

Treating Self Harm in Children and Youth

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Disclosures

None

Webinar Overview

Tips for providers and caregivers

Psychosocial Interventions

Safety Planning

Pharmacologic Management

Referrals and Resources

Working with Youth who Engage in NSSI

- Be respectful and curious without shame or judgment
- Provide a safe space to discuss youth's feelings and thoughts
- Assess for suicidality
- If there are any safety concerns, support youth to tell their caregivers
- Help youth understand their triggers and main reasons for NSSI, and help to avoid/manage their triggers
- Encourage youth to seek psychosocial treatment and help to connect them with resources

Working with Caregivers

- Disclosure/Confidentiality
- Regulating own emotions
- Teach about NSSI
- Communication
- Referrals

Tips for Caregivers

- Learn more about self-injury avoid judgment, keep a balanced point of view
- Focus on your child or youth's concerns or issues and less on the act of self-injury
- Support and create opportunities for positive, healthy ways of coping
- Don't expect the self-injuring to stop immediately or your child or youth may feel that they have disappointed you further
- Let your child or youth know that you're willing to listen, but don't force them to talk
- Encourage your child or youth to seek professional help and assist them in getting those supports

Helpful Questions To Ask

1. Ask your youth about stresses. **“What makes you feel like hurting yourself?”**
2. Find goals or solutions. **“What do you wish we could change about your stress or trigger?”**
3. Come up with possible solutions to try. **“What could we try together? What could you try?”**
4. Try out a solution. **“What would you like to try first?”**
5. Evaluate whether or not the solution helped. **“How do you think that worked out?”**
6. If it didn't work, try something different. **“What other things could we try instead?”**
7. If it helped, keep on doing it. **“It looks like that worked-what shall we keep on doing, then?”**

Referrals

Family Doctor/Pediatrician

School Counsellor

Foundry/CYMH/Private Pay Options

Crisis Teams (START, CART, TRACC etc)

Compass

Emergency services (911, ER)

Treat Underlying Comorbidities

- Depression (CBT/IPT + psychopharm as indicated)
- Anxiety (CBT + psychopharm as indicated)
- Trauma (TF-CBT)
- OCD (ERP + psychopharm as indicated)
- ADHD (psychopharm + behavioral interventions)
- Eating disorder (FBT)
- Borderline Personality Disorder (DBT)
- Neurodevelopmental diagnoses (Webinar #3)

Evidenced-based Treatments for NSSI

- Cognitive Behaviour Therapy (CBT)
- Dialectical Behavioural Therapy (DBT)
- Interpersonal Therapy (IPT)
- Motivational Therapy (MI)
- Mindfulness-Based Cognitive Therapy (MB-CBT)
- Mentalization-Based Treatment (MBT)

Treatment Across the Spectrum of Risk

NSSI



Passive SI



Active Suicidality

Self-harm without the intent to die

- **Not necessary to break confidentiality (depends though, seeks consultation if uncertain)**

- **Harm reduction**

- **Coping skills (e.g., Emotional Regulation and Distress Tolerance skills)**

- **Outpatient treatment (e.g., MI → CBT, DBT, IPT)**

SI, without plan or intent

Increased risk taking, ambivalence about living

- **Safety planning**

- **More often need to break confidentiality to inform caregivers**

- **Additional treatment and supports (e.g., higher levels of care, increased frequency of outpatient appts, additions such as group therapy)**

Plan, means, intent to die

Actively planning and wanting to die

- **Inpatient psychiatric hospitalization**

- **Mental Health Act as needed**

Emotion Regulation vs. Distress Tolerance

Stress management
management

Proactive
Reactive

E.g., Inoculation

Cup of water analogy

Crisis

Illness management

Coping Skills: Emotion Regulation



- Daily mindfulness practice
- Gratitude practice
- Cultivate a supportive social media feed
- Self-care 101: Regular meal times, good sleep hygiene and calming bedtime routine, medications as prescribed
- Check the facts and Opposite action
- Practice self compassion
- Avoid procrastination
- Positive/Pleasurable activities for behavioral activation

Coping Skills: Distress Tolerance

- Riding the wave, delaying 15 minutes
- TIPP (Temperature, Intense exercise, Paced breathing, Paired muscle relaxation)
- Grounding exercises (e.g., 5 senses, count the triangles)
- Five senses ritual (e.g., frozen orange)
- Apps (CALM, Headspace, Breathr)
- Breathing gifs
- Harm reduction
- DBT Pros and Cons



BREATHR

Developing a Safety Plan

- Stressors
- Protective Factors
- Warning Signs
- Coping Tools
- Extra Help

Welcome to the SELF Toolkit!

This toolkit was created for you to work through with your team to help you understand what things tend to cause you stress, what stress looks like for you, and what tools you can try to help you feel better.

To use the toolkit, look at each page and think about what makes sense for you:

- In your life, what can be **Stressors** for you?
- What are your **Warning Signs** when you are feeling stress? What signs happen early, and what signs might be more serious?
- Which **Tools to Feel Better** do you like to use? Are there others that you might like to try?

my SAFETY PLAN

If I feel stressed and/or unsafe I will...

1. Use my tools to feel better, which are...

-
-
-
-

2. Speak to a trusted adult...

Name: Phone:

Ways I would like them to support me are:

-
-

Name: Phone:

Ways I would like them to support me are:

-
-

3. Call my community team...

Name:

Role:

Phone:

Name:

Role:

Phone:

4. Call my local crisis line:

- Crisis Centre BC: 1-800-SUICIDE (1-800-784-2433)
- 310 Mental Health Support: 310-6787 (no area code required)
- 24 hour Crisis line: 604-872-3311 (Greater Vancouver)
- Kids Help Line: 1-800-668-6868 or KidsHelpPhone.ca
- www.youthinbc.com online chat available from 12:00 noon until 1:00 am
- Other:

5. Go somewhere I feel safe...

-

6. Go to the Emergency Room at the nearest hospital



Things that make me go towards green:

Things that make me go towards red:

Red Light

How I feel:

What I do:

What I need:

Yellow Light

How I feel:

What I do:

What I need:

Green Light

How I feel:

What I do:

What I need:



Coping Plan Questions

Who can support me when I'm feeling the urge to hurt myself?

What do I look like when I am struggling? (How can *other* people tell?)

What are the signs that I'm getting "revved" up and will eventually hurt myself? (How can *I* tell?)

What are some triggers to feeling the urge to hurt myself? When does it happen?

When do I feel stressed? Anxious? Helpless?

What can happen to decrease stress during family arguments?

How can my parents tell if I am becoming particularly depressed, overwhelmed or unsafe?

What activities help me cope when I am struggling? How can I distract myself?

What can my parents do to be helpful to me? What can they say to me?

How can my parents tell the difference between when I need space and when I'm becoming withdrawn and unsafe?

What do my parents do that is not supportive to me?

What are some phrases I can use to challenge my negative thoughts that make me want to hurt myself?

How can I keep safe at home? At school?

What will I do to structure my time at home?

What are my goals for therapy? What am I currently working on?

Pharmacotherapy

- PRN Medications
 - Lorazepam
 - Quetiapine
- SSRI's/SNRI's
- Naltrexone
- Topiramate
- Clozapine
- Lithium

Resources



SIoutreach.org

www.selfinjury.bctr.cornell.edu

<https://www.cheo.on.ca/en/resources-and-support/resources/P4926E.pdf>

HereToHelp.BC.ca

Kelty Mental Health – Self Injury Resources

Calm Harm App

Questions?

