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The findings of a **thematic review of teenage suicide** is on page 3, with an update on progress on pages 4-5.

On page 6 we have articles on **whistle-blowing** and the rebranding of the **CHAIRS service**.

A reminder about **safer sleeping** is on page 2.

Read on for an overview of resources that will help support young people who may be concerned about **Covid-19**.

Young people and Covid-19

Childline has reported a surge in cases of children and young people who are phoning for support as they are worried about the virus. These are some of the new resources that can help you support young people at this time:

YoungMinds

[Talking to your child about coronavirus](#)

Advice from the YoungMinds Parents Helpline experts on what you can do if a child is worried or anxious about coronavirus.



Mental Health Foundation

[Talking to your children about scary world news](#)

How to minimise the negative impact of world news on children and young people.



Newsround

Newsround has several relevant articles for children and young people:

- [Coronavirus: What is being done to tackle the virus?](#)
- [Coronavirus: How to wash your hands](#)
- [Advice if you're worried about coronavirus](#)



Thinkuknow

[Thinkuknow parents helpsheets](#)

Helpsheets to support parents and carers in keeping children safe online while they are off school.



SAFER SLEEP

For more information: see the [Lullaby Trust](#) website

We know that greater awareness of safer sleep leads to a decrease in the numbers of babies dying. Sadly, around four babies a week still die from sudden infant death (SIDS). If all parents were aware of safer sleep advice many lives could be saved. Around 700,000 babies are born in the UK every year - we need to continue to reach out to all new parents with our safer sleep message.

Key message:

Never share a bed or fall asleep anywhere with your baby if you have been drinking alcohol, if you take drugs, or you're a smoker.

The safest place for your baby to sleep for the first six months is in a cot in the same room as you.

How to reduce the risk of sudden infant death syndrome (SIDS)

- Place your baby on their back to sleep, in a cot in the same room as you, for the first 6 months.
- Don't smoke during pregnancy or breastfeeding, and don't let anyone smoke in the same room as your baby.
- Don't share a bed with your baby if you have been drinking alcohol, if you take drugs, or you're a smoker.
- Never sleep with your baby on a sofa or armchair.
- Don't let your baby get too hot or too cold.
- Keep your baby's head uncovered. Their blanket should be tucked in no higher than their shoulders.

Resources

Free online Safer Sleep resources:

www.lullabytrust.org.uk/safer-sleep-advice/

www.lullabytrust.org.uk/safer-sleep-advice/sleeping-position/

For a short video of 'How to reduce the risk of SIDS', visit

www.youtube.com/watch?v=NO2vbtjNk2c or www.lullabytrust.org.uk/

SSCB THEMATIC REVIEW

TEENAGE SUICIDES IN SOMERSET

1. The Background

Between 2009 and 2017 the Somerset Child Death Overview Panel (CDOP) were notified of the deaths of thirteen children as a result of suicide or probable suicide. Following discussion at the Somerset Safeguarding Children Board Learning and Improvement subgroup in September 2017, the decision was reached to undertake a multi-agency review.

2. The Review

The purpose of the review is to ascertain any common themes arising from the deaths of children by suicide or probable suicide in Somerset, and identify anything unusual or different from the published national evidence. The review also aimed to identify actions that the SSCB and its partners could take in order to reduce the likelihood of further suicides or attempted suicides among children.

3. Themes identified in the Review

The review identified some common themes and identifiable areas for action, but there was no single description of a child who is at risk of suicide and hence no single agency or strategy that can address this. A multi-agency whole-system approach is necessary that recognises the importance of inter-agency communication, services that are easy to navigate and the vital role that schools, family and friends can play in helping children and young people to thrive emotionally.

4. Next steps

In addition to the recommendations below the Group reviewed local safeguarding policies in relation to suicide prevention. The review highlighted that the information was very limited and a revised section has been drafted awaiting approval. It is important for practitioners to consider what the protective factors are around a child to prevent suicide and what would suggest that a child is no longer safe.

Additionally, the new national mortality dataset now collects data on sexuality and gender identity in deaths identified as suicide.

See pages 4-5 for details of the action plan and progress made so far.



UPDATE ON THE ACTIONS

1. Promote a Somerset wide whole school approach to children and young people's wellbeing, utilising the [Somerset Wellbeing Framework](#).

The Somerset Wellbeing Framework – a whole school approach to health and wellbeing has been launched and over 80 schools have started using this approach formally, with others utilising some of the resources.

- 350 practitioners in schools have taken up 'bite sized' mental health training. Suicide prevention skills training(ASIST) has also been available.
- The Somerset wide whole school approach is embedded in the new Mental Health Support Teams in Schools Trailblazer programme.

2. Promote strategies to create suicide-safer environments across schools and colleges in Somerset, utilising the Papyrus "Building Suicide-Safer Schools and Colleges: a guide for teachers and staff".

This resource is available through the Public Health Children and Young People Mental Health Toolkit website. A special feature focused on this guide and is part of a recommended toolkit of resources. The Preventing Young Suicides sub-group has been involved in reviewing and updating the suicide section of The Critical Incidence Guidance for schools produced by the Educational Psychology Service



3. Improve identification and response to self-harm as an important antecedent of suicide. Work is currently being undertaken by the self-harm steering group.

The deliberate self harm protocol and assessment has been shared across A&Es and MIUs, there have also been awareness sessions for primary care and out of hours GPs, to ensure the identification and response to self-harm as an important antecedent of suicide. NHS England and Somerset Clinical Commissioning Group have invested in a Self Injury Schools Project aimed at secondary schools. A new Guide has been produced and 38 schools and over one thousand school staff have participated in the training made available. The second phase is developing school based Self Injury Policies and implementing their action plans. Lesson plans to help schools explore the issues surrounding self-injury are also being developed.

4. Promote effective communication and enhanced multi-agency working in respect of all Somerset children of school age in receipt of mental health services through the adoption and use of Individual Health Care Plans, as set out in the Department of Education Statutory Guidance, Supporting Children in School with Medical Conditions (2015).

There is now a mechanism to share risk assessments and care plans for children under the care of Child and Adolescent Mental Health Services (CAMHS) with multi-agency partners, however, this is not for all children under the care of CAMHS, just those with highest level of need / risk.



5. Ensure that mechanisms are in place at early help level to identify and support children who are not thriving emotionally, through the Team Around the School model, so that each community knows what support is accessible to schools.

Significant improvements have been made in the mental health services available for children and young people in Somerset over the last 18 months. This has been facilitated, in part, through increased investment from NHS England as part of the Future in Mind and Five Year Forward View policy directives (since 2015).

Two major transformation programmes include the new Mental Health Support Teams in Schools trailblazer programme and community based Big Tent initiative. The Mental Health Support Teams in Schools programme is initially working with schools in Taunton and Mendip and will create a clear offer around emotional wellbeing support for children and young people. This will be delivered by our newly IAPT-trained, and experienced, Children and Young People Wellbeing Practitioners. IAPT stands for Improving Access to Psychological Therapies. The Big Tent initiatives are led by Young Somerset and involves Yeovil and North Sedgemoor. It is an alliance of voluntary, community and social enterprises, focusing on local joint solutions to improve emotional wellbeing and mental health support for children and young people.

Useful Resources

[Prevention of Young Suicide \(Papyrus\) website](#)

[Self-harm in Somerset \(Somerset Intelligence\)](#)

[Somerset Self-Injury Pathway Project](#)

[Childline Suicide resources](#)

[Depression, anxiety and mental health \(NSPCC\)](#)

[Suicide—learning from case reviews \(NSPCC\) 2014](#)

[The Somerset Wellbeing Framework](#)

[National Confidential Enquiry into suicides by children and young people](#)

[Suicide and young people \(Samaritans\)](#)

Things you should know

Rebranding of Independent Safeguarding and Reviewing Service

The Independent Safeguarding and Reviewing Service have rebranded and become the '**Children's Advocacy and Independent Reviewing Service**'. The title ISRO which has been used to describe Independent Reviewing Officers and Child Protection (CP) Chairs for a few years has been replaced with IRO for CLA and Child Protection Coordinator for CP Chair.

We have made the change because it is important that the name reflects the individuals and skills within the service and that people can easily understand our roles. The job title ISRO has always caused some confusion and it is important to recognise that the IRO is a statutory role and that CP Chairs have a much wider role than solely chairing CP conferences. Our service includes children's advocates, their Team leaders and their manager, IROs and CP Coordinators and their managers so we wanted our service name to represent the whole service. 'Children's Advocacy and Independent Reviewing Service' was unanimously voted for by team members, and as you will see this translates to the acronym '**CHAIRS**'.

Whistleblowing

Whistleblowing is when someone raises a concern about a dangerous or illegal activity, or any wrongdoing within their organisation. This is known as 'blowing the whistle' and is a vital process for identifying risk to people's safety.

If you are worried about how child protection issues are being handled in your workplace, or would like more details about whistleblowing, see the [South West Child Protection Procedures](#) (SWCPP).

Contact the SSCP!

Please note our **new** email address: SSCP@somerset.gov.uk.

The SSCP has a circulation list to send alerts when new newsletters or learning bulletins are published. If you do not currently receive these alerts and would like to sign up to the list, visit our website

sscb.safeguardingsomerset.org.uk

