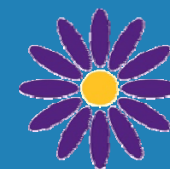


SSSH! Support for Staff Dealing with Students who Self Harm

Ω A school based program to support health professionals and educators working in Waikato high schools with students who self harm



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Introduction

- Ω Our work experience to date
- Ω Acknowledgment of experiences in the room



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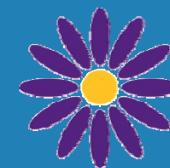
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The Beginning

- ⌚ Listening to reported need
- ⌚ What can we do?
- ⌚ Proceeding with Humility and Respect (fear and trembling)



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Evolution of the Pilot Programme

- ∞ Foundation: identifying risk factors for each student and developing individual risk management plans
- ∞ Tackling referral issues
- ∞ Staff need support, the guidelines say so!
- ∞ Need for review and development for school guidelines (changes in presenting issues eg cell phones, bebo sites etc)



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Results for 2007

- ∞ Average was one new presentation per week per school
- ∞ Total of students discussed = 54
- ∞ Of those self harming 36 cut, 3 burned themselves. 35/54 had active suicidal ideation



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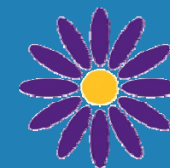
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Evaluation findings of Initial Pilot

- Improvement in confidence in personal and school ability to manage self harm:
- Related to education/training regarding how to assess and manage self harm;
- limits of confidentiality;
- Improving referral processes and relationships



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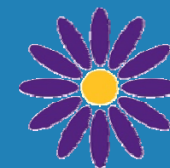
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Evaluation continued

- ∞ Increased level of debriefing supervision (esp identified by nurses)
- ∞ Increased sense of team relationship
- ∞ Reduction in personal stress levels



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Improvements

- ∩ Clarity of programme at start
- ∩ Level of school support
- ∩ Need for separate professional support
- ∩ Meeting needs of GPs
- ∩ Follow-up booster sessions?



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Results for 2008

- Total of students discussed = 70
 - ◊ Of the 24 self harming, 14 cut, 1 used strangulation, 9 reported other kinds of deliberate injury.
 - ◊ 68/70 had active suicidal ideation and/or attempted



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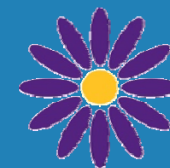
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Comments on differences

- ⌚ Different demographics of schools
- ⌚ Similarities/differences observed



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Personal Reflection

- Ω Absolute honour to work with staff
- Ω This is not easy or simple work
- Ω Need for ongoing confidentiality so staff free to debrief, moan.....
- Ω We CAN make a difference, self harm does not have to be a long term behaviour
- Ω Comment on prevalence



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Observations to date: Students

- ∞ Complex
- ∞ Multiple issues being handled by SGCs, nurses/GPs, SMTs
- ∞ Further thought/research



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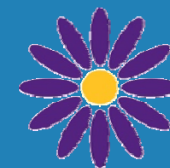
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Courage

∞ Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen (Anon).



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