

## Edinburgh City

Choose Life Plan

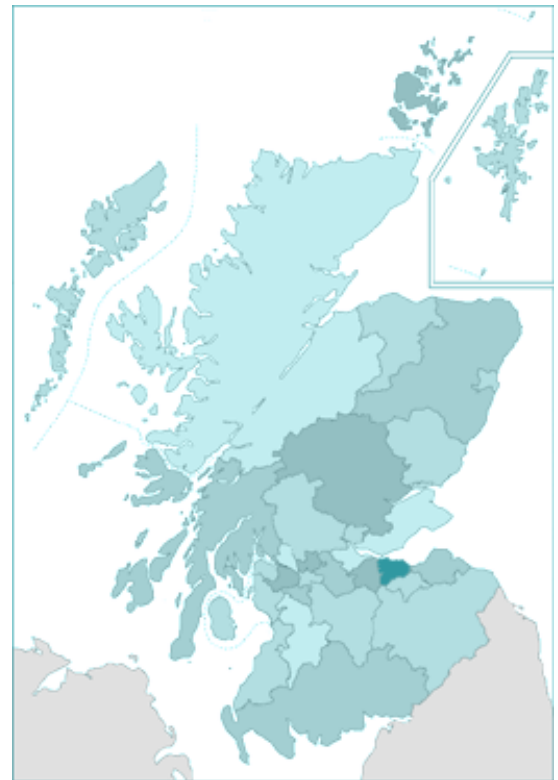
### Co-ordinator Contact Details

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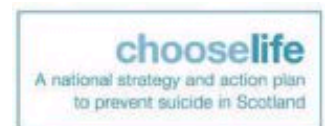
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## Activity Summary List

Key Area: Supporting the improved co-ordination of efforts by local agencies to develop and implement local suicide prevention action plans.



### [City of Edinburgh Training Strategy](#)

Updated: Mon, 6 Nov, 2006

A tiered approach to: SuicideTALK, Scotland's Mental Health First Aid (SMHFA), Applied Suicide Intervention Skills Training (ASIST), and Skills-based Training on risk Management (STORM)

### [Edinburgh Choose Life Implementation Co-ordinator](#)

Updated: Wed, 31 Aug, 2005

Overall coordination of Choose Life activity in Edinburgh.

### [Edinburgh Choose Life Steering Group](#)

Updated: Wed, 31 Aug, 2005

Ensure LAP is monitored and local agencies involved in ongoing development of the plan.

Key Area: Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.

### [Penumbra Self-Harm Project](#)

Updated: Wed, 31 Aug, 2005

A user led service for young people who self harm which will also explore the training and support needs of parents, carers and professionals in contact with them.

### [Young Mens Development Worker](#)

Updated: Wed, 31 Aug, 2005

Early intervention and support to young men in the Pilton area of Edinburgh to reduce risks that are known to exacerbate suicidal behaviour.

### [Young People's Mental Health Project](#)

Updated: Wed, 31 Aug, 2005

The project will provide mental health awareness sessions to staff and pupils in 5 local secondary schools based within the South Central LHCC catchment area.

### [Young Persons Outreach Project](#)

Updated: Wed, 31 Aug, 2005

Community based initiative that can contribute to the prevention of suicide in the local area of Wester Hailes.

Key Area: Developing and implementing local training programmes

### [ASIST Training Programme](#)

Updated: Wed, 31 Aug, 2005

Applied Suicide Intervention Skills Training (ASIST) is designed to help all caregivers become more ready, willing and able to help persons at risk.

### [Mental Health First Aid Training Programme](#)

Updated: Wed, 31 Aug, 2005

Learning new skills in identifying risks and responses to people who are suicidal and associated mental health aspects.

### [Supporting the Supporters](#)

Updated: Wed, 9 Nov, 2005

To produce a pack which contains local information to be used in a supported group situation which will assist carers to acquire information and support to help them in their caring role.

# Activity Detail List

(Alphabetical order)

## Choose Life Plan

### ASIST Training Programme

Applied Suicide Intervention Skills Training (ASIST) is designed to help all caregivers become more ready, willing and able to help persons at risk.

#### Desired Outcomes

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Participants learn new skills in identifying risks and responses to people who are suicidal.

#### Relevance to Choose Life's Key Areas Of Work

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Developing and implementing local training programmes

#### Choose Life Objectives

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- Early prevention and intervention
- Longer term work to provide hope and support recovery
- Promoting more public awareness and encouraging people to seek help early

#### Choose Life Priority Groups

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All local statutory, health, voluntary agencies & self help groups

#### Partners In Delivery

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- NHS Lothian
- Penumbra
- Choose Life Coordinator
- Choose Life Steering Group

#### Evaluation Tools/Methods

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ASIST evaluation materials.

#### Contact Details

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## City of Edinburgh Training Strategy

A tiered approach to: SuicideTALK, Scotland's Mental Health First Aid (SMHFA), Applied Suicide Intervention Skills Training (ASIST), and Skills-based Training on risk Management (STORM)

Other training currently under negotiation/development: Risk Assessment and relevant issues for school based staff. A training developed in collaboration with City of Edinburgh Children and Families Team. Identifying key staff to be trained in delivering and cascading out the training. Supporting the Supporters: developed and evaluated by Edinburgh Carers Council with funding from Choose Life. Self Harm

### Rationale

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ASIST provides practical training in intervening to prevent the immediate risk of suicide. Suicide TALK is an awareness exploration session designed to help make communities aware that something can be done to prevent suicide.

To look at how suicide awareness can be cascaded out most effectively within the City of Edinburgh. All training is currently provided FREE. All participants who attend ASIST are given the offer of participating in training to then be able to provide SuicideTALK. Full support will be provided via Choose Life coordinator. Plan would be to email out to "SuicideTALKers" when SuicideTALK is requested by organisations. SuicideTALKers could also identify own organisational needs and take this forward in collaboration with the Choose Life coordinator.

Certain groups have been prioritised for provision of this training strategy such as groups involved in the broader Choose Life programme within the city which have a higher than usual likelihood of coming into contact with suicide issues. Corporate organisations are also key agencies in the delivery of suicide awareness to a large population base, both for clients they are working with and employees eg financial and retail institutions.

Providing Scotland's Mental Health First Aid as appropriate in collaboration with other trainers and training providers within City of Edinburgh Council and NHS Lothian

### Desired Outcomes

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- Improved early identification of people at risk of suicide.
- Increased confidence and competence of staff in key agencies to respond to a person at risk
- Provide opportunities for awareness raising to enable people to feel more ready, willing and able to help anyone at risk of suicide
- Help people feel less isolated when at risk of suicide
- Reduce the stigma and taboo of suicide and mental health/illness issues

### Relevance to Choose Life's Key Areas Of Work

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Supporting the improved co-ordination of efforts by local agencies to develop and implement local suicide prevention action plans.

### Choose Life Objectives

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- Early prevention and intervention

- Responding to immediate crisis
- Longer term work to provide hope and support recovery
- Coping with suicidal behaviour and completed suicide
- Promoting more public awareness and encouraging people to seek help early

#### Choose Life Priority Groups

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None Supplied

#### Partners In Delivery

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- Edinburgh City Council
- NHS Lothian
- Penumbra
- Placement opportunities have been negotiated in various settings
- Ministry of Defense

#### In Kind Support Received

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Free use of facilities by various organisations, voluntary and statutory in return for free training.

#### Evaluation Tools/Methods

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Developing and implementing local training programmes as described above with ongoing evaluation by Choose Life Coordinator. Evaluation fed back to all trainers and Choose Life Steering on a regular basis

#### Contact Details

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#### Additional Information

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More on ASIST can be found on the Choose Life Website:  
<http://www.chooselife.net/web/site/Training/ASIST/ASISTHome.asp>

### Edinburgh Choose Life Implementation Co-ordinator

Overall coordination of Choose Life activity in Edinburgh.

#### Desired Outcomes

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- Dedicated joint post to assist with the overall coordination of Choose Life activity in Edinburgh.
- Key contact for other voluntary sector initiatives funded through Choose Life and key role for the development of further responses to suicide prevention.
- Will also hold small development budget for community based initiatives.

#### Relevance to Choose Life's Key Areas Of Work

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Supporting the improved co-ordination of efforts by local agencies to develop and implement local suicide prevention action plans.

#### Choose Life Objectives

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- Early prevention and intervention
- Responding to immediate crisis
- Longer term work to provide hope and support recovery
- Coping with suicidal behaviour and completed suicide
- Promoting more public awareness and encouraging people to seek help early
- Supporting the media
- Knowing what works

#### Choose Life Priority Groups

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All (coordination role)

#### Partners In Delivery

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- Edinburgh City Council
- NHS Lothian

#### In Kind Support Received

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Office space provided by NHS Lothian Primary and Community Division, admin backup provided by Edinburgh City Council.

#### Evaluation Tools/Methods

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Planned ongoing supervision and regular progress reports to Choose Life Steering Group.

#### Contact Details

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### Edinburgh Choose Life Steering Group

Ensure LAP is monitored and local agencies involved in ongoing development of the plan.

#### Desired Outcomes

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- Ensure Steering Group is meeting regularly and acts as key information exchange for lead agencies in the city.
- Ensure LAP is monitored and local agencies involved in ongoing development of the plan.
- Key role in local co-ordination.

#### Relevance to Choose Life's Key Areas Of Work

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Supporting the improved co-ordination of efforts by local agencies to develop and implement local suicide prevention action plans.

#### Choose Life Objectives

---

- Early prevention and intervention
- Responding to immediate crisis
- Longer term work to provide hope and support recovery
- Coping with suicidal behaviour and completed suicide
- Promoting more public awareness and encouraging people to seek help early
- Supporting the media
- Knowing what works

#### Choose Life Priority Groups

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All local statutory, health, voluntary agencies & self help groups

#### Partners In Delivery

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- Edinburgh City Council
- NHS Lothian
- Choose Life Coordinator
- Lothian & Borders Police
- Edinburgh Carers Council
- Edinburgh Users Forum
- Voluntary Sector

#### In Kind Support Received

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No charge for meeting rooms by either CEC or NHS Lothian.

#### Evaluation Tools/Methods

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Awareness of Choose Life in the City. Specific Evaluation of the effectiveness and usefulness of planned conference.

## Contact Details

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## Mental Health First Aid Training Programme

Learning new skills in identifying risks and responses to people who are suicidal and associated mental health aspects.

### Desired Outcomes

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Participants learn new skills in identifying risks and responses to people who are suicidal and associated mental health aspects

### Relevance to Choose Life's Key Areas Of Work

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Developing and implementing local training programmes

### Choose Life Objectives

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- Early prevention and intervention
- Promoting more public awareness and encouraging people to seek help early

### Choose Life Priority Groups

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All local statutory, health, voluntary agencies & self help groups

### Partners In Delivery

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- Choose Life Coordinator
- Choose Life Steering Group

### In Kind Support Received

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Some Training Venues

### Evaluation Tools/Methods

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SMHFA course evaluation materials.

### Contact Details

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### Penumbra Self-Harm Project

A user led service for young people who self harm which will also explore the training and support needs of parents, carers and professionals in contact with them.

#### Desired Outcomes

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- Development of a user led service for young people who self harm which will also explore the training and support needs of parents, carers and professionals in contact with them.
- Key to this is the establishment of individual support and support groups for young people who self harm.

#### Relevance to Choose Life's Key Areas Of Work

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Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.

#### Choose Life Objectives

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- Early prevention and intervention
- Responding to immediate crisis
- Longer term work to provide hope and support recovery
- Coping with suicidal behaviour and completed suicide
- Promoting more public awareness and encouraging people to seek help early

#### Choose Life Priority Groups

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Young people

#### Partners In Delivery

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- Penumbra
- LGBT Youth Scotland
- NHS Lothian
- Streetwork UK
- Ark Trust
- Edinburgh City Council
- Samaritans

#### Evaluation Tools/Methods

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- Specific evaluation to be agreed.
- General monitoring and review information already agreed.
- External evaluation of all funded projects under consideration.
- The Choose Life Implementation Co-ordinator will have a key role in monitoring and evaluation.

#### Contact Details

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### Supporting the Supporters

To produce a pack which contains local information to be used in a supported group situation which will assist carers to acquire information and support to help them in their caring role.

#### Desired Outcomes

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To produce a pack which contains local information about resources to be used in a supported group situation which will assist carers to acquire information and support to help them in their caring role.

#### Relevance to Choose Life's Key Areas Of Work

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Developing and implementing local training programmes

#### Choose Life Objectives

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- Early prevention and intervention
- Longer term work to provide hope and support recovery
- Promoting more public awareness and encouraging people to seek help early

#### Choose Life Priority Groups

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People who are concerned that someone they support is at risk of suicide

#### Partners In Delivery

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- Edinburgh Carers Council
- Edinburgh City Council
- NHS Lothian
- Carers

#### Evaluation Tools/Methods

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Thorough evaluation using pilot participants views of the pack and support methods in group is planned.

#### Contact Details

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### Young Mens Development Worker

Early intervention and support to young men in the Pilton area of Edinburgh to reduce risks that are known to exacerbate suicidal behaviour.

#### Desired Outcomes

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This project will provide early intervention and support to young men in the Pilton area of Edinburgh to reduce risks that are known to exacerbate suicidal behaviour

#### Relevance to Choose Life's Key Areas Of Work

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Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.

#### Choose Life Objectives

---

- Early prevention and intervention
- Promoting more public awareness and encouraging people to seek help early
- Knowing what works

#### Choose Life Priority Groups

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Young people

#### Partners In Delivery

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- Pilton Community Health Project
- PROP Stress Centre
- NW Edinburgh LHCC
- CAMHS
- Working Together & Community Education
- Oxfams Care
- Wester Hailes Health Agency

#### In Kind Support Received

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Office accomodation and supervision from Pilton Community Health Project.

#### Evaluation Tools/Methods

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- The project is currently devising and agreeing a framework for monitoring and evaluation which will relate closely to the projects aims and objectives.
- The Choose Life Implementation Co-ordinator will have a key role in monitoring and evaluation.

#### Contact Details

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### Young People's Mental Health Project

The project will provide mental health awareness sessions to staff and pupils in 5 local secondary schools based within the South Central LHCC catchment area.

#### Desired Outcomes

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- The project will provide mental health awareness sessions to staff and pupils in 5 local secondary schools based within the South Central LHCC catchment area.
- Will provide a support group for at risk young people and will promote greater community awareness of suicide and encourage people to seek help early.
- Will provide a range of advice and information to young people aged between 12 - 18.

#### Relevance to Choose Life's Key Areas Of Work

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Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.

#### Choose Life Objectives

---

- Early prevention and intervention
- Responding to immediate crisis
- Promoting more public awareness and encouraging people to seek help early

#### Choose Life Priority Groups

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Young people

#### Partners In Delivery

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- Wester Hailes Health Agency
- Pilton Community Health Project
- Oxfams Care
- CEC Education Department
- NHS Lothian
- YPU
- Gorgie Dalry Health Project

#### Contact Details

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### Young Persons Outreach Project

Community based initiative that can contribute to the prevention of suicide in the local area of Wester Hailes.

#### Desired Outcomes

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- The project will provide a community based initiative that can contribute to the prevention of suicide in the local area of Wester Hailes. It will focus on addressing the needs of young people who are attending one of the local secondary schools.
- The project will also make a contribution towards the development and implementation of local training and awareness raising programmes.

#### Relevance to Choose Life's Key Areas Of Work

---

Encouraging and supporting (more) innovative local voluntary services, community-based and self-help initiatives that contribute to the prevention of suicide in local neighbourhoods and communities.

#### Choose Life Objectives

---

- Early prevention and intervention
- Responding to immediate crisis
- Longer term work to provide hope and support recovery
- Coping with suicidal behaviour and completed suicide

#### Choose Life Priority Groups

---

Young people

#### Partners In Delivery

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- Wester Hailes Health Agency
- CEC Education Department
- Pilton Community Health Project
- Oxfams Care
- CEC Social Work Department

#### In Kind Support Received

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Other charitable funding from Wester Hailes Health Agency

#### Evaluation Tools/Methods

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The LEAP for Health model is being used by the project to evaluate its effectiveness. The Choose Life Implementation Co-ordinator will have a key role in monitoring and evaluation.

#### Contact Details

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