



<p>Title of the project</p>	<p>A whole systems approach to reducing suicide and self-harm amongst children and young people.</p>
<p>Sponsor Name, Title, Host Organisation</p>	<p>Cavita Chapman Clinical Lead, Mental Health Programme, Health Education England Kent, Surrey and Sussex</p> <p>Suicide Prevention Lead Sussex Partnership NHS Foundation Trust</p> <p>Mental Health Lead, Sussex and East Surrey STP</p>
<p>Explain the project in one sentence</p>	<p>The Darzi Fellow will play a lead role in delivering systems wide transformation, particularly around education and training, to improve support for children and young people who self-harm or experience suicidal ideation.</p>
<p>Tell us about the project and sponsor in no more than 175 words</p>	<p>Suicide prevention is a strategic priority for HEE KSS, Sussex Partnership NHS Foundation Trust and the Sussex and East Surrey STP, in line with the Five Year Forward View for Mental Health national ambition to reduce suicide rates in England by 10 per cent. Nationally, HEE is also developing new suicide prevention competency frameworks, including for CYP.</p> <p>In Kent, Surrey and Sussex HEE is now looking to explore how the system can better support CYP who self-harm or experience suicidal thoughts, particularly through training and education the healthcare workforce.</p> <p>This Fellowship will explore the complex issue of suicide and self-harm amongst CYP, consider</p>

	<p>models and services best placed to support CYP who self-harm or experience suicidal ideation, identify skills and knowledge gaps amongst those in a position to provide support and develop innovative solutions and opportunities for systems change to meet these gaps. It will require working with multiple stakeholders across the STP and co-production with young service-users, families and carers.</p> <p>The Fellow will be offered mentoring and development opportunities across KSS.</p>
<p>What skills or attributes are you looking for in a fellow?</p>	<p>A multi-professional outlook, able to work beyond organisational silos.</p> <p>Ability to develop excellent working relationships and communicate at all levels of organisations.</p> <p>Commitment to co-production with experts by experience, particularly young people.</p> <p>Ability to work with emotional distress.</p> <p>An interest or background in emotional health and wellbeing would be welcomed, but is not essential.</p>
<p>Who to contact? (Please include a brief bio, contact details and photo)</p> 	<p>Cavita Chapman 07391415965 cavita.chapman@sussexpartnership.nhs.uk</p> <p>Cavita has a wealth of experience gained from working within the mental health sector. Following her training in Trinidad she joined the NHS as a registered mental health nurse and has never looked back! Cavita went on to study psychology and has also gained an MBA. She has a history of clinical and operational service management and transformation within Sussex Partnership NHS Foundation Trust (SPFT). Recently she has been Senior Programme Manager for the Health Education England (HEE) Mental Health Programme working across Kent, Surrey and Sussex (KSS), leading a large and varied regional programme of work to upskill the NHS workforce in alignment with the aims of the Five Year Forward View for Mental Health and STP agenda, including considerable support for the KSS Darzi programme. Cavita has also</p>

contributed her expertise to the Clinical Strategy team at SPFT, and is currently Suicide Prevention lead for SPFT, alongside STP lead for Mental Health across Sussex and East Surrey. Cavita retains Clinical Advisor responsibility for the HEE KSS MH Programme.

An alumnus of the NHS Leadership Academy *Ready Now* programme, Cavita is committed to personal and professional development and inspires this in others by providing mentorship and coaching to staff at all levels. Alongside all this she has somehow found time to apply her systems thinking to the development of the SPFT Staff Networks; as BAME Staff Network Chair, Women's Staff Network Vice Chair and a developer of the Disabled Staff Network. Throughout her work Cavita has established and overseen projects around leadership development, career progression, peer support and staff wellbeing. She is a compassionate and focussed leader who champions diversity and innovation, and tends to view potential obstacles as opportunities. Cavita is well-positioned to provide an exciting and supportive learning opportunity for a Darzi fellow.