



South of England Collaborative  
mental health quality and  
patient safety improvement

# Welcome | Peer Support Suicide Prevention



# Context

Kent and Medway Partnership Trust have organically grown their Peer Workforce from 3 to 30 over 5 years.

Acute, Community, Rehab, Mother and baby, Early Intervention in Psychosis, Open Dialogue, Forensic, Addiction services and Recovery College.

*“offering and receiving help on shared understanding, respect and mutual empowerment between people in similar situations” (Mead et al., 2001)*



# As a leading organisation for Peer Support we have only just scratched the surface....

Reduced seclusion  
and restraints

Focusing on route  
causes, not  
symptoms

Workforce culture  
change

Non-  
prescriptive

Patient voice is  
strengthened

Care Navigation

Seamless transition  
through services

Empowering patients to  
take more responsibility

Connecting all  
stakeholders

Documentation and  
processes audited

Increased patient  
engagement

Communication



# What are the benefits?

**Reduced** ward temperature

**Reduced** readmissions

**Reduced** complaints

**Reduced** dependency on services

**Increased** workforce moral

**Increased** patient engagement

**Increased** compliments

**Increased** positive workforce culture

**Increased** carer and service user involvement

**Increased** expertise in MDT

**Increased** awareness

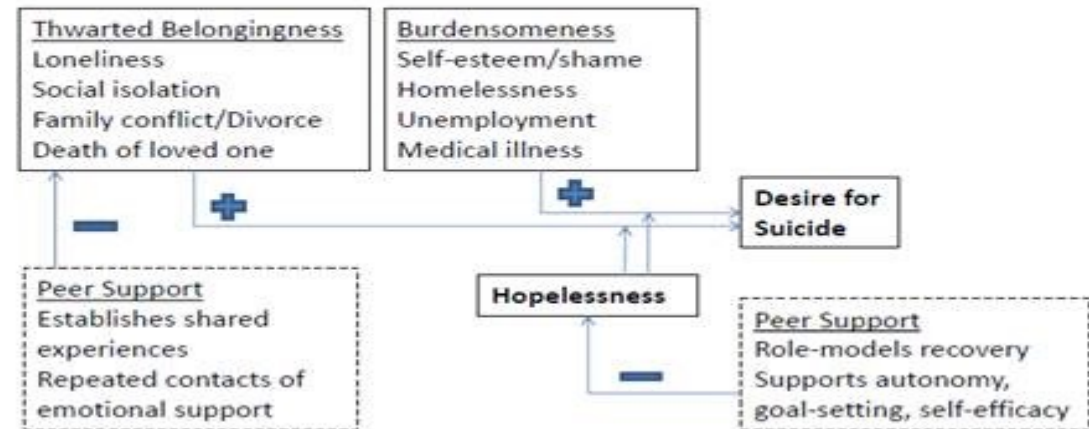
**Increased** quality of staff training and student education



# What are the benefits?

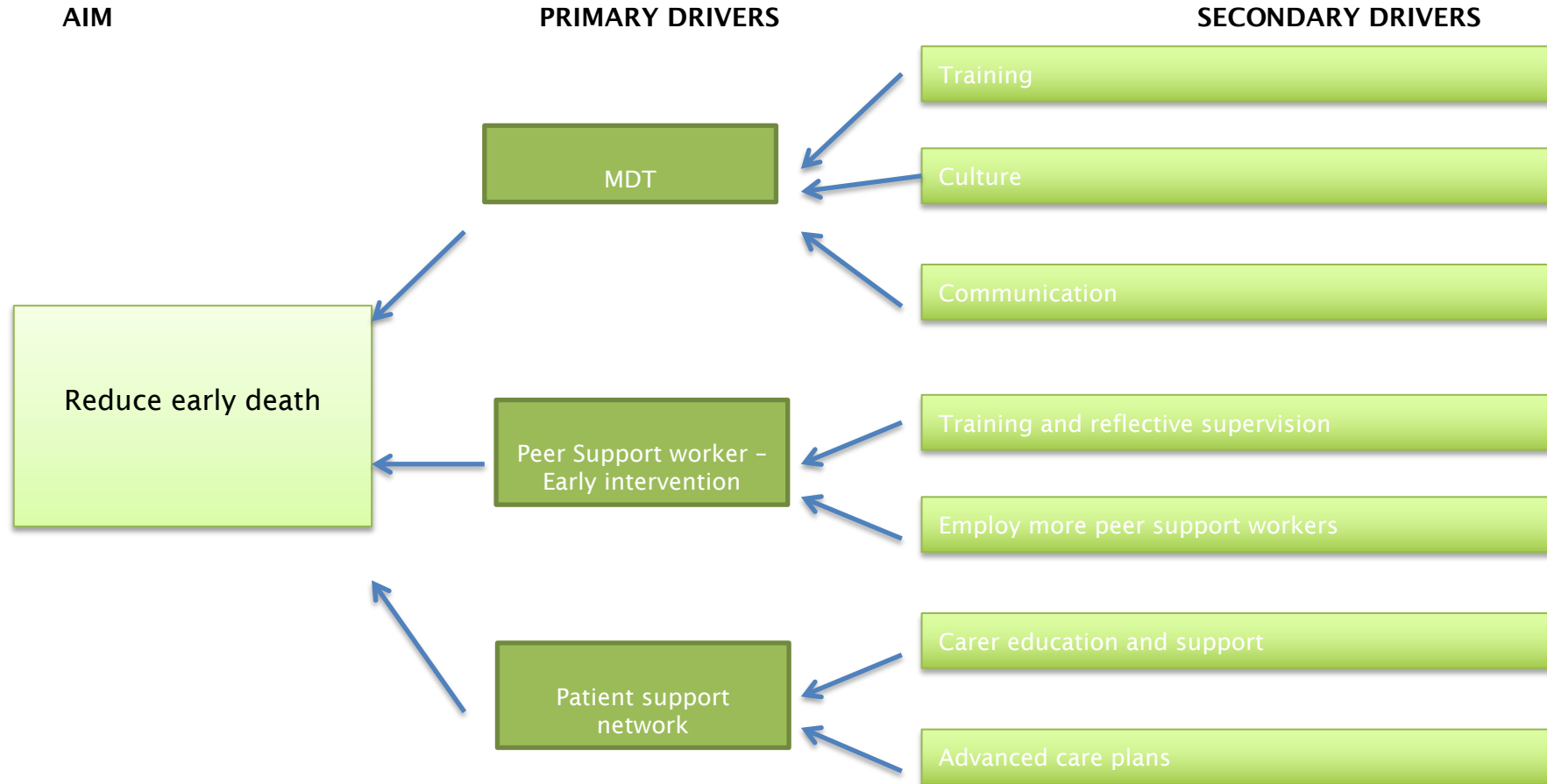
With 5821 suicides last year, this concerning figure made me think about my service... With majority of my workforce having thought about suicide or attempted it, I felt that this is something that should be looked at in more detail to make suicide prevention a key feature of the Peer Support role.

## Interpersonal Theory of Suicide & Peer Support





# Assessment





# Recommendations

- To increase Peer Support workforce to have consistent spread for all patients and service users to engage with
- Specialist education for Peer Support workers
- Reflective space for peers to process thoughts and experiences
- Team education
- To share learning
- To be consistent across the UK
- NICE guidelines



# Measurement

We currently have no figures that can evidence that peer support intervention can prevent or reduce 'early death', however;



*National Strategy for Suicide Prevention (NSSP) states that “peer support plays an important role in the treatment of mental and substance use disorders and holds a potential for helping those at risk for suicide.”* <https://www.sprc.org/news/advancing-peer-support-suicide-prevention>



*“My Peer Support Worker listened to me, he just got me. He didn’t make me feel guilty or ashamed about feeling suicidal, probably for the first time ever! He helped me think about what support I needed and how to stay safe. He is a lifesaver!”* <https://www.mindout.org.uk/get-support/suicide-prevention/>





## Measurement

5 year plan – 100 peers

Over a period of 12 months record the relevant data to determine a significant change in suicide rates and the correlation to peer input



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**NHS**

**NHS**

**Kent and Medway**  
NHS and Social Care Partnership Trust

