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KIARA'S REVIEW

Kiara, a 28-year-old South Asian Muslim woman, with 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 aspired to work within education.

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BACKGROUND TO THE REVIEW

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.

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What Happened?

The SAR was designed to respond to the emerging and changing nature of Kiara's needs, risks, and circumstances as she recovered in hospital after an attempt to take her own life. Kiara was contacted by the reviewer to include into the report her views and lived experience to enhance the review.



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There was insufficient evidence of a coordinated and determined response to the multiple vulnerabilities, forced marriage, honour-based violence, physical assault, breach of non-molestation order, care experience young person, childhood trauma and homelessness.

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Finding 3

Professionals were aware of the level of risk of suicide, but responses to her needs were episodic, incident based and lacking collaboration between agencies. There is insufficient evidence that the services were confident and assertive in their response to suicide ideation and self-harm throughout the timescale and scope of this review.

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Finding 1.

A lack of adequate understanding of Kiara's voice, lived experience and complexity of need: Kiara's voice and lived experience was not fully accounted for in the assessment, planning and intervention by the professionals despite her presentation.

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Finding 2

The assessment and interventions with Kiara were disproportionate to the level of presenting risk. There was a lack of analysis of her needs which included PTSD, depression and suicide ideation. There was a lack of professional curiosity with a blanket acceptance of Kiara saying that she is well without any professional probing of those statements.