

## Derby City Children and Young People Scrutiny Review Board

<b>Briefing document</b>	CAMHS and Mental Health for Young People including: 1. response to Covid 2. focus on suicide and self-harm
<b>Date</b>	19th October 2020
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### **Purpose**

To provide information to Derby City Children and Young People Scrutiny Board regarding CAMHS and the children and young people's emotional and mental health pathway including a focus on the position as CYP return to education following Covid19 lockdown.

To provide information on suicide awareness and prevention in response to the Derby and Derbyshire Child Death Overview themed panel report dated November 2018

### **Context**

This report outlines the developments under taken by the Futures in Mind programme 2015-2020 to improve access to a graduated emotional and mental health pathway for children and young people (CYP).

The report provides focus on the position now that children have returned to school following the Covid19 lockdown and a description of how services have adapted to the current climate.

Reference is given to the strategy to prevent suicide and self-harm linked to the learning points and themes from the Derby and Derbyshire Child Death Overview themed panel report November 2018.

### **The scale of the issue**

The 2019/20 Health Equity Audit for Derby and Derbyshire produced by Derby City Council Public Health Team states:

- There are approximately 179,000 Children and Young people (C&YP) across the city and county, 17% of the overall population
- There is a greater level of vulnerability to mental illness in C&YP than seen nationally.
- Contributing risk factors poverty, obesity and migration, particularly in Derby City.
- Based on national prevalence estimates, 22,956 C&YP aged between 5-19 years will have a diagnosable mental health condition.
- The national ambition is to increase children's access to mental health services. The Derbyshire target for 2017/18 was 30% and we achieved 31.4%. In 2018/19 our target was 32% and we achieved 36%. Our 2019/20 target was 34% with a published rate of 25%, we are aware however that one of our providers was unable to submit data, if we include their data we would have reached 28%, this is a disappointing drop on previous

years. Encouragingly however, Q1 2020/21 data shows that we have seen an additional 775 CYP compared to Q1 in 19/20, this is a rise of 52%. With commissioned targeted early intervention services becoming established there is confidence in the system that we will reach our 35% target by March 2021.

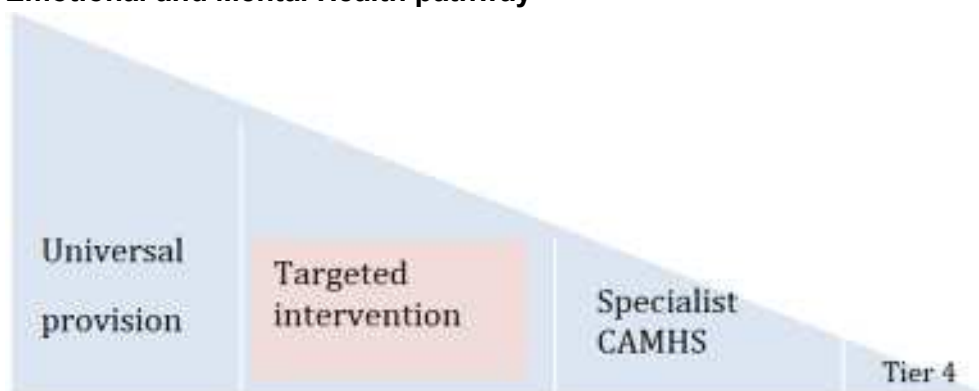
### The strategic approach to improve CYP mental health

The approach to improving Children and Young Peoples (CYP) emotional and mental health in Derby and Derbyshire has been led by the Futures in Mind (FIM) Programme, the key aim has been to ensure that:

*“Children and young people are able to achieve positive emotional health by having access to high quality, local provision, appropriate to their need, as well as a range of support enabling self-help, recovery and wellbeing.”*

Extensive engagement with parents, children and stakeholders took place to inform planning. Using this feedback, the evidence base and national guidance, developments have focused on strengthening the targeted early intervention offer and investments have been made to increase capacity at this level. The aim is to improve timely access to the right level of support enabling CAMHS to concentrate resources on those most requiring them.

**Figure 1** Shows where Targeted Intervention sits in the Children and Young Peoples Emotional and Mental Health pathway



The 2019 FIM Transformation plan refresh fully describes services developed and the investments.

<https://www.derbyandderbyshireccg.nhs.uk/resources/assets/attachment/full/0/8421.pdf>

The FIM programme objectives have now moved into the Long Term Plan (LYP) and are reflected in local objectives.

The Thrive model has been adopted as the system approach (appendix 1) to supporting CYP's mental health, with recent investments focusing on increasing Derbyshire resource within the 'getting advice' and 'getting help' areas.

Individual services have been commissioned as the 'building blocks' for an integrated pathway with coordinated delivery planned for 2020. The greatest impact will be seen once all services are established and working together across this seamless unified pathway. Over time the

expectation is that access to earlier levels of support and schools resilience will improve, reducing growth in demand for CAMHS at the same time as CAMHS investment allows growth in capacity.

The CCG has committed to ensuring the full allocation of government funding for children's MH be used for that purpose, and has added to that through particular focused investment e.g. eating disorder services.

However, nationally there is only sufficient funding allocated to CCGs to address the needs of one in three children who need the services, and demand continues to outstrip capacity. This results in long waiting lists, which may be detrimental to the outcomes for some of the children who need the services.

### **Impact of Covid on referrals**

Referrals to CYP mental health services across the pathway dropped at the beginning of lockdown, being particularly low in April and May. The vastly reduced line of sight from professionals to children and young people being cited as a key factor in this. As services and processes started to restore and recover in June, letting schools and referrers know that they had adapted to an online offer and continued to be open for business, we saw across the board that referrals started to pick up again.

### **Commissioned services adapt and reconfigure**

With so much uncertainty surrounding what 'back to school' would look like and how each school will manage this, it has been difficult for providers to plan how CYP mental health support can best be offered, when schools own delivery of education has been so disrupted. Both Build Sound Minds, our core commissioned targeted intervention service and Changing Lives, the provider for our 4 x trailblazer Mental Health Support Teams in schools, have now set up online approaches to delivery.

Providers are being incredibly flexible and have prepared a range of delivery methods depending upon the individual schools willingness to engage. This includes use of PPE for face to face interventions, online options including placing laptops in rooms for children to access sessions, sessions out of school hours and online groups. The CAMHS Specialist Community Advisors, Build Sound Minds and Changing Lives are maintaining relationships with schools ready to offer bespoke approaches depending upon individual school requirements. Specialist CAMHS are utilising online assessment, consultations and treatment options but are mindful that online will not suit everyone and alternative arrangements are in place for urgent cases requiring face to face appointments.

At the beginning of this year, the CCG made investments available to CRHFT and DHCFT for core CAMHS to support the management of active caseloads. The workforce approach agreed in DHCFT was to employ band 5 qualified nurses to release specialist nurse time to deliver specific therapies such as Cognitive Behaviour Therapy. Investments to increase staffing levels for eating disorder services with a new aligned Derbyshire service specification are also in place. Recruitment to these posts is ongoing, Covid19 delayed recruitment the additional posts and the impact of this uplift, new staff have been recruited but a cyclical turnover of staff has left other vacancies within the team.

**Table 2: Key deliverables to improve access to CYP mental health services**

	<b>Investments and developments</b>	<b>Commence</b>
1.	Phase 2 CAMHS review to provide options for service remodelling to present to JUCD Childrens Board Autumn 2020 whilst continuing to financially uplift CRH and DHcFT core CAHMS	In progress
2	Invest in CAMHS Eating Disorder services in 2020/21 and 2021/22	April 2020
3	Specialist Community Advisors (CAMHS) delivering across the Derbyshire footprint	April 2020
4	Investment made for additional online targeted interventions during Covid19	April 2020
5	Establish Build Sound Minds, the commissioned targeted intervention service	Sept 2019
6	Four New Mental Health Support Teams in schools being set up from January 2020 with full service from January 2021 (recently awarded further 2 teams in the City)	Jan 2020
7	Establish Kooth (CYP) and Qwell (parents and carers) digital offer	Contract from Sept 2019
8	Derby and Derbyshire Emotional Health and Wellbeing website launch	May 2020
9	New Trauma Informed service for children in care	Sept 2020
10	Work with stakeholders to develop a community based crisis response pathway, with NHSE investments of £1.2 million confirmed which will enable us to significantly improve our CAMHS response by 2022/23	June 2020 restart planning
11	Continue to invest in IAPT capacity which can take referrals from 16 years for people requiring a skilled counselling approach and sees some 600 CYP under 18 a year	ongoing

**Progress against our plan**

**1. CAMHS review**

The first phase of the Derbyshire CAMHS review was presented to the JUCD Childrens Board in February 2020, this described the current service offer and delivery issues i.e. waiting times. The second phase of the CAMHS review has now commenced, with DDCCG, CRHFT and DHCFT responsive to working together to articulate options for remodelling services. A paper will be taken to the JUCD Childrens board in Autumn describe these options, includes current capacity and anticipated demand considering both the impact of Covid19 and the development of the targeted intervention offer within the pathway.

Whilst undertaking the CAMHS review and in accordance with national directives, investment has continued to be given to CRHFT and DHCFT who have each developed plans to reduce their waiting times. £360k recurrent uplift was awarded to CAHMS in 2020. Previous years are

indicated below.

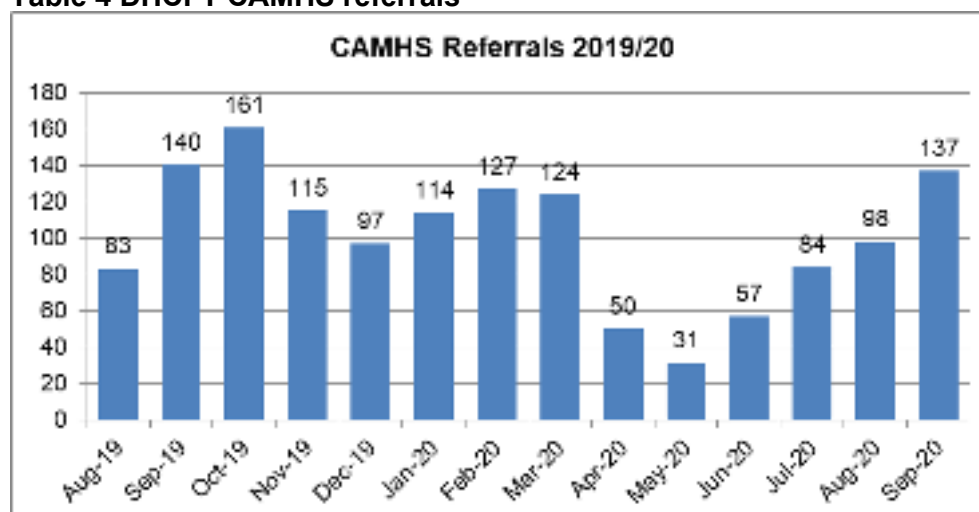
**Table 3: Child Adolescent Mental Health Service investment**

	2019/20	2018/19	2017/18	2016/17	2015/16
CRHFT	2,461,034	2,455,633	2,405,893	2,284,273	2,215,590
DHCFT	6,523,941	6,273,250	5,827,405	5,664,547	5,112,415
	9M	8.7m	8.2M	7.9M	7.3M

A risk to both provider plans has been recruitment. Commissioners have encouraged slippage from 2019 to be reinvested in 2020. Significant gains had been expected in capacity and waiting time reduction in 2020 but have been pushed back by Covid.

Due to Covid19, both CAMHS services are prioritising urgent care, intensive home treatment (for those at risk of, or just returning from, Tier 4) and eating disorders. Telephone / digital based services are available and increasing. With some staff having to self-isolate, thus reducing capacity, decisions have to be made about which children to prioritise.

**Table 4 DHCFT CAMHS referrals**



**Table 5: DHCFT CAMHS number of referrals**

CAMHS Pathway –	September 2019	August 2020	September 2020
Urgent	65	48	64
Routine	70	39	62
Eating Disorders	8	11	11

**Table 6: DHCFT CAMHS average wait time (weeks)**

CAMHS Pathway	September 2019	August 2020	September 2020
Urgent	0.00 (CED) 0.4 (Community)	0.00 (CED) 0.2 (Community)	0.00 (CED) 0.5 (Community)
Routine	14.82	24.19	21.74

**Table 7: DHCFT CAMHS Number waiting**

CAMHS Pathway	September 2019	August 2020	September 2020
Urgent	13	11	11
Routine	432	373	342

DHCFT CAMHS continue to centralised the routine and urgent pathway and the whole service is now managed from 'the hub' at Temple House, Derby. The service has operationalised a red, amber, green rating for high risk/vulnerable cases which is also monitored at the hub, providing assurance that all cases are being contacted. This is monitored daily via reports to the senior leadership team.

The graphs above show an expected increase in the number of CYP referred to CAMHS in September in comparison to August 2020. The September data shows a marked increase in activity for urgent care (presenting at CED) compared to August 2020 but remains parallel with September 2019 presentations. DHCFT have seen a significant number of referrals to the CAMHS ED team for the third month running, which appears to be associated with improved access to GPs', children returning to school and increasing distress families have reported as a result of lockdown.

DHCFT continue to assess young people via Attend Anywhere (NHS video platform), with a tablet now available for use by young people and staff at CED UHDB which is proving to work very well. Waiting lists are being targeted via telephone triage which is also highlighted in a further reduction of children/families waiting by 8% from last month and 25% down from August 2019 shown in table 3.

**Table 8: DHCFT CAMHS recovery plan includes:**

- Specialist Community Advisors mobilised to support schools
- School health providing chat health and virtual drop in's
- 4 week waiting list triage
- Waiting well parent led drop in sessions
- Parent 2 Parent helpline (facilitated by CAMHS experts by experience parents)
- Duty access to respond to emerging concerns
- 24/7 mental health support line – support provided to the helpline for CYP by the CAMHS Specialist Community Advisors and or Duty
- Additional posts commissioned from the mental health investment funds which has provided 6 additional staffs who have now all been appointed. These posts have been deployed across CAMHS to specifically target the internal waiting lists to free up capacity which will enable the teams to address the external waits.
- Daily clinical appointments will remain in place for urgent face to face / online appointments via CED or the Community.
- CAMHS offer monthly mental health safeguarding supervision to the school health teams.

## **2. CAMHS Eating Disorder service**

DHCFT CAMHS Eating Disorder services has been given an uplift (above the core CAHMS uplift) in 2020/21 to enhance service provision, delivering to the same service specification as CRHFT to deliver one common approach. A phased mobilisation plan is being developed by DHCFT to support transition to the new service delivery model once additional staffs are in post. Commissioners are meeting with DHCFT in November to review these plans.



DHCFT CAMHS have successfully recruited an additional 1 WTE clinical psychologist, 1 WTE lead nurse, 0.6 WTE MH nurse and 0.6 WTE children's nurse for the eating disorder service, all are planned to commence their roles during Q3. Further Investment is planned for 2021.

### **3. CAMHS Specialist Community Advisors and Community Triage**

Since April 2020 each locality within Derbyshire has a dedicated Specialist Community Adviser (SCA) who can provide consultations to all professionals from statutory, community and voluntary organisations, about the mental health and well-being of a child or young person.

The comprehensive roll out of the SCA's across the whole of Derbyshire has been stalled by Covid19 with some localities having more established services than others. (see section 4 below TICT) The SCA's are increasingly developing their knowledge of locality services and particularly building contacts relevant to the demographics of their area. They are developing relationships with schools and social care staff, offering training and consultations to all professionals. They will focus on a person centred approach to finding the most suitable services and mental health support for individual children and young people.

Plans are in place commence multi- agency Community Triage meetings during October where professionals will be invited to review referrals to identify the most suitable level of support for each child aiming to ensure that children can access services and support pre-specialist CAMHS and get earlier help. The SCA's will facilitate these meetings with invites going to Build Sound Minds, the new Trauma Informed service for looked after children, Changing Lives, school nurses, Early Help services and others deemed relevant.

The intention is that over time the Community Triage will have a significant impact on ensuring CYP in Derbyshire get the right offer, at the right time in the right place.

### **4. Covid19 response - Temporary Targeted Intervention Community Triage (TICT)**

In response to the Covid19 pandemic and anticipated surge in CYP mental health referrals additional targeted intervention services with a corresponding triage or TICT (Targeted Intervention Community Triage) were commissioned on a temporary basis from May until September to maximise the opportunity for CYP to access targeted support. Providing additional 1:1 therapeutic counselling and peer support aimed to enable CYP to cope better and prevent further escalation of issues such as anxiety, depression, bereavement and isolation and to back up commissioned services which were under strain in response to Covid. As it turned out, this offer was mainly put in place too early and this additional commissioned capacity was unfortunately underutilised. The commissioned targeted intervention services outlined below (sections 5,6, 7 and 9) have out plans in place post September which provide assurances that there is currently sufficient targeted intervention capacity in the system. The situation will be monitored closely and should additional capacity be required in a second wave of Covid19 the position will be reviewed.

### **5. Build Sound Minds**

Build Sound Minds, our commissioned targeted intervention service started in September 2019 taking direct referrals from schools and primary care, in quarter 3 (Oct to Dec) their average waiting time was 6.1 weeks for 1 to 1 and group interventions. As a result of Covid19 Build Sound Minds have reorganised to deliver telephone and digital based assessments and interventions.

### **6. Mental Health Support Teams in schools**

Mental Health Support Teams (MHST) have recently set up in four designated school networks across Derbyshire, to offer support to teachers, parents, carers and CYP and the service will be fully operational from January 2021. Covid19 has meant that the MHST have had to adapt their delivery model moving to telephone and online support and between May and September extended their offer from the 4 designated schools to all Derbyshire schools.

DDCCG successfully secured ring-fenced NHSE funding for a further 2 Mental Health Support Teams in schools, which will bring our total to 6 MHSTs by spring 2021. Utilising knowledge from public health and local intelligence from the school improvement services the school networks chosen for the new MHSTs will target children from our BAME and more deprived communities:

- Noel Baker Academy School - sits within one of the most deprived areas of Derby City. The school ward has the highest number of referrals into the Child Adolescent Mental Health Services (CAMHS) within the County footprint.
- Bemrose School – in Derby City Centre with just over 75% of pupils from several minority ethnic groups. The school ward has a significantly high number of referrals into CAMHS.

## **7. Kooth and Qwell**

Kooth our online mental health support for CYP which offers articles, blogs and 1 to 1 therapeutic conversations and support via messaging or chat has seen continued usage through lockdown. A uplift to activity has been agreed until March 2021 to support the anticipated additional Covid19 activity. We are currently evaluating this proof of concept service and plan to take an options paper through CCG governance in November with commissioning recommendations.

Qwell offers similar online information and 1 to 1 therapeutic conversations and support for parents and carers.

## **8. Derby and Derbyshire Emotional Health & Wellbeing Website**

The Derby and Derbyshire Emotional Health & Wellbeing Website launched in late May. Covid19 mental health support information for CYP was however made available on the website more quickly in late April.

The aim of the website is to become a one stop shop for all emotional health and wellbeing information with different sections available for CYP, parents and professionals  
[www.derbyandderbyshireemotionalhealthandwellbeing.uk](http://www.derbyandderbyshireemotionalhealthandwellbeing.uk)

Children and young people's information has been included on the website first; the intention is that adult mental health information will be included on the site at a later date.

## **9. Trauma Informed Service**

The new Trauma Informed Service, led by the County and City Councils, for children in care was due to start in May, due to Covid19 this was put on hold until 1st September and resource reallocated to continue the previously contracted looked after children services. The new service includes significant additional investment to provide an enhanced service and designed to meet the therapeutic needs of looked after children in a trauma informed way. Specialist psychology, clinical and social work staffs have been TUPE'd into the new service



with additional posts recruited to. The looked after children case load has now transferred to the new service, staff inductions undertaken and mobilisation plan in place to gradually start taking new referrals and referrals for children placed up to 25 miles outside the Derbyshire boarder.

#### **10. Crisis response**

The reactive response phase for Covid19 saw DHCFT set up an All Age Mental Health Helpline. This offers mental health support 24 / 7 where P3 voluntary sector provider deliver the 'front door' triage with a direct link to mental health professionals when a clinical response is required. The practitioners on the helpline have direct routes to CAMHS urgent care services and the Specialist Community Advisors. To date limited calls have been from or about CYP.

In addition to the planned FiM /Long Term Plan investment monies, NHSE/I have confirmed that significant LTP allocations will be made over and above CCG baselines for CYP mental health to support the development of 24/7 crisis response in 2021. We are planning how to develop community crisis responses which, when staffed, will impact positively on the time available for existing staff to be released to deliver treatment. As a response to Covid bringing forward the 24/7 all age mental health helpline has been a national priority for delivery in 2020. DHCFT are leading these developments with P3. We are working with P3 to ensure there are staffs with specific CYP MH skills working within the 'front door' triage.

#### **CYP Suicide and self-harm in Derby and Derbyshire**

In 2018 the Child Death Overview Panel (CDOP) conducted a themed panel as a result of a number of young people who had taken their own life or had harmed themselves which had resulted in their death. Their report was presented to the Derby and Derbyshire Health and Wellbeing Boards, Derby and Derbyshire Safe Guarding Childrens Boards (prior to formation of the joint Partnership) shared at a senior level within the CCGs, LA's and Providers.

The CDOP themed panel explored five cases presented to them and identified learning themes for providers and agencies across Derby and Derbyshire to consider regarding their own practices. CDOP are planning to complete another CYP suicide and self-harm themed review in 2021. Prior to this the chair will be asking panel members for feedback on the impact the learning has had on their organisation and any practice changes they have made as a result of the report.

The CDOP themed review was taken to the Derbyshire Suicide and Self-harm Prevention Partnership Forum in Jan 2019 prompted closer working between CDOP, Safeguarding Board and DSSPPF.

Public health has recently led two successful JUCD bids for NHSE/I Postvention (bereavement from suicide) funding and Wave 3 funding for Suicide Prevention. This funding will enable a Self-harm Review to take place for Adults and Children/Young People in Derbyshire. This will be a mixed-methods review of the existing self-harm pathway, the support that people are referred to, the providers of those services, the coding related to presentation of self-harm and the awareness/understanding of staff. To be delivered by Centre for Suicide Prevention DHCFT with recommendations to be taken to the Mental Health, LD and Autism Delivery Board for consideration in future need and future commissioning.

#### **Key developments and support available**

- Mental Health First Aider training - Underpins the direct delivery of suicide prevention training. This is delivered to the wider workforce to further increase knowledge,

awareness and proactivity, encouraging people to feel comfortable asking the question 'have you ever thought of harming yourself?'. There is a MHFA youth training course contains modules on self-harm and suicide which is targeted at those that work/volunteer with 8-18 year olds. Future in Mind and now Wave 3 suicide prevention funding will enable delivery of several courses in Derby City. Public health commission DCC Adult Education (DACES) to deliver this.

- Suicide Prevention training in DHCFT and Primary Care provides consistent knowledge and skills to staff in these settings, raising the increased risk amongst people with ASD and ADHD. Model to expand training to other organisations (DCHS, Police etc.). DHCFT administer and liaise on the training
- Self-harm and Suicidal Behaviour Guidance / Toolkit 'Working with children and young people in Derby City and Derbyshire' published September 2020 and circulated to all professional staff across Derbyshire (appendix 2)
- The local 24/7 Mental Health helpline provides crisis support across all-ages.
- Suicide Bereavement – The Tomorrow Project provide support to people of all ages who have been bereaved by suicide. In place since Nov 2019.
- DSSPPF has a sub-group to develop a suicide bereavement pathway, which includes provision of support materials in key settings and at key points of contact. 'Help is at Hand' booklet and links to bereavement providers is given to all families where a young person has died of suicide by the SUDIC (Sudden Unexpected Death Infancy/Child) Paediatrician. Funded through a successful bid to NHSE/I for all age postvention support
- The Tomorrow Project - Bereavement support offered to next of kin, family, friends, colleagues and others immediately following a death from suicide. Service contact provided within 72 hours. Support lasting up to 1 year.
- Survivors of Bereavement by Suicide (SOBS) Peer support groups and online support for longer term. More groups to be establishment across Derbyshire.
- Derby and Derbyshire Emotional Health and Wellbeing Website includes Suicide prevention content to enable ease of access for the public and professionals, for consistent messages to be shared and a one-stop shop for information on local support and services.
- Support for media organisations - Project to influence media and communication teams of local outlets, organisations and the public on the responsible coverage of suicide related incidents. Public Health has procured Samaritans to deliver.

### **10th September 2020 World Suicide Awareness Day**

A CYP specific resource toolkit was widely circulated across Derbyshire organisations by the Derby and Derbyshire Suicide Prevention Partnership on the day (appendix 2) with information about where to find help e.g. Papyrus and Childline. This coincided with the launch of the Suicide Prevention web based resource which is located on the Derby and Derbyshire Emotional Health and Wellbeing website

### **Improving health equity and supporting CYP from BAME communities**

We have been working with Leaders Unlocked who have been working on MH:2K Derby & Derbyshire since summer 2019. 27 young people from diverse localities and demographic groups were recruited to become Citizen Researchers – including those from underrepresented and marginalised groups such as care-experienced young people and young people from Black Asian and Minority Ethnic (BAME) backgrounds.

The MH:2K Roadshow saw Citizen Researchers engaging with other young people in their

communities, delivering peer-led engagement involving over 370 young people in meaningful conversations about mental health and equity. A Local Advisory Group has been established for the project made up of key stakeholders from the NHS, local authorities, and voluntary sector.

Covid 19 stalled the publication of the MH:2K report and Showcase Event, a new date has been set for 14<sup>th</sup> October to launch the report and for the Citizen Researchers to share their findings with a broad range of stakeholders via Zoom to raise awareness of the findings. The headline message has been:

*Black, Asian and other ethnic minority groups need targeted support. Many parents from these communities don't believe in mental health and are likely to deny or resist it. Cultural and religious views may affect the support young people receive therefore a targeted approach to mental health within these communities is a priority.*

We are keen to build on this work and have asked Leaders Unlocked to complete a second piece of work starting in the autumn exploring

- How to improve our communications to have greater effect and reach
- Hidden impacts of Covid on CYP MH
- What kinds of support would be helpful in a crisis, alternatives to going to Emergency Department at hospital, how to target support

The services we commission are working to better adapt and target their services to meet the needs of underrepresented groups. In Derby City we are working with emotionally health schools programme to use these structures to build the offer for CYP from BAME communities and the SCAs are particularly developing their locality networks in the city.

Health equity and BAME communities will be given greater prominence in our refreshed plans for Futures in Mind 2021/22

## Communication plan

It is crucial that CYP, their parents and carers and professionals are aware of the early signs of mental health issues and that they know where to find support.

We continue to build on our multi-agency communications plan to support the promotion of the resources and services above. This is being developed to include BAME specific communications and target other high risk or underrepresented groups. The plan will utilise ongoing opportunities to reinforce emotional health messages and continue to reach out to the children and young people in Derbyshire.

Our key messages can be found [here](#)

Children, young people, parents, carers and professionals can access mental health support information in the following places

- Kooth online support for CYP [here](#)
- Qwell online support for parents and carers [here](#)
- Derby City Emotionally Healthy Schools [here](#)
- Derby and Derbyshire Emotional Health and Wellbeing Website [here](#)
- DHCFT 24/7 Mental Health helpline [here](#)

- CAMHS Specialist Community Advisors – for professionals
- See, hear, respond – national partnership in development

## **Appendices**

### Appendix 1

#### Thrive Model



Appendix 1 Thrive  
Model.docx

### Appendix 2



Appendix 2 DDSCP  
Self Harm Suicide G.