Suicide Bereavement: Breaking the Silence

Suicide Bereavement UK’s 7th International Conference

One day conference: 26th September 2018 (£120 + Booking Fee and VAT)
The Mercure Manchester City Hotel, Manchester

Suicide Bereavement UK and Pennine Care NHS Foundation Trust are collaborating for the 7th year running to host the Suicide Bereavement International Conference.

Sponsored by

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SPEAKERS  CONFERENCE WORKSHOPS  PROGRAMME  LOCATION & CONTACT DETAILS  ONLINE BOOKING FORM
Speakers

David Robb
Angela Samata
Professor Rory O’Connor
Dr. Sharon McDonnell
Andrea Walraven

Dr. Nadeem Gire
Farah Lunat
Dr. Sarah Cassidy
Dr. Lucy Biddle
Katy Lee Harrison

Father Conor Stainton-Polland
Dr. Alexandra Pitman
Malcolm Rae (OBE, FRCN)
Reagan Blyth
Speakers

David Robb
Actor

David was born in London and brought up in Edinburgh. He was educated at the Royal High School and trained for the theatre at the Central School of Speech and Drama. In a forty-eight-year career, he has appeared frequently in the West End and starred in many iconic television productions including "I Claudius", "The Flame Trees of Thika", "First Among Equals", "Midsomer Murders", "Highlander", "The Crow Road", "Taggart", "Wolf Hall" and six series of "Downton Abbey". In July 2013, his beloved wife of thirty-five years, Briony McRoberts, took her own life. She had a history of struggling with anorexia nervosa.

Angela Samata
BAFTA nominee for 'Life After Suicide' documentary

Angela recently presented the BBC1 BAFTA nominated and winner of the Mind Media Award for Best Factual TV documentary, 'Life After Suicide'. During the film she describes her own experience and that of her children, when she lost her partner to suicide 14 years ago. She also interviewed other people bereaved by suicide, including David Robb. The documentary was reshown as part of the BBC's Mental Health Season #InTheMind and was watched world-wide by over 4.5 million viewers. Angela and David Robb meet again to discuss losing his wife to suicide.
Speakers

Professor Rory O’Connor
University of Glasgow

Rory is Professor of Health Psychology at the University of Glasgow in Scotland, Past President of the International Academy of Suicide Research and a current Vice President of the International Association for Suicide Prevention. Rory leads the Suicidal Behaviour Research Laboratory at Glasgow, one of the leading suicide/self-harm research groups in the UK. He has published extensively in the field of suicide and self-harm. Rory acts as an advisor to a range of national and international organisations including national governments on the areas of suicide and self-harm.

Dr. Sharon McDonnell
Suicide Bereavement UK

Sharon is the Managing Director of Suicide Bereavement UK and Honorary Research Fellow at the University of Manchester. She is one of the leading researchers in this field in the UK. Sharon and her team have developed the PABBS evidence-based suicide bereavement training, which was informed by a three-year study funded by the National Institute for Health Research and is first of its kind internationally. She is currently the Principal Investigator of the national suicide bereavement survey, which is a collaboration between the University of Manchester and Support After Suicide Partnership.
Andrea is a crisis intervention specialist and works in several countries as a critical incident manager. In Germany uniformed crisis interventionists (PSNV) 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. Not only large scale disasters are considered critical incidents; many calls are suicide-related. Andrea is very experienced in immediate suicide postvention. She coaches first responders and supports the bereaved during the first hours. Andrea is currently writing a book on Suicide Postvention for Hachette/JK Publishers.

Nadeem is a leading member of the Global Mental Health and Cultural Psychiatry Research Group at the University of Manchester. He is a clinical researcher at Lancashire Care NHS Foundation Trust and is a Visiting Research Fellow at the Pakistan Institute of Learning and Living. His work has focused in the area of global mental health, working alongside Professor Nusrat Husain and Professor Imran Chaudhry, based at the University of Manchester. His work includes working on multiple projects, including the cultural adaptation of therapies and developing innovative approaches to help overcome mental health inequalities.
Farah is a Global Mental Health researcher with a keen interest in maternal mental health. Farah is employed by Lancashire Care NHS Foundation Trust as the Deputy Trial Manager of Roshni-2, a NIHR funded multi-centre research study of post-natal depression in South Asian mothers. She is a member of the Global Mental Health Research Group at the University of Manchester and through this supervises and supports mental health research in low and middle income countries. Farah's research focus is on raising awareness of mental health, reducing ethnic disparities, tackling stigma and adapting psychological therapies to meet the needs of ethnic minorities.

Sarah is based at the University of Nottingham. She currently leads a research program exploring mental health problems, suicidal thoughts and suicidal behaviours in autistic adults. She works with the Autistic community, those bereaved by suicide, and the leading autism charity Autistica, to identify research priorities, and campaign for changes to policy and practice, in order to better understand and prevent mental health problems and suicide in autism.
Lucy is a senior lecturer in medical sociology at the University of Bristol. Her research focuses on mental health, self-harm and suicide prevention. She was the principal investigator of a study funded by the Department of Health, investigating the impact of the internet on suicidal behaviour. Subsequently, in collaboration with Samaritans, she has led a programme of work (The CRISIS programme) aiming to improve online safety for those who are suicidal. Previous work has examined factors influencing choice of suicide method, reasons for non-help-seeking amongst mentally distressed young adults and the experience of the inquest system by those who are bereaved by suicide.

Katy was appointed Senior Policy and Research Officer at PACTS in March 2016 and later promoted to Senior Policy & Research Officer. She is responsible for a wide range of tasks at PACTS. She undertook research into a newly developing field of road-related suicide in the UK, resulting in the report ‘Suicide on UK Roads: Lifting the Lid’, published in October 2017. Subsequently, Katy has been working to implement the recommendations included in the report.
Father Conor is an inner-city Parish Priest in the Archdiocese of Liverpool looking after St. Matthew's and St. Cecilia's Parishes. He is area Dean and advisor to the Vicariate for Clergy support. Heard regularly on BBC Radio Merseyside’s Sunday Daybreak programme, he is also Chair of Trustees of Wigan Family Welfare and a board member of Paul’s Place, a new postvention counselling charity in Liverpool. Above all he’s proud owner of Ruby the Cavachon. In recent years he’s spoken, in parishes, on radio and other places, about his own mental health issues having a history of depression and finally been diagnosed Bipolar in 2015. During his 21 years of ministry Fr. Conor has supported many families bereaved by suicide.

Alexandra is a Senior Lecturer at the University College of London and an Honorary Consultant Psychiatrist at Camden and Islington NHS Foundation Trust. Her research interests include: the epidemiology of suicide and self-harm, and in approaches to preventing suicide. Alexandra conducted a UK survey of people bereaved by suicide for her PhD, which found that people bereaved by suicide are at greater risk of suicide attempt than people bereaved by other sudden deaths, and significantly more likely to perceive stigma and a lack of informal support. She was a member of the Public Health England (PHE) expert reference group on suicide bereavement and contributed to the 2017 PHE publication Support after a suicide: a guide to providing local services.
Malcolm Rae (OBE, FRNC) is a Fellow of the Royal College of Nursing and 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
Pennine Care NHS Foundation Trust

Reagan is Director of Service Modelling, Research and Innovation 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.
Conference Workshops

Please choose one of the six workshops when registering to attend the conference.

**Workshop 1**

**What happens after it happened?**  
**Critical incident management after a suicide**

**Andrea Walraven**

This will be a workshop for delegates who want to learn more about the immediate response after a suicide. There is nothing we can do to change the primary damage (the loss of life). But there are many aspects we can consider and implement during our (first) response to prevent secondary damage and trauma. Andrea will take you along on suicide postvention calls and help you look at cases in your own field of work. You will leave the workshop with different perspectives on how to assist those who are left behind.

**Workshop 2**

**Culture, ethnicity and self-harm: a focus on South Asians**

**Dr Nadeem Gire and Farah Lunat**

This workshop will focus on the following: i) a National Institute for Health Research (NIHR) funded multi-centre research study, which focuses on postnatal depression in South Asian women ii) how psychological therapies are adapted to meet the needs of ethnic minorities and iii) suicide prevention research currently being conducted in lower and middle-income countries.
Workshop 3

“How do we ask the question?”
Talking about suicide with autistic people

Dr. Sarah Cassidy

Sarah's research has shown that people diagnosed with autism tend to report worryingly high levels of suicidal thoughts. Differences in communication style and interpretation of information can result in misunderstandings when autistic people are asked about thoughts of suicide by neurotypical people. Through the Mental Health in Autism project, Sarah has worked with the autistic community and professionals to better understand how to discuss thoughts of suicide with autistic people. She will share the findings of her latest research, and discuss how we can adapt current practice to better support autistic people experiencing these difficulties.

Workshop 4

Making the online world safer is a major challenge for suicide prevention

Dr Lucy Biddle

There is a need to minimize harm while protecting content that is helpful. Complicating this, often a fine line separates what is helpful and what can become risky. Drawing on recent Department of Health research, this workshop will describe the complex ways in which online content is used and interpreted by those who are suicidal. It will then move on to consider strategies for minimising risk by describing activities from a programme of work in this area (The Crisis programme) and inviting discussion around a range of possible strategies including: how to improve online help responses; a role for clinicians, policy responses, and working with internet service providers and social media platforms.
Workshop 5

Suicide and Attempted Suicide on UK Roads
Katy Lee Harrison

Through careful research, PACTS (the Parliamentary Advisory Council for Transport Safety) has estimated that there are likely to be around 50 deaths each year by suicide on UK roads. It provides evidence that this is likely an underestimate of the true number. The number of attempts is known to be much higher. There is no official record of the number of suicides and attempted suicides taking place on roads in the UK every year and no central database for recording this information. The issue is largely under-researched and data and awareness has been generally poor but is growing. Every incident of suicide on UK roads impacts on other road users and potentially puts the lives of other road users at risk. Behind every statistic is an individual and behind many of these deaths there is likely to be a family and a community devastated by their loss. Katy discusses what is being done in the roads community and more widely to develop an approach to this important issue.

Workshop 6

Suicide Prevention in Prisons
Jenny Rees and Guy Pidduck

Keeping prisoners safe and reducing self-inflicted deaths in prisons is a top priority for the Prison Service. There were 70 self-inflicted deaths in prisons in 2017. This workshop will focus on the work being undertaken by the Prison Service to reduce self-inflicted deaths in prisons.
Who should attend?

This event is suitable for those who come into contact with those bereaved or affected by suicide, examples might include:

- Policy makers
- Clinicians
- Commissioners
- Mental health professionals
- Those who specialise in suicide prevention
- Those developing/implementing a postvention service
- Front line staff (Police, Ambulance and Fire Service)
- Public Health
- Prison staff
- Clergy
- Teachers
- Occupational health
- General Practitioners
- Those responsible for implementing the suicide prevention strategy
- Researchers
- Social Workers
- Funeral directors
- Celebrants
- Third sector etc

Is this conference suitable for those bereaved by suicide?

This event is organised to inform and guide professionals who come into contact with those bereaved by suicide and those in a position to influence policy and practice. Therefore, it is presented in a factual manner and so is not suitable for people bereaved by suicide during the early stages and/or struggling to cope with their loss.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.15am - 9.25am</td>
<td><strong>Registration</strong></td>
</tr>
<tr>
<td>9.30am</td>
<td>Welcome to the Manchester suicide bereavement conference</td>
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<tr>
<td>9.45am</td>
<td>Welcome from Pennine Care NHS Foundation Trust</td>
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<tr>
<td>9.50am</td>
<td>An onstage conversation between David Robb and Angela Samata</td>
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<tr>
<td>10.45am</td>
<td><strong>Coffee break</strong></td>
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<tr>
<td>11.15am</td>
<td>Understanding suicidal behaviour</td>
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<tr>
<td>11.45pm</td>
<td>The impact of suicide: preliminary findings for the national suicide bereavement survey</td>
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<tr>
<td>12.15pm</td>
<td><strong>Panel discussion</strong></td>
</tr>
<tr>
<td>12.30pm</td>
<td>Lunch/networking</td>
</tr>
<tr>
<td>1.40pm</td>
<td><strong>Workshops</strong> (choice of only one of the following six workshops)</td>
</tr>
<tr>
<td>3pm</td>
<td><strong>Coffee Break</strong></td>
</tr>
<tr>
<td>3.30pm</td>
<td>Dare it be said “I understand”?</td>
</tr>
<tr>
<td>3.55pm</td>
<td>How can the study of suicide bereavement inform our understanding of suicide suggestion?</td>
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<tr>
<td>4.20pm</td>
<td>Reflection and closing remarks</td>
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**Workshops**

2. Dr Nadeem Gire and Farah Lunat: Culture, ethnicity and self-harm: a focus on South Asians
3. Dr. Sarah Cassidy: “How do we ask the question?” Talking about suicide with autistic people
4. Dr Lucy Biddle: Making the online world safer is a major challenge for suicide prevention
5. Katy Lee Harrison: Suicide and attempted suicide on UK roads
6. Jenny Rees and Guy Pidduck: Suicide prevention in prisons
Location

**Mercure Manchester Piccadilly Hotel**
Portland Street
Manchester
M1 4PH
Tel: 0844 815 9024
Email: info@mercuremanchester.co.uk

Sat Nav: Use postcode M1 4DY to ensure you arrive at the car park instead of the front door.

Contact

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