**Newsletter March 2022**

**Thank you to everyone who joined us at our first Suicide and Self-Harm Research Group Away Day on the 24.11.21.**

Overall, feedback was positive, and we were joined by a wide range of LJMU lecturers (Forensic, Public Health, Pharmacy, Data Science and Health), Cheshire & Wirral partnership NHS employees (e.g., nurse practitioners), James Place employees, Wirral Mind, Northwest Ambulance Service, Police.

Reasons for attending the day included: interest in mental health, wanting to get involved with the group and research, personal and lived experience and wanting to be kept up to date with research happening at Liverpool John Moores University (LJMU).

**What research would you like to see?**

* Investigating suicide related behaviour among different age groups and ethnicities.
* Qualitative research around safety plans.
* Research around suicide and self-harm training for clinicians.
* A&E environment and impact on neurodivergent individuals.
* Dual diagnosis – what this means for future care and help seeking?
* Impact of suicide and self-harm on first responders.
* North West Ambulance data.
* Pharmacists – how to manage risk, do pharmacists have adequate training to manage someone in crisis?
* Psychologists and GP training for suicide and self-harm.
* Personality Disorder – labelling, stigma and risk for suicide.
* Care home staff and suicide risk.

**How would you like to be involved in the future?**

* Quarterly meetings
* More collaborative working – research projects, publications, grants.
* Another SSHRG away day.

**Special Interest Groups:**

Domestic Violence – perpetrators / victims

School-based interventions

Primary care-based interventions

Community-based intervention

Autism

A&E attendance

Complex Mental Health Needs

Children and Young People

Perimenopause and menopause

**Project Updates:**

**Suicide Postvention Services**

Laura Abbate

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Dr Pooja Saini, Dr Jennifer Chopra,

A study on the effectiveness of suicide postvention services in England, interviewing individuals who set up and deliver the services, service users, commissioners and anyone who refers into the services such as coroners, police officers, GP’s and public health officials.

* Finishing data collection with the final service (due to finish on 18th Jan)
* Finishing SR and writing up of the SR
* Chapter writing
* Meetings with supervisors and Public Advisory Group

**The Feasibility and Efficacy of the James’ Place Brief Psychological Therapeutic Model.**

Claire Hanlon

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Dr David Mcllroy, Dr Pooja Saini, Dr Jennifer Chopra

* Study 1: Systematic review: Role of co-production in community based suicide prevention interventions – Draft complete.  Quality assessment & addition of JP evaluation studies & papers outstanding
* Study 2: Short- & Long-term efficacy of the James’ Place Model - Approx. 30 participants have completed baseline questionnaires (some questionnaires started by not finished).
* Study 3: Acceptability & fidelity of delivery of the James’ Place Model – 7 therapist interviews completed & audit complete
* Study 4: Cards study – Extracting card data and inputting into SPSS.

**Configuration and Utilisation of the Clinical Pathways by Patients Attending A&E in Suicidal Crisis.**

Molly McCarthy

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Dr Pooja Saini, Prof Taj Nathan, Dr Jason Mclntyre

* Examine data across 9 A&E in Mersey Care and Cheshire & Wirral Partnership (CWP) NHS Trust for individuals who attend in suicidal crisis, following self-harm and/or a suicide attempt.
* Editorial ‘Improve coding practices for patients in suicidal crisis’ published in BMJ.
* Systematic reviews examining the factors influencing clinical decision making – draft with supervisors.
* Coproduction and relationship building with A&E departments. Setting up meetings to access data.

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**Suicidal Crisis and Self-Harm Attendance at A&E in Autistic Young People: A Mixed Method Study.**

Anna Hunt

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Dr Pooja Saini, Dr Emma Ashworth, Dr David Moore

A study examining A&E attendances for autistic children and young people in suicidal crisis.

* Started on 01.02.22.
* Read around area, define research plan, attend training sessions, begin systematic review.

**James’ Place Evaluation**

Dr Pooja Saini

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We are continuing to conduct research across different aspects of the service including, ongoing process evaluations of how the service is working and continuing to implement changes when needed, evaluating the long-term outcomes for men using the service, reviewing the impact on different men engaging with the service and currently we are researching the outcomes for men using the service pre and post Covid19.

* Pooja submitted remote working paper.
* Jen entering London data into SPSS.
* Jen to draft entrapment paper.
* Data is ready for year 3 evaluation and 6 month London evaluation

**Community Outpatient Psychotherapy Engagement Service for Self-Harm (COPESS): a feasibility trial.**

Anna Hunt

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A brief talking therapy intervention for depression and self-harm has been designed for use in a community setting. This mixed methods feasibility study with repeated measures will examine the feasibility and acceptability of the Community Outpatient Psychological Engagement Service for Self-Harm (COPESS) for people with self-harm and depression in the community, compared to routine care.

* Over 50% patients recruited (N=38)
* Met with CRN representative about final recruitment push
* Met with UCLAN CTU about main trial
* AH to work part-time on COPESS from February.

**COMplex mental health PAThways (COMPAT ).**

Anna Balmer (a.c.balmer@ljmu.ac.uk), Hana Roks (h.e.roks@ljmu.ac.uk),

Laura Sambrook (l.m.sambrook@ljmu.ac.uk).

This project involves reviewing medical health records for service users, who meet the criteria for this study, as well as conducting interviews with clinicians and carers.

* Recruited 38/40 inpatients and 31/40 community patients.
* All of the RAs are visiting Churton House regularly to extract data for the new recruits and then inputting the data into Excel.
* 7 service user interviews; 7 carer interviews.
* We're now focusing on stakeholder meetings and working towards creating vignettes for the clinician interviews.

**Hospital Outpatient Psychotherapy Engagement (HOPE) Service**

Dr Pooja Saini

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This project involves reviewing the data for people who have been referred into the HOPE service and interviewing both patients and therapists about their experience is using or delivering the service.

* Ethical approval received from NHS ethics
* Quantitative data set being completed for anonymised patient data.
* Interview training complete for doctors conducting interview
* Awaiting data for potential interviewees.

**The Adolescents’ Lockdown-Induced Coping Experiences (ALICE) Study.**

Dr Emma Ashworth

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The Adolescents’ lockdown-induced coping experiences (ALICE) study is a mixed-method study examining early adolescents’ experiences of the COVID-19 pandemic, and the impact on their mental health and wellbeing. 240 11-14 year olds participated in online surveys between September and December 2020, and a sub-sample of 14 young people participated in semi-structured interviews.

* Qualitative & Quantitative YA paper published
* PS / AH working on dyad paper and teacher paper

**Ask, Listen, Act – Working Together to Inform the Provision of SEND Support for Children after the COVID-19 Pandemic**

Dr Joanna Kirkby

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This study, funded by the NIHR, intends to understand the impact of the COVID-19 pandemic and associated lockdowns on children with special educational needs and disabilities (SEND) to reduce the inequalities and mitigate the long-term impacts of COVID-19 for children with SEND.

* 2 evidence briefings now published, launch event for findings is 20th Jan.
* We are finalising the priorities and then need to move on to policy briefings, the final report for NIHR, and publishing open text response findings.

**Alder Hey Self-Harm Audit Data Study.**

Dr Emma Ashworth

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We audited Alder Hey Children’s Hospital’s A&E and crisis line data for the years 2019-21, identifying all young people who presented in suicidal crisis during this time. We examined the demographics and characteristics of young people who presented in crisis, the ways in which presentations of the crisis were recorded at the site, the clinical pathways available to young people who attended A&E, and the patterns of pathway usage. Preliminary analyses have been conducted to date.

* Pharmacy team are working with their students.
* Pooja & Emma are meeting with Ian on 11th Jan to discuss next steps for analysis.

**MAPPSS School Suicide Intervention Project.**

Dr Emma Ashworth

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We have received funding from Liverpool NHS CCG to conduct a scoping study to assess the feasibility of a school-based suicide prevention intervention in secondary schools in Merseyside. The intervention (multi-modal approach to preventing suicide in schools; MAPSS) is currently being trialled in schools in Australia. We will be looking to interview parents of children who have experienced suicidality, professionals who support young people (e.g. CAMHS professionals, teachers, GPs), and young people in years 10-13 in secondary schools.

* Two new research assistants appointed, starting in March 2022.

**‘Informal families like ours seemed unaccounted for’: Case Study.**

Peter Blaney

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This case study explored the experience of a father who is informally caring for three children of family/friends. These children are now adults who experience mental health difficulties daily. When the father’s house is the lynchpin for the three male adults; separating the unit induced further psychopathology due to isolation and its effects. Local restrictions have had detrimental effects on informal families, mentally ill individuals and their carers.

* Leading on from this, a mixed-methods study exploring both formal and informal carers’ experiences of the COVID-19 restrictions has been conducted.
* Over 100 participants, results to follow.

**CWP Transformation Change Projects Evaluation**

Dr Pooja Saini

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Against the background of an enhanced academic capacity, this project will: (i) support the immediate delivery of three research projects of relevance to our local population and service delivery, and (ii) to invest resource in a way to secure external funds to support ongoing research.

A Research Assistant has been recruited for the study involving acomprehensive evaluation of three transformation change projects including the:

1. Community Mental Health Transformation Programme,
2. Crisis and Urgent Care Transformation Programme,
3. Acute Care Transformation Programme.

This work will begin in April 2022.

**New PhD: Perimenopause and suicide**

Dr Pooja Saini

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Collaboration with LJMU and Newson Health Limited. PhD funded by Newson Health Limited.

The aim of the study is to quantitatively evaluate changes in patterns of service utilisation from initial assessment through different time points following the onset of their symptoms. We will develop a method to identify ongoing treatment pathways and follow the history of individual women using the service, in order to relate the changing mental health of individual people to the varying level of care provided over time.

PhD student is going to advert and the programme of work will begin in May 2022.

**New PhD: A Specialist Mental Health Transformation Change programme: a mixed method study to inform evidence-based service delivery models**

Hana Roks

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Collaboration with LJMU and Cheshire and Wirral Partnership NHS Foundation Trust. PhD funded by CWP.

The aim of the study is to evaluate outcomes across three transformation change projects including the: Community Mental Health Transformation Programme, Crisis and Urgent Care Transformation Programme, and Acute Care Transformation Programme.

PhD student (HR) has been appointed and the programme of work will begin in May 2022.

**Publications:**

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Mughal F, Gorton HC, Michail M, Robinson J, Saini P. 2021. **Suicide Prevention in Primary Care.** Crisis, 42 :241-246

Saini P, Chopra J, Boland J, Hanlon C. 2021. **A Case Series Study of Help-Seeking among Younger and Older Men in Suicidal Crisis**. International Journal of Environmental Research and Public Health, 18

Saini P, Hunt A, Taylor P, Mills C, Clements C, Mulholland H, Kullu C, Hann M, Duarte R, Mattocks F, Guthrie E. Community Outpatient Psychotherapy Engagement Service for Self-harm (COPESS): A Feasibility Trial Protocol. Submitted to BMC Pilot and Feasibility Studies. (Resubmitted follower reviewer comments)

Saini P, Rajan N, Mark G, Clarissa G, Sean B, Carl O, Phil E, Pete W. 2021. **Use of acute psychiatric hospitalisation: a study of the factors influencing decisions to arrange acute admission to inpatient mental health facilities**. Frontiers in Psychiatry,

Saini P, Shaima H, Esmaeil K-M, Mark G, Clarissa G, Saiqa A, Anna P, Lesley H, Jane C, Jenny I, Mark G. 2021. **The value of involving patients and members of the public in applied health services research and evaluation: a qualitative study.** Research Involvement and Engagement