



**THE NORTH WALES SUICIDE  
STAKEHOLDERS NETWORK**  
in association with  
**POSITIVE CHOICES**  
**AND**  
**Vale of CLWYD MIND**



**ACTION  
TO PREVENT  
SUICIDE  
in NORTH WALES**

**CONFERENCE REPORT**



**Tuesday 6<sup>th</sup> October 2009**  
**The Interchange**  
**317 – 319 Abergele Road**  
**Old Colwyn Conwy LL29 9YF**

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**NB** POWERPOINT PRESENTATIONS, DELEGATE LISTS AND THE CONFERENCE EVALUATION REPORT  
ARE AVAILABLE ON THE VALE OF CLWYD MIND WEBSITE –

[www.valeofclwydmind.org.uk](http://www.valeofclwydmind.org.uk)

## **The North Wales Suicide Stakeholders Network – Chair’s Foreword**

- The Wales Assembly Government made some funding available to Mind Cymru in 2005 to enable suitably qualified trainers from the 3 regions of Wales, North, South and Mid and West Wales, to train as Trainers in ASIST – an internationally renowned evidence based skills based suicide intervention course.
- The difference between ASIST and other suicide intervention models available in the UK at that time was that it is not simply a risk focussed model. ASIST enables participants to explore historical, societal and their own personal attitudes to suicide before teaching them a coherent and easy to apply intervention model. Feedback from practitioners and workers at all levels has been very positive.
- The trainers in each are were asked by Mind Cymru to set up Regional Forums, Carol Evans, one of the North Wales ASIST trainers employed by Vale of Clwyd Mind, duly set up an inaugural meeting which was very well attended. The members of the embryonic Network felt very enthusiastic and positive about continuing to meet as there is no other comparable forum in North Wales (although we later became aware of the Wrexham Suicide Strategy Group).
- The NWSS stakeholders Network continued to meet regularly and one of their target aims, along with continuing to share good practice across North Wales, was to hold a conference in 2009 on the subject of what action is being taken to reduce suicide and self harm in North Wales, and what should be done,
- The imminent launch of the Wales Assembly Government “Talk to ME” – An action Plan to Reduce Suicide and Self Harm in Wales prompted our Network to take the opportunity to invite the Minister for Health to launch this important policy document at the conference in North Wales, but without success.
- Members regularly attending the Network between them hold a vast amount of knowledge and were only too keen to showcase their work at the conference, so there was no need for us to look outside North Wales for the expertise and good practice we needed to produce a world class conference.
- The conference was oversubscribed almost as soon as details were cascaded out. We had to set up a reserve list with the promise of holding a less formal seminar in the Spring of 2010 for those who were so bitterly disappointed that they were unable to attend this conference.
- Mind Cymru kindly made a grant of £3000 available to the conference. Many thanks. Vale of Clwyd Mind agreed to cover any short fall.
- Thanks to Positive Choices for their administrative support, to Anne Parry for graciously chairing the conference, to all the speakers and workshop facilitators and finally to Geoff Lees, Director of Vale of Clwyd Mind, for allowing me to divert so much of my time and attention to making the conference happen.

If you would like to join the Network, or just receive papers, please send me an email at [carolmind@ruralnet.org.uk](mailto:carolmind@ruralnet.org.uk) This Report will be published on our website – [www.valeofclwydmind.org.uk](http://www.valeofclwydmind.org.uk) and on the Wales Mental Health Promotion website.

**Carol Evans**  
**Chair, N Wales Suicide Stakeholders Network**  
**Vale of Clwyd Mind**

**November 2009**

## **Introduction**

Following the Wales Assembly Government publication of “Talk to Me” – its Draft National Action Plan to Reduce Suicide and Self Harm in Wales, this conference was organized by the **North Wales Suicide Stakeholders Network** to examine current best practice in North Wales. It was jointly funded by **Mind Cymru** and **Vale of Clwyd Mind**

Structured around the themes of prevention, intervention and postvention, it drew together research, expertise and experience to determine how North Wales can best meet the challenges of the proposed Wales Action Plan.

Bringing together organisations such as PAPYRUS Prevention of Young Suicide, Vale of Clwyd Mind, CRUSE, the North Wales NHS Trust, Survivors of Bereavement by Suicide, Mind Cymru, NSPCC and many others, this conference was for service providers, service users and carers, commissioners and planners and anyone else having an interest in working together to reduce the despair that causes people to have thoughts of suicide, the agony of being prepared to act on those thoughts and the pain of the people who care about them.

The conference was chaired by Anne Parry, a founder member of PAPYRUS, and Chair since 2000.

The morning key speakers were Phil Chick, National Leadership and Innovation Agency for Healthcare, Sofia Wadman, ASIST trainer and a Specialist Practitioner in Self-Harm for Specialist CAMHS. This was followed by a plenary session chaired by Geoff Lees, Director, Vale of Clwyd Mind

Following lunch there was a presentation by Dr. Alys Cole-King, Liaison Psychiatrist and Gavin Peake-Jones, both partners within Mind Cymru's Positive Choices Programme.

A short synopsis follows below and the powerpoint presentations are available on the Vale of Clwyd Mind website – [www.valeofclwydmind.org.uk](http://www.valeofclwydmind.org.uk)

## **Presentations**

### **Phil Chick**

Presented a background to the National Action Plan to Reduce Suicide and Self Harm in Wales, illustrated with graphs and statistics. He made a point of the link between deprivation and suicide and highlighted the above average completed suicide figures for Conwy and Denbighshire. For ppt slides go to [www.valeofclwydmind.org.uk](http://www.valeofclwydmind.org.uk)

### **Sofia Wadman**

Reported on a Welsh Youth Consultation on attitudes to Suicide (Oct 08 – May 09) and used the conference to formally launch the Report. For ppt slides go to [www.valeofclwydmind.org.uk](http://www.valeofclwydmind.org.uk)

### **Plenary 1**

*There were questions from the floor concerning the link between depression and suicide and whether these people were accessing services, also whether GPs were referring these people to mental health services. A discussion followed on why only 26% of completed suicides were known to services and how this fact had influenced the whole community approach adopted by WAG for the Policy*

*Another issue raised was the lack of mention of exam stress in the report on young people, which was answered as this might be due to age range (14-15 year olds) of the survey respondents*

### **Mr. Phil Chick, Dr. Alys Cole-King and Gavin Peake-Jones**

Phil Chick announced additional WAG funding for the new 'Connecting with People' suite of suicide awareness training as part of the Positive Choices project which has its content and length tailored according to the needs of specific groups, including doctors and nurses of all grades and specialties, allied health professionals and emergency services.

## **WORKSHOPS**

As well as the presentations an ambitious programme of 10 workshops were well attended. On reflection the number of workshops could have been reduced but the range and quality of proposed workshops was so high that the Network decided to go with them all. For those who missed workshops, there will be another chance to catch them at the Spring 2010 Seminar. Short reports on the workshops follow below.

## **Workshop 1 – POPYRUS – Media and suicide Prevention - Anne Parry**

Responsible reporting by the media is recommended in every national suicide prevention strategy in the UK.

This workshop considered:

- the evidence for the need to report suicide responsibly in the media
- the guidelines for responsible reporting
- examples of newspaper reports
- action that can be taken if a report is deemed to be irresponsible

Anne pointed to the link between media reporting and copycat suicides and pointed the workshop participants at historical evidence in particular the 'Werther Effect' a theory which dates back over 200 years.

The focus was brought right up to date with reference to the Samaritans guide to responsible reporting and the Shift initiative, run by NIMHE in 2007, also reference was made to The MediaWise Trust.

There was a lively debate about what constitutes good reporting and with reference to recent events locally a few points were put forward for consideration in any responsible reporting policy:

- Needs of the family – sensitivity – not to glamourise suicide
- Lack of education of reporters around issue
- Maybe having dedicated reporting around suicide and mental health
- Using liaison officers or equivalent
- The phrase that came out strongly was 'in the public interest' who decides?
- Why report factors?
- Keep articles short and factual without 'second guessing' causes
- That help-lines and support organisation addresses are put on the bottom of articles

An example was raised as how irresponsible reporting made it seem as there is a danger to being admitted to a psychiatric hospital ward.

The consensus was that unfortunately people will still read about other people's grief and misery and it will be difficult to control this as it sells newspapers. It is also a fact that newspapers will keep a story going with often very little evidence, relying on supposition and theory to keep the story alive.

The Press Complaints Commission and Editors Code of Practice were then described, and the importance of making complaints stressed.

Finally Anne described how POPYRUS works with the media to address this important aspect of suicide prevention. The example of recent suicides in Bridgend South Wales was quoted and how POPYRUS (unsuccessfully this time) campaigned for a media blackout.

## **Workshop 2 – DBT in Suicide Intervention - Dr. Michaela Swales**

This workshop summarised the evidence base for Dialectical Behaviour Therapy (DBT) and why it is a useful treatment as part of comprehensive services for the treatment of suicidal behaviour. Dr. Swales described the structure of the treatment and provided a brief overview of the treatment strategies and how it was:

- A psychotherapy nested within a comprehensive programme of care
- Developed in 1991-1993 by Marsha Linehan specifically for the treatment of chronic suicidal behaviour in the context of borderline personality disorder (BPD)
- Evidence-based treatment recommended by NICE in the guidelines for the treatment and management of both self-harm and BPD

She went on to describe the structure of DBT and using models went on to describe how it is used in practice.

She finished by describing the need to balance treatment strategies and how this worked in practice.

A couple of main points that came out of the Q&A session that followed were:

- The “relentlessness” of the therapeutic model and how it consumed so much energy, resources and time
- How difficult it is to access the therapy due to lack of practitioners and the high resource element

For ppt slides go to [www.valeofclwydmind.org.uk](http://www.valeofclwydmind.org.uk)

Reference: *Swales, M.A. & Heard, H.L. (2009) Dialectical Behaviour Therapy: The CBT Distinctive Features Series*

## **Workshop 3 – Suicide and Chronic Conditions - Geoff Lees**

This very well attended workshop explored the interface between chronic physical conditions, emotional wellbeing and the risk factors for suicide.

Drawing on narratives of coming to terms with the often devastating life changes following diagnosis of chronic conditions, Geoff introduced and discussed a holistic model for managing the emotional fallout of, and suicide prevention strategies for, people newly diagnosed with a chronic condition.

Geoff outlined the programme being piloted by Vale of Clwyd Mind in Denbighshire and went on to describe how in conditions with, for example, chronic pain people may well experience psychological issues which need addressing.

The stepped model of care used in the programme was described in some detail and how there is an emphasis on developing 'coping strategies'. As an example a copy of the MH Recovery Star was handed out for comment and a debate followed on best practice.

The session finished with a description of the 'Menu' of interventions and support available through the programme all aimed at supporting mental wellbeing and allowing people with chronic conditions to gain control in their lives.

For ppt slides go to [www.valeofclwydmind.org.uk](http://www.valeofclwydmind.org.uk)

#### **Workshop 4 - Suicide Risk in People with Learning Disabilities - Dr. Lesley Leeds**

Dr Leeds explained that people with a learning disability (PWLD) are amongst the most marginalised and neglected individuals in society. PWLD are especially vulnerable to abuse and significant mental health problems. It is not surprising that a considerable minority of PWLD experience suicidal thoughts or self harm. However, there is a poor understanding of the difficulties that these people face in their everyday lives and PWLD often have difficulty accessing the help that they need.

Through a combination of discussion & case studies, this workshop discussed the problems faced by people with learning disabilities. The workshop aimed to raise awareness of the problems that PWLD face and the potential for individuals to present as suicidal or engage in self harming behaviours.

- 10/100 cases seen by Dr Leeds were suicidal
- International research findings cited, very limited research in this area
- Risk factors noted including epilepsy, bereavement and transition
- Case studies discussed
- Emphasised that the intention to kill themselves is as serious as any other person
- IMHA asked what is the best way to communicate with her clients?, and Dr Leeds suggested discussing this with her later and that speech therapist would be a good source of guidance.

For ppt slides go to [www.valeofclwydmind.org.uk](http://www.valeofclwydmind.org.uk)

#### **Workshop 5 – Keeping Young People Safe - Sue Walls**

This workshop was interactive looking at the definition of self harm, how this is managed in the relationship between worker and service focusing on risk; sharing skills and some techniques used by the NSPCC team.

The workshop was very structured, looking at definitions, prevalence of self-harm amongst young people and issues around confidentiality.

The discussion then moved to suicide and the importance of being direct. The fact that most young people don't want to die, just for the emotional pain to stop was also raised.

The focus then moved to the practicalities for the NSPCC team and how they deal with self harming youngsters. It was noted how difficult it is for practitioners to manage the risk-versus-confidentiality issues which often arise.

The workshop was wound up with a look at treatment and prevention as practiced by the team and closed with some case studies.

For ppt slides go to [www.valeofclwydmind.org.uk](http://www.valeofclwydmind.org.uk)

## **Workshop 6 - Stigma and suicide - Claire Bailey Anglesey MIND**

Claire discussed Stigma in a rural community and how environment can affect accessing or barriers to accessing support.

She described that they were focusing on targeting young audience in Anglesey.

Attendees completed a suicide survey on entering the workshop, and had the opportunity to discuss occasions that they had felt prejudice, how they had dealt with the matter and what they may do differently today.

The power point presentation included extracts from the radio programme they had developed with young service users and Bangor University radio station. Activities such as creative writing and media courses are open to all to minimise stigma and a website which includes music, culture and the arts is attracting attention. Following the success of a 30 minute radio programme on mental health they plan to produce another programme on self harm. Other projects include using the online social networks to offer appropriate support to young people experiencing mental distress.

The 'Time to change' commercial was shown and Dr Craig Thorneycroft was cited as an expert in stigma that had worked with her project

- Only 25% of suicide cases are know to MH services
- Prejudice against people with mental health problems is increasing
- Aim to maximise the person and not the illness
- 'Don't mind me' poster campaign to tackle stigma in Anglesey

## **Workshop 7 - Suicide Mitigation - Dr. Alys Cole-King and Gavin Peake-Jones (to be amended)**

*Not available at this time – will be circulated at a later date*

## **Workshop 8 - Surviving Bereavement by Suicide - Phil, Hayley and Jean**

The workshop opened with a description of the work of the national charity, and using anonymised examples went on to describe how they support people. There are a large number of people who are bereaved by suicide that are determined that they must firstly prevent at least one other person from experiencing the intense pain they have suffered and feel driven to support others beginning the journey of survival.

A discussion then followed about the numbers of people bereaved by suicide in Wales that are in need of this service.

The workshop was informal with an emphasis on the practical and emotional support provided without overemphasising grief in a dramatised fashion. There was an emphasis on the survivor's perspective with examples of the intrusive and insensitive media hounding of a bereaved family.

The point was made that this is a complicated grief with many facets and issues and that the postvention practices need to reflect this. This was illustrated by introducing a theory of constructive grief.

The issues raised follow the themes discussed by Clarke and Goldney in Keith Hawton's Handbook.

“As those bereaved through suicide are a group at risk of poor bereavement outcome, psychosocial problems and suicidal behaviour, it is pertinent to ask what postvention programmes exist. Fareberow, in reviewing the 52 countries of the International Association of Suicide Prevention, found only 27% reported any such programmes. Mostly these were support groups provided by non-government and non-professional sources. In reviewing support groups in the USA, it was found that access is mainly by word of mouth and that there is a paucity of services for certain groups, such as children, adolescents and ethnic groups.

Support groups have developed in response to community need for assistance. They are valuable in assisting the bereaved person to recognise that his/her feelings of intense emotional pain are normal, and to provide experiential expertise and role models of survival.

Other important functions are those of advocacy within the community and destigmatisation.”

## **Workshop 9 - The CRUSE Crisis Team -**

The workshop outlined the work of the CRUSE Crisis Team and their role in suicide postvention, and with children and young people

Those who attended though small in number commented that the workshop would help in their professional capacity working with children and young people and that by using tangible examples of cases it facilitated interesting group discussion.

## **Workshop 10 – ASIST and MHFA (Wales) - Gwynfryn Evans**

As MHFA and ASIST are essential elements of the draft Welsh Assembly Action Plan to Prevent Suicide and Self Harm this workshop allowed participants to sample some of the resources used in these programmes.

The reasons behind having the 2 programmes was discussed and shown to be linked to the 'whole community' strategy of the Action Plan

Drawing on resources from the course materials the workshop compared the approach in both models of using best practice in asking about suicidal intent and reviewing risk.

A lively debate followed on the importance of training for suicide prevention, and how something as simple as a resource card with helpline details could be useful.

The workshop finished with a short film in the form of a testimonial from a survivor of suicide attempts from the MHFA course to illustrate the importance of open discussion of suicide.

For ppt slides go to [www.valeofclwydmind.org.uk](http://www.valeofclwydmind.org.uk)

## **Close of Conference**

The day was closed with a short plenary session chaired by Anne Parry and Geoff Lees where the main subjects were around how this event could be followed up and how it will link into implementation of the Suicide and Self-Harm Reduction Action Plan.

Finally Carol Evans, Chair of the North Wales Suicide Stakeholders Network /Vale of Clwyd Mind and her team were thanked for their hard work in arranging such a successful event

## **Conclusion and Recommendations**

### **To follow**

## Appendix 1

# About the Speakers and Workshop Facilitators

### Clare Bailey

Clare Bailey started off training as a nurse before leaving to attend University at Newcastle where she graduated with a BSC Honours in Sociology with a specialism in inequality. She spent a further three years training to become a qualified counsellor. Clare has worked in a variety of jobs, including working with young offenders, outreach work with Women's Aid, advice work for the CAB and counselling for the Rape and Sexual Abuse Support Centre. She has also worked as a researcher for the BBC. She currently manages the service at Ynys Môn Mind and has a keen interest in Stigma and Mental Health, which is the core work of the organisation.

Since 2007 she has developed several innovative projects for service users that focus on ability not disability, mix service users with the general public and aim to challenge stigma and discrimination. These have included the production of a film on Stigma by service users, radio shows presented by service users around the theme of Stigma and mental health as well as creative writing.

Clare is currently working on an anti-stigma campaign for Anglesey and is one of the national trainers for Wales in Assist (suicide intervention) and Mental Health First Aid.

### Phill Chick

B.A. Hons., Dip Applied Social Studies, CQSW, Cert. ASW

A qualified social worker with experience in providing, managing and commissioning mental health and substance misuse services in local authority and Health Authority settings.

Director of Mental Health within the Welsh Assembly Government from 2003-2008 advising the Minister and Chief Executive of NHS Wales on mental health matters. Recently transferred with the role into the National Leadership and Innovation Agency for Healthcare.

Previously chair of the Welsh Assembly Government Cross Government Network for Mental Health.

Undertook a review of the Mental Health National Service Framework and developed the accompanying national action plan.

Developed the Suicide Prevention Action Plan for Wales under the chairmanship of the Chief Medical Officer for Wales. A member of the Mental Health Services Review, Dementia Action Plan Task and Finish Group, Secure Services Review and the group developing the mental health strand of the Public Health Strategic Framework. He has been a member of the UK Steering Group on Mental Health and Employment.

### Alys Cole-King

Alys has 16 years experience as a psychiatrist, the past 10 years as a Consultant. She works nationally with Third Sector voluntary bodies, Mental Health Foundation, researchers, the Royal College of Psychiatrists and RCGP Wales. She has developed several clinical tools to assist with the identification and mitigation of suicide risk: the 'Cole-King Continuum', the 'Bank of Hope' and the Risk Mitigation Framework. She has developed an innovative approach to training in suicide and self harm awareness and response to risk. She has been collaborating with Gavin Peake-Jones of Open Minds Consulting to increase the impact of the training and facilitate its dissemination.

The 'Connecting with People' suite of training has its content and length tailored according to the needs of specific groups, including doctors and nurses of all grades and specialties, allied health professionals, emergency services, Mind and other voluntary organizations, staff in business and public sector organizations. Alys is a formal partner within Mind Cymru's Positive Choices Programme, a central strand of the National Suicide and Self Harm Reduction Action Plan and is contributing to the development of the 1 day advanced ASIST course.

#### Gwynfryn Evans

BSc (Hons) and further professional qualifications in teaching and Management. Has worked as a lecturer and trainer in mental health and life skills for the last 8 years. Currently works as a recovery worker and teaches on the MHFA course in Welsh and English and also a Master Trainer on the ASIST Suicide Intervention programme.

After retiring from manufacturing was appointed North Wales Co-ordinator for the Mental Health First Aid (Wales) programme in April 2008. As well as recruiting over 90 instructors and supporting them, was part of the small team which adapted the course materials for use Bilingually and in Welsh.

Recently been heavily involved in promoting the 12 hour MHFA course to Industry, Academia and the statutory and third sectors.

#### Dr. Lesley Leeds

"Lesley Leeds, chartered clinical psychologist for the Conwy community learning disability team for the past four years. Undertook clinical psychology training in Bangor and qualified in 2005.

Developed interest in self harm and suicide in this client group as observed many referrals for these difficulties and developed ways of working therapeutically with clients who are self harming and suicidal, is hoping to take this further and develop this.

has quite a bit of experience of working with people who are suicidal - many years as a Samaritan & ChildLine volunteer, prior to becoming a psychologist.

#### Geoff Lees

Geoff Lees qualified in the 1970's as a psychiatric nurse and in the 90's as a social worker and teacher. Currently he is Director of Services and Company Secretary for Vale of Clwyd Mind. Prior to that he lectured in social work for six years. Other posts he held include managing a regional alcoholic treatment unit, a community psychiatric nursing service and a private charitable psychiatric hospital. He owned and managed a residential community mental health business in North Wales Geoff was one of the first Mental Health Commissioners for England and Wales. Particular areas of interest include the voluntary sector and its relationship with the statutory sector, rural health and social exclusion and the interface between chronic conditions and emotional wellbeing.

Geoff is an accredited Mental Health First Aid (Wales) Instructor.

#### Anne Parry

Anne Parry, a founder member of POPYRUS, has been Chair since 2000. Following a successful career as a science teacher in secondary education she has dedicated the past ten years to leading the development of the charity which has seen it evolve into a much respected organization working to reduce the incidence of suicide among young people in the UK.

Anne's personal commitment to suicide prevention began in 1994. Following the death of her 21 year old son, Lewis, she developed a political and academic interest in the subject. By joining with a group of similarly minded parents to found POPYRUS, Anne has been able to contribute to the many facets of suicide prevention on both a national and local level.

#### Gavin Peake-Jones

Gavin has 10 years experience as a management consultant, working predominantly at a senior level in large organisations across several key industry sectors. Recent and current client work includes RCGP Wales, NHS, BT, Marks and Spencer, QinetiQ, Foreign and Commonwealth Office and Environment Agency. He has particular expertise in organisational learning and development and aims to use his business network to raise awareness and understanding of mental health issues and provide educational training to help managers understand their role in providing support in the workplace. Gavin is a formal partner within Mind Cymru's Positive Choices Programme, a central strand of the National Suicide and Self Harm Reduction Action Plan and is contributing to the development of the Train the Trainer Programme for the 1 day advanced ASIST course.

#### Phil Pitchford

I began work as a mental health support worker in Denbigh in 1993, becoming an assistant manager after three months and was first registered as a Home Manager in 1995. I managed services in Denbigh for ten years working with people who presented with mental health problems, suicidal ideation/personality disorder. I then moved to establish domiciliary care services for people with an acquired brain injury in North Wales and worked as a brain injury case manager throughout the North West. I then set up residential services for service users with a learning disability and complex needs in Hawarden and Birkenhead. I am now working in Liverpool reconfiguring a residential service to provide intensive support and a community pathway for service users with a learning disability and mental health problems, who may have a forensic background.

Academically I obtained a Certificate in Mental Health Care from Manchester University between 1993 & 1995, studied with the Open University for six years for a degree in Psychology and then obtained an NVQ 4 / Registered Managers Award.

I began work in the field of mental health following the suicide of my step-brother in 1993 and lost my 19 year old son to suicide in 2002.

I met Anne Parry soon after losing my son and began work with PAPHOS in 2004 working on the management committee that established HOPELineUK in 2005 and have been a Trustee of PAPHOS since 2006. I established the North Wales support group for Survivors of Bereavement by Suicide in 2004 with Hayley and Jean and we have supported well over 100 people bereaved by suicide since then.

#### Dr Michaela Swales

Consultant Clinical Psychologist, North Wales Adolescent Service & Lecturer-Practitioner in Clinical Psychology, Bangor University, works clinically in a regional Tier 4 in-patient service for adolescents, where she directs the DBT programme. She completed Intensive Training in DBT in Seattle in 1995 and became Director of the UK Training Programme in 2002. Dr Swales provides training in DBT to professionals from a number of different disciplines, working in a range of settings with a variety of client groups. Her research interests are primarily focussed on improving the dissemination and implementation of evidence-based psychotherapies. She is the author, along with Dr Heidi Heard, of *Dialectical Behaviour Therapy: The CBT Distinctive Features Series (2008)*.

#### Sofia Wadman

Sofia is a freelance trainer for Cariad yn Cyfri Ltd ([www.cariadyncyfri.org](http://www.cariadyncyfri.org)) and delivers ASIST training for MIND Cymru. She also works for the NHS as a Specialist Practitioner in Self-Harm for Specialist CAMHS and is author of 'Scratching the Surface'. Her other role within the NHS is as a Sexual and Emotional Health Advisor in a Youth Offending Team. She has just been short listed as a finalist for the Nursing Times Nurse of the Year Award in two categories (Patient Pathway and Child Health) for the work that she has done around self-harm.

Her background is as a Registered General Nurse and Sofia has been working with self-harm and survivors of suicide for nearly twenty years. She is passionate about providing support for people who are in emotional distress and is proud to be involved in this conference.

#### Sue Walls

Sue Walls is a qualified Social Worker and Therapist. She has 17 years experience working with families who have experienced trauma including sexual abuse, with a keen interest in mental health issues.

Sue is currently a Children's Services Manager for the NSPCC North Wales Family Support Service based in Prestatyn providing post abuse interventions for sexual assault and domestic abuse working closely with the North Wales Police and SARC. The Family Support Service also facilitates Butterflies Right to be Safe Domestic Abuse Programmes and The Caring Dads (non-mandatory) Perpetrators Programme