

# Mental Health Promotion & Suicide Prevention

## Community Crisis Intervention Service: C.C.I.S.



Joe Thompson  
Project Co-Ordinator

Young People - Families - Communities

# Who are Extern?



**We are the leading Social  
Justice Charity across the  
island of Ireland**

**Last year we supported over  
18,000 people across the  
island of Ireland**

# What is C.C.I.S ?

# **Community Crisis Intervention Service.**

**The service will provide a non-clinical response to those individuals who have found themselves in situational and emotional distress, and where there is a high likelihood of self-harm or suicide.**



- **Will work alongside existing services such as Foyle Search & Rescue, PSNI, WHSCT.**
- **For the 12 month duration of the Pilot , the service will be operational from 8pm each Thursday night until 8 am Sunday morning.**

**This pilot will be evaluated by University of Ulster**



# Why do we need a C.C.I.S ?



- **Suicide rates in Northern Ireland have increased substantially over the past 20 years, particularly among men.**
- **More people have now died as a result of suicide, since the end of the Troubles than were killed during them.**

- **According to figures for 2014, more suicides occurred in areas of higher deprivation, with 46 suicides in 2014 occurring in the most deprived areas of Northern Ireland.**
- **Individuals in the most deprived areas of Northern Ireland are twice as likely to show signs of a mental health problem than those in the least deprived areas**

- **Derry / Londonderry, specifically has a suicide rate that is 38% higher than the rest of the Western part of the province.**
- **A 2012 study by Queens University found that the levels of self-harm in Derry / Londonderry far exceeded the rates detected in other major cities in Britain and the Irish Republic.**

# How will a C.C.I.S work ?

- **Referral agents: GP Out of Hours A&E staff  
FSR PSNI**
- **Referral received by CCIS : by email or  
phone**
- **Referral will be logged onto system, and  
contact made with service user.  
Arrangements made to bring service user  
into the project.**

- **Project worker will meet with the service user and complete a initial assessment to determine the degree of suicidal ideation, and/or self-harming behaviours .**
- **Explore, devise and agree a viable safety plan.**
- **Follow up to ensure any agreed outcomes have been met.**

- **Further follow up with the service user to establish their willingness to participate in study with University of Ulster. This study will be part of the overall evaluation of the project at the end of the 12 month pilot.**

# Thank you