

Fife

Choose Life Plan

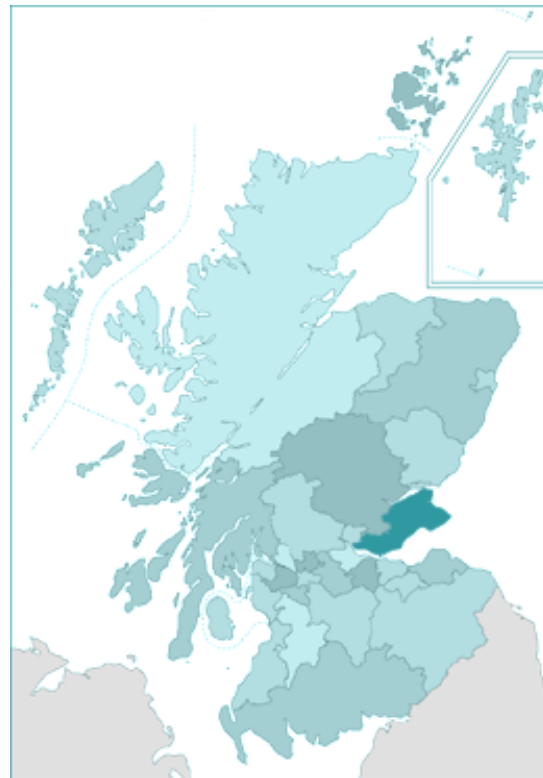
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Activity Summary List

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

[Adult Survivors of Abuse Project](#)

Updated: Tue, 16 Oct, 2007

Non-recurring funding to run a series of workshops and meetings bring together a range of organisations working with survivors of sexual abuse in Fife from the statutory and voluntary sector.

[Develop Action Plan](#)

Updated: Wed, 22 Feb, 2006

A questionnaire survey of Local data research frontline services was carried out to gather information about the need for support services for people who are contemplating or attempting to take their own lives. Visual mapping and workshops were held to develop the understanding of the local context in Fife.

[Early response service for people who self-harm](#)

Updated: Tue, 16 Oct, 2007

The service takes referrals from Accident & Emergency departments, the police and other local agencies such as homelessness projects. The service is available within 72 hours of the self-harm episode and be staffed by people with experience in solution focused brief therapy and giving information and advice.

[LGBT Research Project](#)

Updated: Tue, 16 Oct, 2007

Non-recurring grant to commission a research project examining issues relating to suicide and para-suicide in lesbian, gay, bisexual and transgender (LGBT) communities in Fife, and to examine the support needs of those affected to enable planning developments.

Research & Evaluation

Updated: Tue, 16 Oct, 2007

A programme evaluator has been employed on a 3 year contract to work with Choose Life projects to develop an evaluation framework and to provide information and statistics to the local Choose Life Group to assist service planning.

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.

Bereavement Support

Updated: Tue, 16 Oct, 2007

Extending provision of bereavement support for people affected by completed suicide. This service is open to families, friends and colleagues of the deceased.

Enhanced befriending for older people

Updated: Mon, 29 Oct, 2007

Extending befriending services for older people to cover the whole of Fife.

Enhanced befriending for young people.

Updated: Tue, 16 Oct, 2007

This project provides an enhanced befriending service to young people with mental health problems.

Family Support

Updated: Tue, 16 Oct, 2007

A Fife-wide service to provide support for families who have been identified as living with the risk of a relative completing suicide.

Pathfinders for Homeless People

Updated: Wed, 22 Feb, 2006

To support vulnerable homeless people with mental health problems to access appropriate services e.g. referral to GP, psychology, substance misuse services, psychiatry etc.

Samaritans

Updated: Wed, 22 Feb, 2006

Non-recurring funding for enhanced publicity throughout Fife.

Service for Homeless People with Mental Health Problems

Updated: Tue, 16 Oct, 2007

To support vulnerable homeless people with mental health problems to access appropriate services e.g. referral to GP, psychology, substance misuse services, psychiatry etc.

Key Area: Developing and implementing local training programmes

Training

Updated: Tue, 16 Oct, 2007

Summary: There are three strands to the current training programme: 1. building 'emotional resourcefulness/self esteem' amongst vulnerable young men and women; 2. mental Health First Aid (MHFA); 3. applied Suicide Intervention Skills Training (ASIST).

Activity Detail List

(Alphabetical order)

Choose Life Plan

Adult Survivors of Abuse Project

Non-recurring funding to run a series of workshops and meetings bring together a range of organisations working with survivors of sexual abuse in Fife from the statutory and voluntary sector.

Rationale

Research has shown that there is a strong link between child abuse, particularly physical and sexual, and future suicidal behaviour.

Desired Outcomes

- Systems approach developed;
- Research project using agenda cards in pelvic pain clinic;
- Alternative place of safety;
- Training and supervision issues raised

Relevance to Choose Life's Key Areas Of Work

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

Choose Life Priority Groups

People who attempt suicide

Partners In Delivery

None Supplied

In Kind Support Received

Kingdom Abuse Survivors Project.

Contact Details

Marnie Collin
Manager

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29 Townsend Place
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Fife KY1 1HB

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Bereavement Support

Extending provision of bereavement support for people affected by completed suicide. This service is open to families, friends and colleagues of the deceased.

Rationale

This builds on an existing group which has helped families who are grieving through suicide.

Desired Outcomes

To reduce isolation and depression amongst those who have been bereaved by suicide.

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

- Coping with suicidal behaviour and completed suicide

Choose Life Priority Groups

People who are recently bereaved

Partners In Delivery

Cruse Bereavement Care

Evaluation Tools/Methods

Currently under discussion with Choose Life Group.

Contact Details

Roberta Lee
Bereavement Care Centre
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Fife,
KY8 3PQ

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Develop Action Plan

A questionnaire survey of Local data research frontline services was carried out to gather information about the need for support services for people who are contemplating or attempting to take their own lives. Visual mapping and workshops were held to develop the understanding of the local context in Fife.

Rationale

To engage partners in the Choose Life Group and to gain a clearer understanding of the local needs.

Desired Outcomes

- Provide local information about suicide
- suicide behaviour and current services to local Choose Life Group.
- Assist the process of producing the local Choose Life Plan.

Relevance to Choose Life's Key Areas Of Work

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

Choose Life Objectives

- Knowing what works

Choose Life Priority Groups

All (coordination role)

Partners In Delivery

- NHS Fife
- Fife Council
- Local Voluntary Agencies

Evaluation Tools/Methods

Currently under discussion with Choose Life Group

Contact Details

Dr Margaret Hannah
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Department of Public Health
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01592 712472

Early response service for people who self-harm

The service takes referrals from Accident & Emergency departments, the police and other local agencies such as homelessness projects. The service is available within 72 hours of the self-harm episode and be staffed by people with experience in solution focused brief therapy and giving information and advice.

Rationale

This service is based on a similar pre-existing project for under 18 year olds and ensures that adults can receive service as well. People who self-harm are recognised as being at greater risk of completing a suicide.

Desired Outcomes

- Reduce the risk of repeat self-harm.
- Identify longer term needs.
- Link people with appropriate support.
- Inform future planning.

Relevance to Choose Life's Key Areas Of Work

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

Choose Life Objectives

- Responding to immediate crisis

Choose Life Priority Groups

People who self harm

Partners In Delivery

Penumbra

Evaluation Tools/Methods

Currently under discussion with Choose Life Group

Contact Details

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Penumbra
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Fife

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Enhanced befriending for older people

Extending befriending services for older people to cover the whole of Fife.

Rationale

Building on existing project which has been successful in reducing loneliness and isolation amongst elderly people. Older people identified as at risk of suicide.

Desired Outcomes

- Reduction in loneliness and isolation.
- Increased self-confidence to leave the house and meet people.
- Improved physical and mental health.
- Increase in self-esteem.
- Provide support network.

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
- Longer term work to provide hope and support recovery

Choose Life Priority Groups

People in isolated or rural communities

Partners In Delivery

Contact the Elderly Scotland

In Kind Support Received

Contact the Elderly Scotland.

Evaluation Tools/Methods

Currently under discussion with Choose Life Group.

Contact Details

Valerie Crookston
Executive Officer

Contact the Elderly in Scotland

Muirshiel

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Val@contact-the-elderly.org

Joan Grant

Regional Development Officer Scotland

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Kirriemuir

Angus

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Enhanced befriending for young people.

This project provides an enhanced befriending service to young people with mental health problems.

Rationale

This service builds on an existing project which has been successful in building self-esteem and confidence in young people. Young people identified as an at risk group.

Desired Outcomes

- Increased self-esteem and self-image.
- Confidence to form and maintain relationships.
- Improved social and daily living skills.

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
- Longer term work to provide hope and support recovery

Choose Life Priority Groups

Young people

Partners In Delivery

- East Fife Mental Health Adolescent Project
- Link

Evaluation Tools/Methods

Currently under discussion with Choose Life Group

Contact Details

Jane Maciver
Project Co-ordinator
Link – East Fife Mental health Adolescent befriending
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Fife

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Family Support

A Fife-wide service to provide support for families who have been identified as living with the risk of a relative completing suicide.

Rationale

This project funded in recognition of the distress that supporting someone close who is suicidal can cause.

Desired Outcomes

- Help for those affected by a suicide attempt in coming to terms with the event.
- Provide counselling support.
- To inform those affected by a suicide attempt of the support that is available to them.

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

- Coping with suicidal behaviour and completed suicide

Choose Life Priority Groups

People affected by the aftermath of suicidal behaviour or a completed suicide

Partners In Delivery

Fife Families Support Project

Evaluation Tools/Methods

Currently under discussion with Choose Life Group.

Contact Details

Stuart Pryde or Lynda Sloan
Carer's Officer
Schizophrenia Fellowship (Scotland)
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Fraser Buildings
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KY1 2NL
01592 641401

Ffspnsf@btconnect.com
Fax: 01592 641401

LBGT Research Project

Non-recurring grant to commission a research project examining issues relating to suicide and para-suicide in lesbian, gay, bisexual and transgender (LBGT) communities in Fife, and to examine the support needs of those affected to enable planning developments.

Rationale

Many LBGT people experience mental health problems, some of which can be linked to the discrimination and prejudice they experience in the community. It is not possible to provide a definitive figure for the prevalence of suicide, attempted suicide, self-harm and other mental health issues, but the research indicates there are higher rates of attempted suicide, suicide ideation, self-harm, and mental health problems amongst LBGT people than in the wider population.

Desired Outcomes

- Examine issues relating to suicide and para-suicide in LBGT communities in Fife.
- Identify the needs of those who have experienced mental health issues relating to self harm and suicide and ascertain if these needs are being met.
- Suggest areas of action based on research findings, and making recommendations about required changes in service provision, and wider planning developments.

Relevance to Choose Life's Key Areas Of Work

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

Choose Life Priority Groups

- People who attempt suicide
- People with mental health problems

Partners In Delivery

Fife Men

Evaluation Tools/Methods

Research project undertaken by Reid Howie Associates, Burntisland.

Contact Details

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Administrator
Fife Men Project
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Kirkcaldy
Fife KY1 1YA

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Pathfinders for Homeless People

To support vulnerable homeless people with mental health problems to access appropriate services e.g. referral to GP, psychology, substance misuse services, psychiatry etc.

Rationale

More men are homeless, so targeting a high risk group. Homeless people at higher risk of suicide.

Desired Outcomes

- Reduction in mental health symptoms.
- Improved functioning.
- Improved quality of life.

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

Choose Life Priority Groups

- People who are homeless
- People with mental health problems

Partners In Delivery

To be confirmed

Evaluation Tools/Methods

Currently under discussion with Choose Life Group

Contact Details

Dr Margaret Hannah
Choose Life Coordinator
NHS Fife
Cameron House
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LEVEN
Fife
KY8 5RG
01592 226432

Research & Evaluation

A programme evaluator has been employed on a 3 year contract to work with Choose Life projects to develop an evaluation framework and to provide information and statistics to the local Choose Life Group to assist service planning.

Rationale

Ensuring that we gather information which will inform future developments in addition to finding out what has worked.

Desired Outcomes

- Evaluate impact of local Choose life projects.
- Provide the local Choose life group with statistics and information to assist future planning.

Relevance to Choose Life's Key Areas Of Work

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

Choose Life Objectives

- Knowing what works

Choose Life Priority Groups

All priority groups

Partners In Delivery

- NHS Fife
- Fife Council
- Local Voluntary Agencies

In Kind Support Received

Rent free accommodation and associated costs i.e. telephone, computer, stationary access to NHS resources.

Evaluation Tools/Methods

Currently under discussion with Choose Life Group.

Contact Details

Dorothy Woolley
Programme Evaluator (Choose Life)
Public Health Library
Haig House
Cameron Bridge
Leven
KY8 6RG

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Samaritans

Non-recurring funding for enhanced publicity throughout Fife.

Rationale

Funding was agreed to increase advertising of this service within Fife. Initial findings from questionnaire identified this as a need.

Desired Outcomes

- Increased awareness of service available.
- Extending service to cover all parts of Fife.

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

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

Choose Life Priority Groups

All priority groups

Partners In Delivery

Samaritans

Evaluation Tools/Methods

Currently under discussion with Choose Life Group.

Contact Details

Gillian Gillies
Chairman
Samaritans of Dunfermline and West Fife
22 Townhill Road
Dunfermline
Fife
KY12 0QX
01383 722222

Service for Homeless People with Mental Health Problems

To support vulnerable homeless people with mental health problems to access appropriate services e.g. referral to GP, psychology, substance misuse services, psychiatry etc.

Rationale

More men are homeless, so targeting a high risk group. Homeless people are at higher risk of suicide.

Desired Outcomes

- Reduction in mental health symptoms.
- Improved functioning.
- Improved quality of life.

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

Choose Life Priority Groups

People with mental health problems

Partners In Delivery

Homelessness Services

In Kind Support Received

Cornerstone / Levenmouth Homeless Trust.

Evaluation Tools/Methods

Currently under discussion with Choose Life Group.

Contact Details

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Training

Summary: There are three strands to the current training programme: 1. building 'emotional resourcefulness/self esteem' amongst vulnerable young men and women; 2. mental Health First Aid (MHFA); 3. applied Suicide Intervention Skills Training (ASIST).

Rationale

Training has been recognised by the Choose Life Group as being able to have maximum impact in increasing skills in a relatively short period of time.

Desired Outcomes

- To develop the knowledge, skills and confidence of workers across agencies and members of the public in promoting mental health.
- Supporting those with mental health problems and those at greater risk of suicide.

Relevance to Choose Life's Key Areas Of Work

Developing and implementing local training programmes

Choose Life Objectives

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

Choose Life Priority Groups

All priority groups

Partners In Delivery

Health Promotion Fife

Evaluation Tools/Methods

Currently under discussion with Choose Life Group.

Contact Details

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