rewarding, unnerving acts, but what next? How can we use our experiences to benefit others and to bring about the changes we want to see? Join Angela Samata to hear what it was like to share her story with 3 million viewers and how your experience can initiate change and help to shape the experience of other bereaved by suicide.

# Conference Workshops

Please choose one of the following workshops when attending the conference.

## Workshop 5

### Winston Churchill Memorial Trust; A Suicide Prevention Advocate

#### Shirley and Matthew Smith

Shirley and her son Matthew have been awarded Winston Churchill Memorial Trust (WCMT) fellowships to explore suicide prevention in schools and postvention support. This workshop will explore how Winston Churchill's legacy contributes to the continuing development of If U Care Share Foundation, and how WCMT investment in Fellows in this field, is potentially helping to save lives.

## Workshop 6

### Peer Support for Professionals: A Police Perspective

#### Adele Owen

During this workshop, Adele will be open to discussing issues that arise when starting a Mental Health Peer Support group within a Policing environment, covering topics such as stigma, suicide prevention, confidentiality, recruitment and leadership 'buy-in' as well as the importance of supporting the wellbeing of Peer Supporters, while making reference to learning gained from US and Norwegian Police.

# Conference Workshops

Please choose one of the following workshops when attending the conference.

## Workshop 7

**The Suicide has Happened. How Do we Structure the Crisis Response to Limit Secondary Impact on the Bereaved and First Responders?**

**Andrea Walraven-Thissen**

PSNV(Psychosocial Emergency Support Services) is a 24/7 national system based in Germany. Regional multi-disciplinary teams are trained and experienced to be dispatched alongside other first response services when an incident qualifies as a (potential) critical incident. Examples of calls are terrorist attacks, train, aviation incidents, sudden infant deaths, homicides or suicides. A large percentage of dispatches are requested after suicide. PSNV is a uniformed service. Staff often have backgrounds in the army, the police, medical profession, social work or pastoral care. PSNV teams are responsible for psychosocial support of first responders and civilians involved in the incident. With a background in psychiatric nursing and pastoral care, Andrea sees her work as a Ministry of Presence. A humble attitude is an absolute prerequisite. Andrea has been involved in many acute suicide postvention cases and will share what she has learned.

# Who should attend?

This event is suitable for those who come into contact with those bereaved or affected by suicide or those who are considering developing a postvention service. Examples might include:

- **Policy makers**
- **Clinicians**
- **Commissioners**
- **Front line staff (emergency services)**
- **Public Health**
- **Social workers, teachers, occupational health, prison staff, clergy etc.**
- **Those responsible for implementing the suicide prevention strategy, locally and nationally**
- **Researchers**
- **Third sector etc**
- **Faith Leaders**

Is this conference suitable for people bereaved by suicide?

This event is not suitable for people who are struggling to cope with their loss. The purpose of the conference is to inform and guide professionals on how to respond to and care for people bereaved by suicide.

# Programme

<b>Registration</b>		<b>8.15am - 9.25am</b>
<b>Chair: Malcolm Rae OBE</b>	Welcome to the Manchester suicide bereavement conference	9.30am
<b>Reagan Blyth</b>	Welcome for Pennine Care NHS Foundation Trust	9.45am
<b>Ado Matheson</b>	Songs from the Heart	9.50am
<b>Professor Julie Cerel</b>	The Broad Impact of Suicide Exposure	10am
<b>Coffee break</b>		<b>10.45am</b>
<b>Professor Nav Kapur</b>	Why Self-Harm Matters to Suicide Prevention?	11.15am
<b>Dr Sharon McDonnell</b>	The Importance of the National Suicide Bereavement Survey	11.45pm
<b>Panel discussion</b>		12.15pm
<b>Lunch/networking</b>		<b>12.30pm</b>
<b>Workshops</b> (choice of one of the following workshops)		1.40pm
1. Vikki Levick	Responding to Suicides in Prison	
2. Dr Delroy Hall	Working with Suicide: A Caribbean Pastoral Approach	
3. Elizabeth Burton-Phillips	Drugs, Suicide and Me – A New Definition of Self	
4. Angela Samata	Lived Experience, Not Just A One Way Street	
5. Shirley and Matthew Smith	Winston Churchill Memorial Trust: A Suicide Prevention Advocate	
6. Adele Owen	Peer Support for Professionals: A Police Perspective	
7. Andrea Walraven-Thissen	The Suicide has Happened. How Do we Structure the Crisis Response to Limit Secondary Impact on the Bereaved and First Responders?	
<b>Coffee Break</b>		<b>3pm</b>
<b>Dr. Wesley O'Brien</b>	Let's get PHYSICAL: A sustainable pathway for positive health and wellbeing	3.30pm
<b>Dr. Alys Cole-King</b>	Suicide Mitigation: Compassion and governance	3.55pm
<b>Chair: Barry McGale</b>	Reflection and closing remarks	4.20pm

# Location

## The ODEON

27 Withy Grove, Manchester M4 2BS

Tel: +44 (0)161 829 8000

Email: [info@theprintworks.com](mailto:info@theprintworks.com)

[www.theprintworks.com](http://www.theprintworks.com)

## By Car

Central to the heart of Manchester, opposite Victoria Train Station, Arndale Shopping Centre and the Urbis Museum.

## From the North:

West – M6 Junction 30 onto M61 to Junction 1 (15) onto M60 going south towards Liverpool Junction 12. Join M602 towards Manchester City Centre. Come off at the end of the motorway which turns into A57 (Regent Road). When you reach major roundabout turn left onto Deansgate and follow directions below "From Deansgate".

East – Follow M62 which will change into M60 after Junction 18. At Junction 17 take first left onto A56 (Bury New Road) and follow road all the way to the City Centre until you reach the MEN Arena. Turn left New Bridge Street (Ring Road). Turn right past the MEN onto Miller Street (A665) and right again at the next lights onto Corporation Street. The Printworks is on your left. The ODEON is within the Printworks.

# Contact

Suicide Bereavement UK

Tel: 01706 827 359

Email Paul Higham: [admin@suicidebereavementuk.com](mailto:admin@suicidebereavementuk.com)

## From the South:

M6 Junction 21a (10) heading Eastbound onto M62 towards Manchester. Carry on the motorway which leads onto the M602 after passing the M60. Follow this toward the City Centre. Come off at the end of the motorway which turns into A57 (Regent Road). When you reach major roundabout turn left onto Deansgate and follow directions below "From Deansgate".

## From Deansgate:

Follow Deansgate passing Kendals House of Fraser. When you pass Harvey Nichols (on the right) the road is Victoria Street. Pass Manchester Cathedral, go under the railway bridge and turn right at lights (by MEN Arena) onto New Bridge Street. Turn right past the MEN onto Miller Street (A665) and right again at the next lights onto Corporation Street. The Printworks is on your left. The ODEON is within the Printworks.

Car parking is available in the NCP Printworks (Shudehill) which is adjacent to The Printworks, with chargeable car parking for up to 777 spaces.

## Public Transport

**Buses** from North Manchester run directly to the city centre stopping at Shudehill bus station opposite The Printworks.

Buses from South Manchester run directly to the city centre stopping at Piccadilly Gardens bus station just over 5-minute walk from The Printworks.

**Rail** service across the UK run to Victoria (across the road) and Piccadilly Stations (15-minute walk) from The Printworks.

