



NGO strategy implementation monitoring report – Q4 2023

HSE National Office for Suicide Prevention



Connecting for Life



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1: Introduction

This is the implementation monitoring report for Connecting for Life (CfL) for the activities of our NGO partners. Comprehensive work is being carried out by our NGO partners and this report does not capture everything. It provides a broad overview of reach and developments in Q4 2023.

NOSP works to ensure that funded initiatives align to the strategic objectives of CfL. A Service Level Agreement (SLA) is in place with all funded NGOs. The NOSP aims to work collaboratively with our NGO partners and to facilitate opportunities for networking, sharing knowledge and learning, resources and expertise. The NOSP continues to facilitate and support monthly networking calls with representatives from all funded NGO partners and to have NGO representation on the National CfL Cross Sectoral Steering and Implementation Group.

Many of our NGO partners work with specific priority groups that have been identified in *CfL*, for example, people with mental health problems, those bereaved by suicide, the LGBTI+ and Traveller communities and younger people.

Our NGO partners offered a diverse range of interventions to services users / clients this quarter, including psychotherapeutic counseling, bereavement supports, addiction and wraparound supports, helplines, email and text supports.

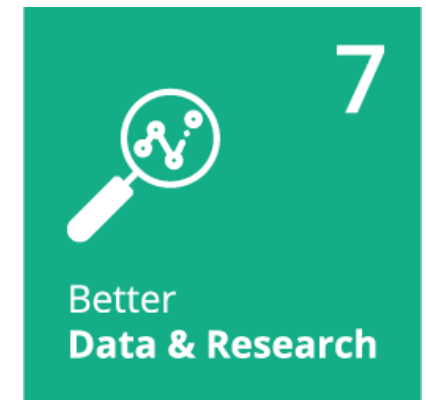
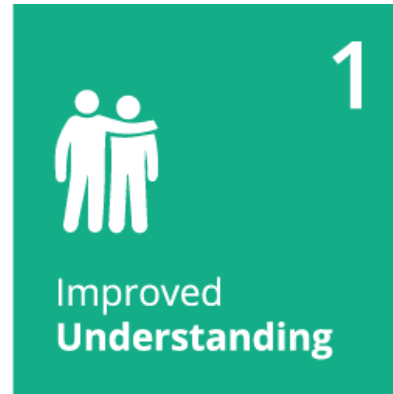


This quarter **updates were received from 19** CfL NGO implementation partners:

- Aware
- BeLonG To
- Dublin Simon Community
- Exchange House Ireland
- First Fortnight
- Family Resource Centre (FRC)
- ISPCC Childline
- LGBTIreland
- Men's Health Forum in Ireland (MHFI)
- MyMind
- Pieta
- The Samaritans
- Shine
- Spunout
- Suicide or Survive (SOS)
- USI
- Turn2Me
- HUGG
- National Suicide Research Foundation



2: Overview of progress on CfL strategic goals





Goal 1: Improved understanding

1.2 Awareness of services	1.3 Reducing stigma	1.4 Media and reporting
<p>Childline.ie: Engaged in 9,414 web chats in Q4. The Childline website Ask Alex service received 352 questions this quarter.</p> <p>Spunout Continued provision of on-site mental health promotion information, specific information to at-risk groups who require more targeted information services (e.g. Disability, Traveller, LGBTI+, Migrants, BIPOC) and to signpost toward critical mental health services</p> <p>BeLonG To:</p> <ul style="list-style-type: none"> Continued to run awareness raising and help seeking encouragement campaigns through social media in Q4. Website Visitors: 32,485 and also due to launch new website in August 2023. annual 12 days of Self-Care took place over Christmas break to support LGBTQ+ young people who don't have access to their usual support services and friends over the holiday. This campaign had a total of 24 posts, 20,904 impressions and 870 engagements across Instagram and Facebook 	<p>Shine' See Change project:</p> <ul style="list-style-type: none"> Partnership with ROSPs for Ambassador articles posted across social media. Ongoing engagement on all See Change platforms in relation to all aspects of the programme to raise awareness New partnerships with local media being developed for 2024. Additional content from Ambassadors and media training being worked on Activity around the Green Ribbon has continued well past the month of September with community events, Ambassador talks media engagement in particular social media. <p>USI</p> <ul style="list-style-type: none"> campus visits resumed in continuation of Open Up Campaign, including launching a Movember on campus campaign for the first time. Mental Health podcast episodes recorded and in editing stage. 	<p>Shine's Headline Project:</p> <ul style="list-style-type: none"> New media monitoring model has now been developed to deal with higher volumes and communicate trends in more timely manner. Q4 2023: 3,433 articles related to suicide/self-harm 2023 totals: 13,231 articles related to suicide-self-harm (14% increase on 2022 figures) 2023 totals: 24 student workshops, 9 professional drop-in sessions, 3 lived-experience workshops, 1 bespoke media org workshop, 2 mental health in the newsroom workshops.





Goal 2: Empowered Communities

2.1 Multiagency community responses	2.2 Accurate information and guidance	2.3 Education and training
<p>BeLonG To</p> <ul style="list-style-type: none"> The National Network met 3 times in Q4 – continued provision of guidance, information and training to national network members on the emerging issues/ needs within their youth service and LGBTI+ youth. In response to increased attacks by anti-LGBTQ+ groups, phone and text support has been offered to National Network Members Current activities include embedding youth participation in BelongTo and the National Network as part of Youth Service Operational Review. 	<p>FRC’s Mental Health Promotion Project:</p> <ul style="list-style-type: none"> Delivered 6 x Suicide Prevention Code of Practice workshops to 58 participants over entire year in Hospital, Boyle and Quarryvale FRC’s. (Co-facilitated by the HSE Resource officers for Suicide Prevention Final stages of coursework using Teachable as platform for dissemination are underway. 3 x Self Care sessions delivered (Naas, Tusla & FRC staff 50 participants) (8 participants in Clara FRC and 12 participants from FRCs and other organisations 1 WRAP Programme took place in Q4 in Tullamore to 16 participants. 	<p>Suicide or Survive (SOS) training and education offering continued in Q4 as follows:</p> <ul style="list-style-type: none"> 5 x Online Wellness Webinars with a focus on stigma reduction and mental health maintenance were delivered to 87 participants. 16 x Wellness Workshops were delivered in person to 591 participants. 134 people accessed the online version of the Wellness Workshop (www.wellnessworkshop.ie) 8 x WRAP Level 1 programmes were delivered in person to 116 participants from communities in Laois, Kildare and Dublin as well as to frontline addiction support workers and to Eden participants. In total 17 WRAP programmes were delivered to 234 people. <p>ISPCC Childline - recruitment and training of volunteers continues</p>





Goal 2: Empowered Communities - Continued

2.3 Education and training

LGBTIreland:

- During Q4 a total of 15 workshops (total of 158 staff trained); 4 regional seminars guest talks (total of 600 staff reached); 1 national webinar guest lecture (75 GP nurses reached)
- Spoken Word event during ITM AGM in Athlone took place and was attended by 150 staff members of all member Traveller organisations.
- 3 LGBTQI+ Awareness Training in Q4- a total of 23 mental health professionals trained in My Mind (therapists); Daffodil Care in Carlow; Mental Health Nurses UCD.
- 4 CARU seminars- 600 staff of nursing homes reached- organised by Regional Leads Nursing Home Programme in Mayo; Tipperary; Westmeath and Cork- 60 minute talk on older LGBTQ+ and end of life

Samaritans:

- Delivery of 8 training sessions covering Samaritans (who we are and what we do), Active Listening Skills and support for self. Support to organisations on handling suicidal callers delivered.
- Hosted stand at GAA Health & Wellbeing conference with approx. 400 delegates in attendance representing GAA clubs across the 32 counties
- Completion of national signposting review for branches and organisations in the mental health space reflecting caller needs;
- Ongoing attendance at NOSP Advisory Group for the development of a toolkit to prevent suicide in public places including collaboration from wider Samaritans UK team to inform best practice.





Goal 3: Focus on Priority Groups

3.1 Reducing suicide among priority groups

The **Exchange House** duty service (Phone & drop ins) supported 118 presentations in Q4. Main areas of focus - Accommodation, mental health, suicidal ideation and addiction. Other topics covered include racism, domestic violence, child protection and relevant training. Mental Health services were provided through Peer Support, Prison In reach and Family Support and Psychotherapy functions.

Aware continued to deliver its CBT based **Adult Life Skills** programme: 19 programmes delivered to 306 participants, totalling 86 programmes to 1464 participants in 2023 . **Life Skills Online**: 552 participants registered. The **Living Well With Bipolar Disorder Programme**: 2 programmes delivered in Q4 to 14 participants; 2023 total of 15 programmes to 113 participants.

Suicide or Survive (SOS) - Eden Programme (a 26 week educational programme with a therapeutic element for people who have attempted or contemplated suicide) commenced in September with 14 participants.



3.3 Supports for young people

Spunout:

- Both of Spunout current projects, Suicide Prevention and Self Harm campaigns launched in Q4.
- Q4 Mental Health content readership total: 213,227 young people reached across FB/IG including Mental Health Literacy; Mental Health Crisis Factsheets. Continuing to promote and signpost towards critical mental health services, and monitoring of frequency that services are signposted.

Childline received 20,563 calls (answered 18,034) & also engaged in 9,414 web chats in Q4. Top Profile areas in relation to Mental Health - 1442 total of which - 273 Anxiety / 198 Low Mood / 129 Depression. Total number of contacts in relation to suicide, 352.

BeLonG To - Dublin service youth groups:

- Total of 626 unique individuals engaged with the youth work team in 2023 with 275 young people being supported.
- supported 126 unique individuals in Q2. There was a 24% increase in young people attending groups in the Belong To Dublin Youth Service in Q1 & Q2 this year compared to the same period last year.
- 50% were for group information; 113 people required information for Trans Specific Issues; 32 people for relationships with Family/Friends/Peers. An increase in those presenting with Mental Health issues including depression, anxiety and self harm – 53 up 8% on Q1. 13 people requested assistance in coming out.

Suicide or Survive (SOS) - In Q1, 134 people accessed the online version of the You Matter Wellness Workshop (www.wellnessworkshop.ie) aimed specifically at younger people.



Goal 4: Better access to support

4.2 Therapeutic Interventions

Dublin Simon Continues to see referral requests for general counselling from other homeless service providers. 252 hours of sessions for referred clients took place. 157 drop in visits were recorded. 287 hours of interventions took place. These activities covered 148 Male and 60 Female clients.

First Fortnight Delivered 95 creative therapy sessions to 16 clients and attended to a minimum of 121 calls over Q2. Committed to ensuring its creative therapy service is trauma informed in line with best practice. The FF evaluation Tool was signed off in Q3 and is currently being integrated into the FF CRM system

MyMind provided 2932 low-cost appointments in Q4.

Pieta has worked with 2,677 clients seen for unique therapeutic interventions

- Number of helpline calls received: 10,023.
- Number of helpline texts received: 20,581
- Number of households supported by SBLO services: 215

Turn2Me delivered 1536 Adult counselling sessions and 68 support groups in Q4. The top presenting Issues for the counselling service for the quarter have been Anxiety (40%), Relationship Issues, Depression, Family Conflict, Stress, Work Issues, Trauma and Bereavement.

4.3 Support Services

Samaritans received 113,370 calls and 916 emails this quarter and has provided 437,257 active listening hours to date in 2023

HUGG:

- Across Q4 85 HUGG meetings were held. Average attendance is 5 people.
- In total the quarter yielded 4,100 visitors to the site with 261,982 people reached across our social media platforms for the quarter.
- 2 public information events held this quarter with 31 people registering interest. 18 people completed the volunteer application forms. 7 new volunteers completed their Facilitator training in November, bringing the complete number of trained Facilitators to 49.



Goal 5: High quality services

5.4 Best practice among Practitioners

MHFI continues to progress its **CAIRDE project**, which aims to reduce male suicide in the construction sector. In Q4 developments included:

- Submitting a journal article on the site survey findings - which was accepted for publication.
- Submitting a journal article on the outcomes of the systematic review on 'active ingredients' of mental health promotion and suicide prevention programmes in male-dominated industries - which was accepted for publication.
- Finalising the content for a further journal article on the outcomes of the systematic review on stigma surrounding men and mental health.
- Analysing the data from the apprentice survey.
- Agreeing the final structure and content of the training programme, based upon the learning to date.
- Drafting facilitator packs for both the 'General Awareness Training' (with construction workers) and 'Connector' workshops (with people responsible for health and safety on sites).
- Creating a series of videos to support the CAIRDE on-site training programme: (i) a man who had suicide ideation talking about how he sought and received help; (ii) Mental Health First-Aiders on the Intel construction site in Leixlip sharing their experience of offering help to their work colleagues; and (iii) Dr Mark Rowe speaking about the GP's gatekeeper role to mental health support and services.
- Negotiating use of the 'John and Barry' video clip (from NOSP's 'Let's Talk About Suicide' programme) in the CAIRDE programme.
- Arranging a film shoot for 2024 with staff from Sisk Construction, which will focus upon a whole company approach to mental health promotion and suicide prevention.
- Conducting initial pilot testing of the programme materials with staff in the construction sector.
- Engaging additional construction companies to participate in the Year 4 roll-out phase.

BeLonG To:

- The second phase of the Rainbow Award rollout has begun in collaboration with 15 youth organisations across Ireland. These organisations include, - Donegal Youth Service, Bradog Youth Service, Young Social Innovators, Bru Youth Service, SouthHill Hub, Catholic Girl Guides
- The award process lasts 12-18 months and includes staff in person training, e-learning and self-assessments within organisations for LGBTQ+ inclusion. BeLonTo have conducted the Rainbow Award Coordinator training, with two staff from each organisation, which explores the process of the award under the six standards. This programme, similar to the QMark in Schools is a whole org approach to providing safe spaces for LGBTQ+ young people, which will inturn help promote better mental health and wellbeing.





Goal 7: Better data and research

7. Better data and Research

BeLong To: As of January 2024 Trinity College Dublin research team have completed all analysis and drafted all chapters of the final report, Being LGBTQI+ in Ireland. In Q4 2023 one research advisory committee meeting was held as well as a funders briefing on the findings as well as the shape and structure of the report. The research team are working towards finalising the report and crafting recommendations in consultation with the research advisory committee. The research will be published in Q1 2024

LGBTIreland –

- During Q4 the National Action Group for LGBTI+ Travellers & Roma had 8 meetings- to plan the Spoken Word event at ITM AGM on 6th Nov in Athlone + to design the 2024 Calendar
- Spoken Word event during ITM AGM in Athlone took place and was attended by 150 staff members of all member Traveller organisations.

Shine's See Change Project – Workplace research project on making mental health mandatory in Irish workplaces is underway. This research will be included in the Green Ribbon impact report Q1 2024 and used to enhance the Green Ribbon campaign 2024 .

National Suicide Research Foundation:

- Self-Harm Registry actions including meeting with Data Registry Officers and associated publication have been carried out.
- Deaths in Mental Health Services: Project concluded in Q2 2023, feasibility proposal to develop a national register of probable suicide in mental health services submitted.
- Monitoring of self harm in prisons – Research Officer recruited from Jan 2024, presentation at National Suicide and Self Suicide and Harm Prevention Steering Group Meeting on December 13th
- University module in suicide prevention – Ethical approval granted by CREC for pilot implementation. Publication: Suicide prevention curriculum development for health and social care students: Protocol for a scoping review



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