

Service Information – Cohort

Employer	Open Minds Counselling Services Ltd.
Cohort	Adults who have recently (within 12 months of referral) attempted suicide who have no ongoing medical complications from the suicide attempt Trigger to suicide attempt is life distress
Definitions:	Suicide attempt – the individual reached the point at which they intended to end their life, but was prevented from doing so, whether the action taken was prevented before it could begin, or during the process. For example, someone prevented from suicide by being locked in the house to prevent them going to a bridge to commit suicide would be equally considered an 'attempter' as someone removed by the police from the bridge.
Contra-indications	<ul style="list-style-type: none"> • Risk to others • Substance abuse is a primary factor; in which case work with Aspire is more appropriate initially • Ongoing Medical or Mental illness or learning delay <u>impeding capacity to engage</u> with IMP;ACT services • Service user's suicide attempt is part of a pattern of escalating behaviours to prompt service response (may be more appropriate to HIU service)
Venue and mobility	IMP;ACT Coordinators will be based in Doncaster town centre at Open Minds premises, with home working also required. IMP;ACT Coordinators will work with service users from throughout the Doncaster area and may travel depending on the IMP;ACT service user's needs.
Case-Load	Each IMP;ACT Coordinator will have a weekly case-load of 7 - 10 IMP;ACT service users
Criteria	<ul style="list-style-type: none"> • Service user must have capacity • No acute physical or psychiatric needs • Medical or psychiatric needs are not the primary issue • Long-term Life Limiting limited illnesses must be medically managed • Service user suicidality would not be resolved with appropriate medical care eg pain-management <p>There must be recognisable life and social distress which the IMP;ACT team can work to resolve</p>

Service Information – Process

Relationship	<ul style="list-style-type: none"> IMP;ACT worker forms a relationship of kindness and professional support which is a balance between identifying needs, forming appropriate goals to the service user's capacity, balance doing for and with The relationship is boundaried but flexible, activity for and with the service user and empowering them to progress without support, but preventing rescuing and dependency RESILIENCE NOT RELIANCE Humane and holistic one to one mentoring to avoid and de-escalate crisis behaviours No punitive elements – strengths-based approach De-medicalise and de-criminalise <p>Don't start by emphasising a time-limited approach as this is experienced as rejection on day 1.</p>
Initial contact	IMP;ACT Coordinator assesses suitability for the service
Stage one service delivery	<ul style="list-style-type: none"> IMP;ACT service user attends 4 – 12 sessions, hourly once a week, of emotional resilience mentoring designed to: <ul style="list-style-type: none"> Alleviate the immediate suicidal distress Identify triggers to suicidal thinking and behaviours Work in a solution focussed way to develop coping mechanisms and relationship skills Promote the ability to seek appropriate support in future instances of suicidality Reach the point of being able to access and engage with IMP;ACT navigation support
Stage two service delivery	<ul style="list-style-type: none"> IMP;ACT Coordinators work with the service user in a client centred, strengths-based way to build relationships skills and resilience to further incidents of life distress IMP;ACT Coordinators may also work with families to build their resilience and coping IMP;ACT Coordinator supports the service user to address needs such as: <ul style="list-style-type: none"> Support seeking benefits or work Support becoming medically compliant Support addressing financial difficulties Support accessing support for self-esteem building and social isolation

Pyramid of activities and outcomes for IMP;ACT team

Actions for IMP;ACT workers

Links and Outcomes

