

GOOD WELLBEING



Introduction:

The members of Choose Life (multiagency group) want Orkney to be a place where help and support is available to anyone experiencing poor mental health/well-being and contemplating suicide.

Due to issues of difficulty accessing national training and sustaining these programmes in Orkney, a training needs assessment survey was commissioned by the local Choose Life group. A free, local, two and a half hour suicide prevention workshop was also developed.

Aims:

To identify if there is a desire for suicide prevention training in Orkney and if so what this might need to look like.

The learning will be used to inform Orkneys suicide prevention strategy for the coming years, helping to ensure provision of sustainable and effective training that meets local needs.

Methodology.

Survey:

A Suicide Prevention Training needs assessment survey was developed locally with questions informed by the national suicide prevention strategy. A distribution plan was developed to ensure the survey was widely distributed throughout Orkney.

Results were collated by grouping similar responses together.

Training:

'Sound of Mind' suicide prevention workshop developed locally in partnership with NHS Orkney Public Health Department, Blide Trust and Voluntary Action Orkney.

This was developed around agreed key learning as outlined below:

- Understanding of mental health and wellbeing
- Attitudes and stigma around mental illness
- The wellbeing continuum
- Recognising poor wellbeing
- Cognitive Behaviour Therapy approach to self help
- Myth busting around suicide
- Engaging with those experiencing poor well-being/suicidal thoughts
- Signposting

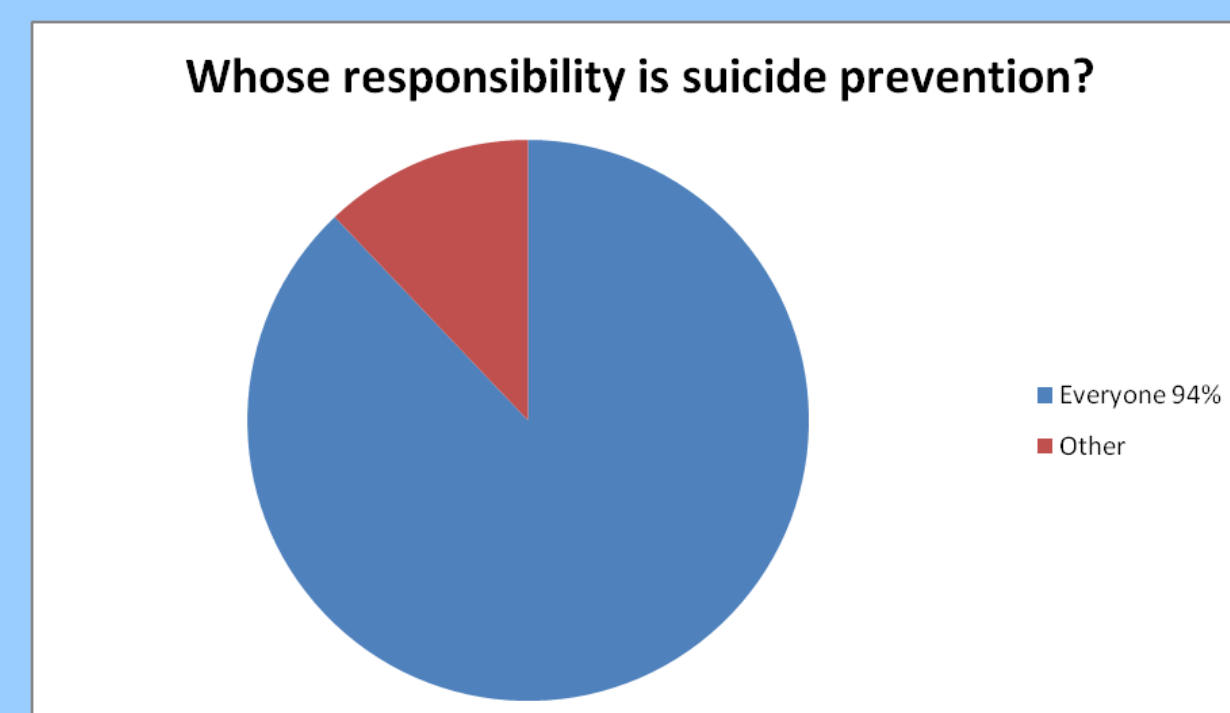
'Sound Of Mind' was then tested on a small scale and revised in light of feedback received.

MAXIMUM MENTAL ILLNESS

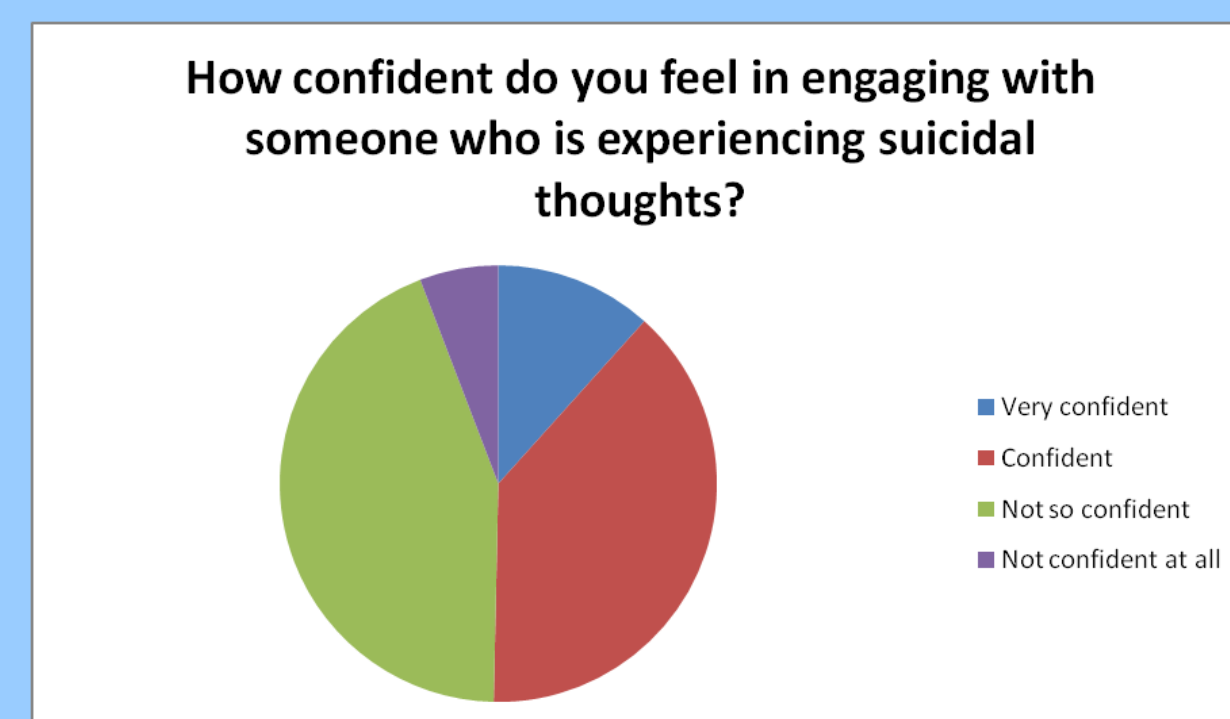
MINIMUM MENTAL ILLNESS

Key survey results: (292 returns)

When asked who is responsible for suicide prevention respondents said:



When asked about confidence levels to engage with someone suspected of experiencing suicidal thoughts respondents said:



When asked about training only 40% (117 respondents) reported to have attended some form of suicide prevention training with the most common comments entered in the 'Any other feedback' section of the survey regarding the importance of suicide prevention training to be available to everyone.

'Sound of Mind' evaluation:

Of the twelve participants who attended the small tester session and completed an evaluation sheet, 66% reported they would feel more confident engaging with someone experiencing suicidal thoughts as a result of their participation in the workshop. Four participants remained as confident as before and 100% reported gaining other benefits from attending.

Conclusion:

The people of Orkney not only recognise Suicide Prevention to be everyone's business (in keeping with 'Every Life Matters — Scotland Suicide prevention Action Plan' 2018), but also the need for training if we are to build a strong community and help prevent suicide.

50% (145) of respondents reporting to feel not so confident/not confident at all when engaging with those experiencing suicidal thoughts. 66% of the Sound Of Mind participants reporting they would feel more confident engaging with someone experiencing suicidal thoughts as a result of their participation in the workshop. Therefore the Orkney Choose Life Group have given their full support to the free roll out of 'Sound of Mind' across Orkney with ongoing monitoring for effectiveness.

Prevention is the only solution.



POOR WELLBEING

● WHERE ARE YOU ON THE WELLBEING CONTINUUM?