



Safeguarding Adult Review

Executive Summary

Adult Kiara

Commissioned by Luton Safeguarding
Adult Board

Kiara

The Edge¹

*Each day began a new
Each day began with a colour.
Some brighter than the sun
Others empty and hollow
She stood up high, she stood up tall.
Some days she trembled as if to fall.
he would find the rope, find the hope.
Tied round her waist for when.
She could not cope.
But never could she loosen the noose.
Its hold round her neck
Its grip round her throat
And time would not stop.
The Clock unaware of its ticking
Fall she did not.
Rooted there she stayed.
Watching waiting
Wondering
Which would claim her first-
To which would she lose?
The rope around her waist
Or the fighting noose?*

¹ Kiara asked for this poem to be placed at the start of this review and written in her favourite colour green.

Executive Summary

Introduction: The Safeguarding Adult Review (SAR) for Kiara was commissioned by the Luton Safeguarding Adult Board (LSAB) to examine the circumstances surrounding Kiara's experience of mental health needs, abuse, homelessness, trauma, suicidal Ideation, and self-harm within her cultural context. The review aims to identify lessons learned and to recommend measures to improve safeguarding practices across all relevant agencies.

Background: Kiara, a 28-year-old South Asian Muslim woman, has had a long history of professional involvement due to her mental health concerns, self-harm, and numerous suicide attempts. She survived a significant suicide attempt in 2022, which led to this review. Kiara's childhood was marked by neglect and abuse, and she was in the care of the local authority. Despite her troubled background, she was academically successful and had aspirations to work within education.

Key Findings:

The review shares the following findings.

1. Lack of Understanding of Kiara's Voice:

- Kiara's voice and lived experience were not fully accounted for in the assessment, planning, and intervention by professionals.
- Professionals accepted Kiara's statements that she was "fine" without probing deeper into her needs and risks.
- There was insufficient cultural competence in understanding Kiara's background and its impact on her mental health and behaviour.

2. Episodic and Incident-Based Responses:

- Assessments and interventions with Kiara were episodic and incident-based, lacking a holistic approach.
- There was insufficient analysis of Kiara's needs, including PTSD, depression, and suicidal Ideation.
- Professionals did not consistently use a trauma-informed approach.

3. Inadequate Response to Suicidal Ideation:

- Professionals were aware of Kiara's suicidal ideations but responded episodically.
- There was insufficient evidence of confident and assertive responses to her suicidal ideations and self-harm.
- Cultural competence and understanding of intersectionality were lacking in the assessment and intervention.

4. Lack of Coordinated Response to Multiple Vulnerabilities:

- There was insufficient evidence of a coordinated and determined response to Kiara's multiple vulnerabilities, including forced marriage, honour-based violence, physical assault, and homelessness.
- Professionals did not fully understand the impact of Kiara's cultural background on her experiences and needs.

Practice Improvements recommended:

1. Capture and Understand Lived Experience:

- Ensure staff capture the voice and lived experience of adults, especially women from global majority backgrounds.
- Embed cultural competence as part of standard practice and training.
- 2. **Holistic Approach to Suicidal Ideation:**
 - Develop processes and procedures for a joined-up approach to suicidal Ideation and prevention.
 - Review training, policy, and procedures related to suicidal Ideation, PTSD, forced marriage, and honour-based violence.
- 3. **Use of Advocates:**
 - Employ advocates for adults experiencing high levels of risk and mental health episodes to represent their needs and circumstances.
- 4. **Multi-Agency Collaboration:**
 - Create opportunities for professionals to share information about young women with multiple vulnerabilities.
 - Conduct multi-agency audits to assess the impact of interventions on adults with multiple vulnerabilities.

Recommendations

The review made several recommendations to improve the safeguarding and support for vulnerable adults like Kiara:

1. **Multi-Agency Forum and Training:**
 - The LSAB should ensure there is a multi-agency forum and/or training to emphasize the importance of analysing patterns and working persistently to support adults at risk of self-harm and suicidal Ideation.
 - Agencies should create and develop opportunities to share information about young women with multiple vulnerabilities, utilizing the cultural competence work initiated following a previous SCR/SAR (Usman Review in 2019).
2. **Embedding Cultural Competence:**
 - The LSAB needs to be assured that organizations are making concerted efforts to embed cultural competence as a standard practice.
 - Board partners should provide assurance on how cultural competence has been embedded in standard training for all front-facing staff and how issues of diversity and intersectionality are consistently addressed in assessment, care planning, and interventions.
3. **Joined-Up Approach to Suicidal Ideation and Prevention:**
 - The local system should develop relevant processes and procedures in response to the needs of adults with multiple vulnerabilities.
 - The partnership should consider a more joined-up and embedded approach to suicidal ideation and prevention, implementing mechanisms such as CASPA to offer strength-based early prevention and intervention for adults with mental health needs and severe suicidal Ideation.
4. **Review of Training, Policy, and Procedures:**
 - Adult Social Care and Health agencies should review current training, policy, and procedures related to suicidal Ideation, PTSD, forced marriage, and honour-based violence, and provide guidance on the appropriate use of mental health capacity assessment.
5. **Use of Advocacy:**

- Adult Social Care and Health Agencies should review how advocates can be used when working with adults experiencing high levels of risk and mental health episodes. Advocates should represent their circumstances, risks, needs, wishes, and feelings.
6. Assessing Risk of Suicidal Ideation and Self-Harm:
 - The LSAB should review how professionals can assess the risk of suicidal ideation and self-harm beyond emergency and episodic responses to better safeguard adults by understanding their vulnerabilities between episodes of high risk and need.
 7. Progress and Impact of Learning:
 - Health and Social Care agencies should advise the LSAB on how they will progress with the learning from this review and carry out multi-agency audits to test the impact on adults with multiple vulnerabilities.
 8. Opportunities for Information Sharing:
 - The LSAB needs to ensure that agencies create and develop opportunities to share information about young women with multiple vulnerabilities.
 9. Responding to Patterns of Risk:
 - Professionals should confidently respond to patterns of risk, suicidal Ideation, and safeguarding rather than responding to individual incidents and immediate emergency responses.
 - The LSAB should have a process in place to review whether any changes have been made following the findings of this review, and health and social care agencies should carry out multi-agency audits to test their impact on adults with multiple vulnerabilities.

Conclusion: Kiara's case highlights the need for a more nuanced and culturally competent approach to safeguarding adults with complex needs. The Safeguarding partnership must learn from this review and implement the recommendations of this review to protect adults at risk in Luton. All agencies must work in partnership to reassure the LSAB that improvements have been made.