



ADOLESCENTS WITH SELF-INJURY

A RESILIENCE MODEL

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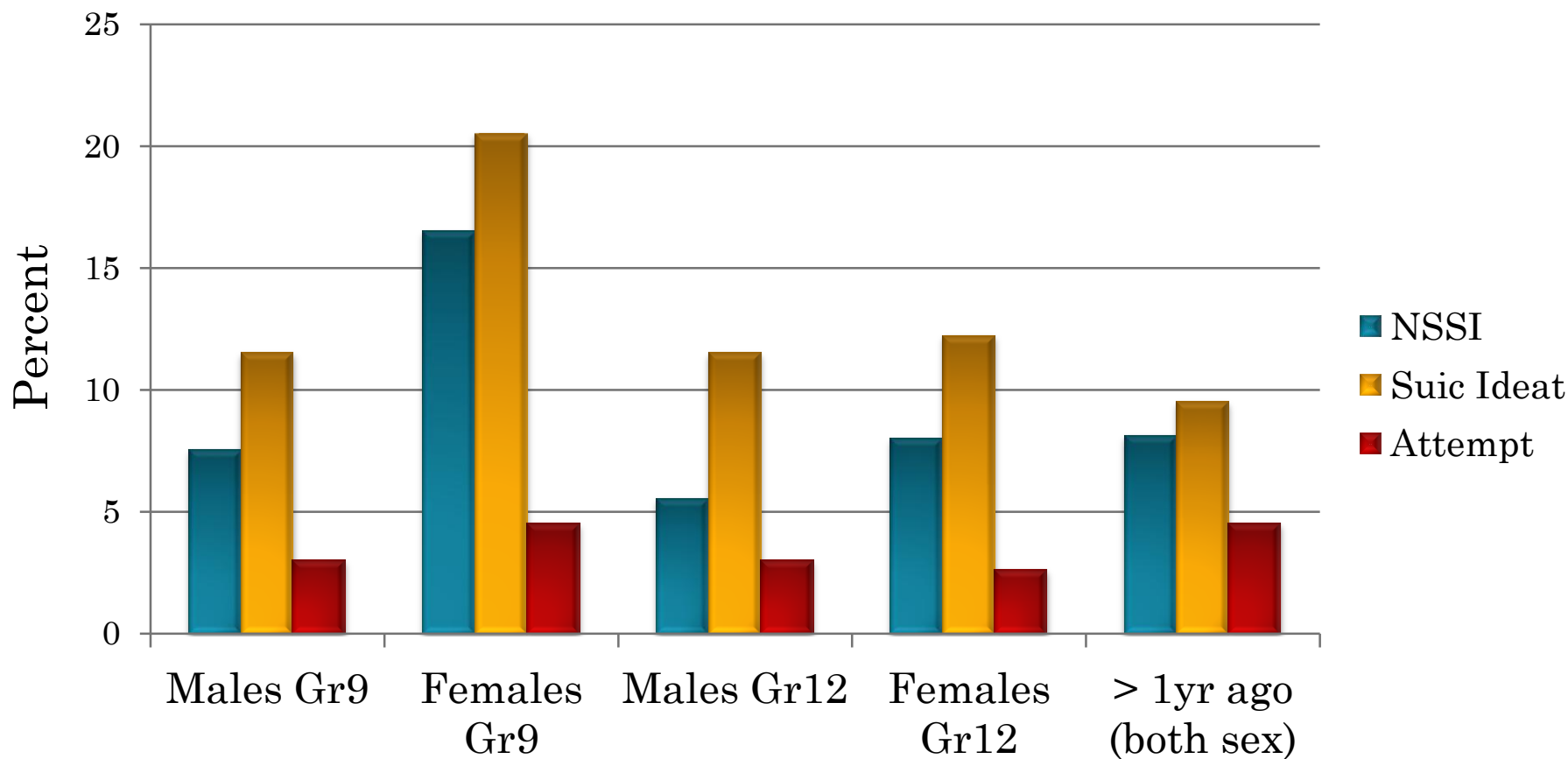
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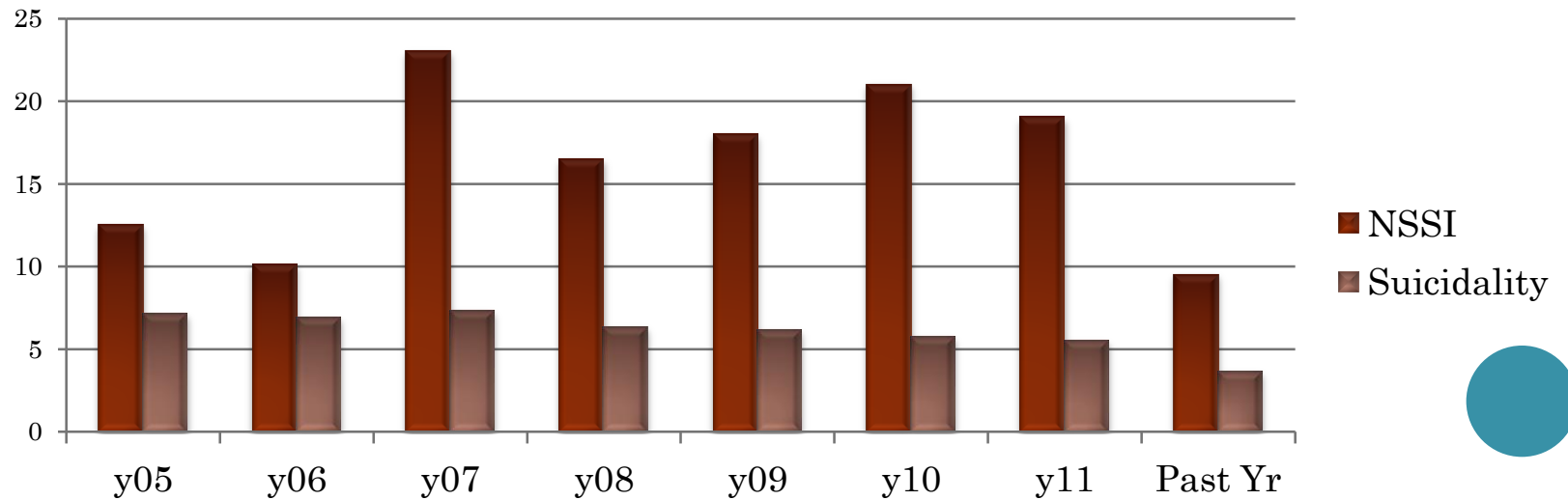
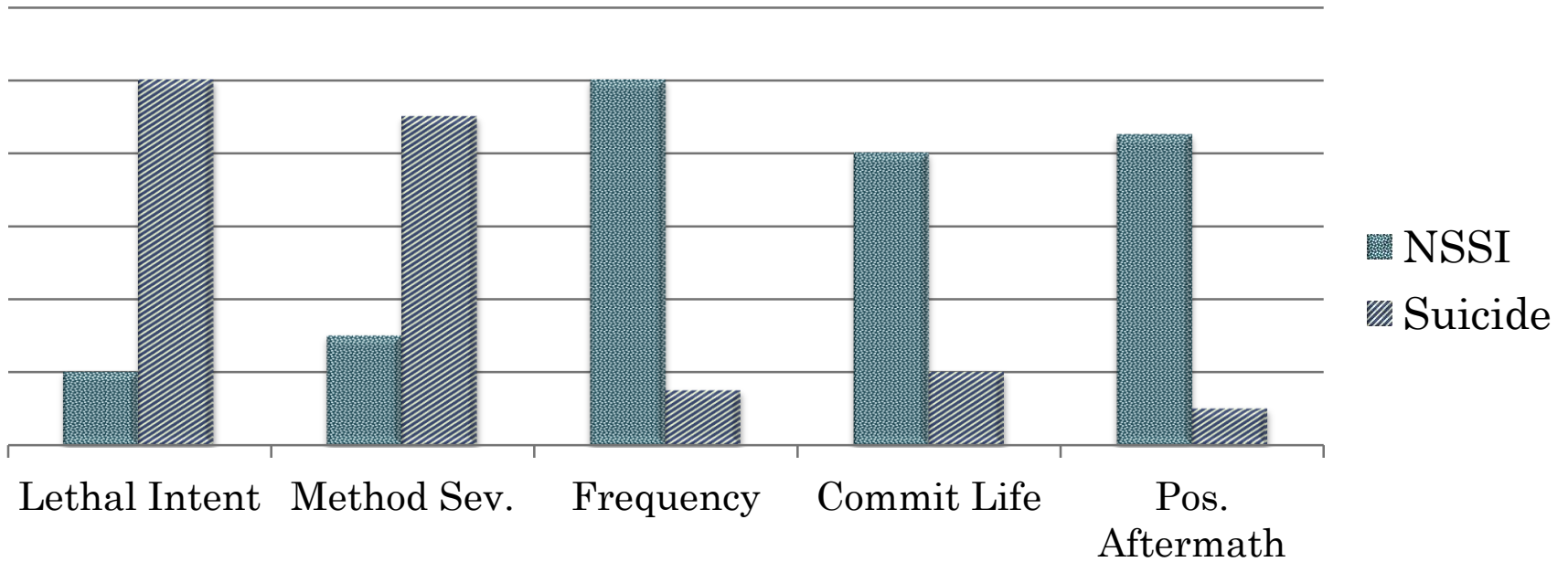
November 11, 2014

Children Come First Conference

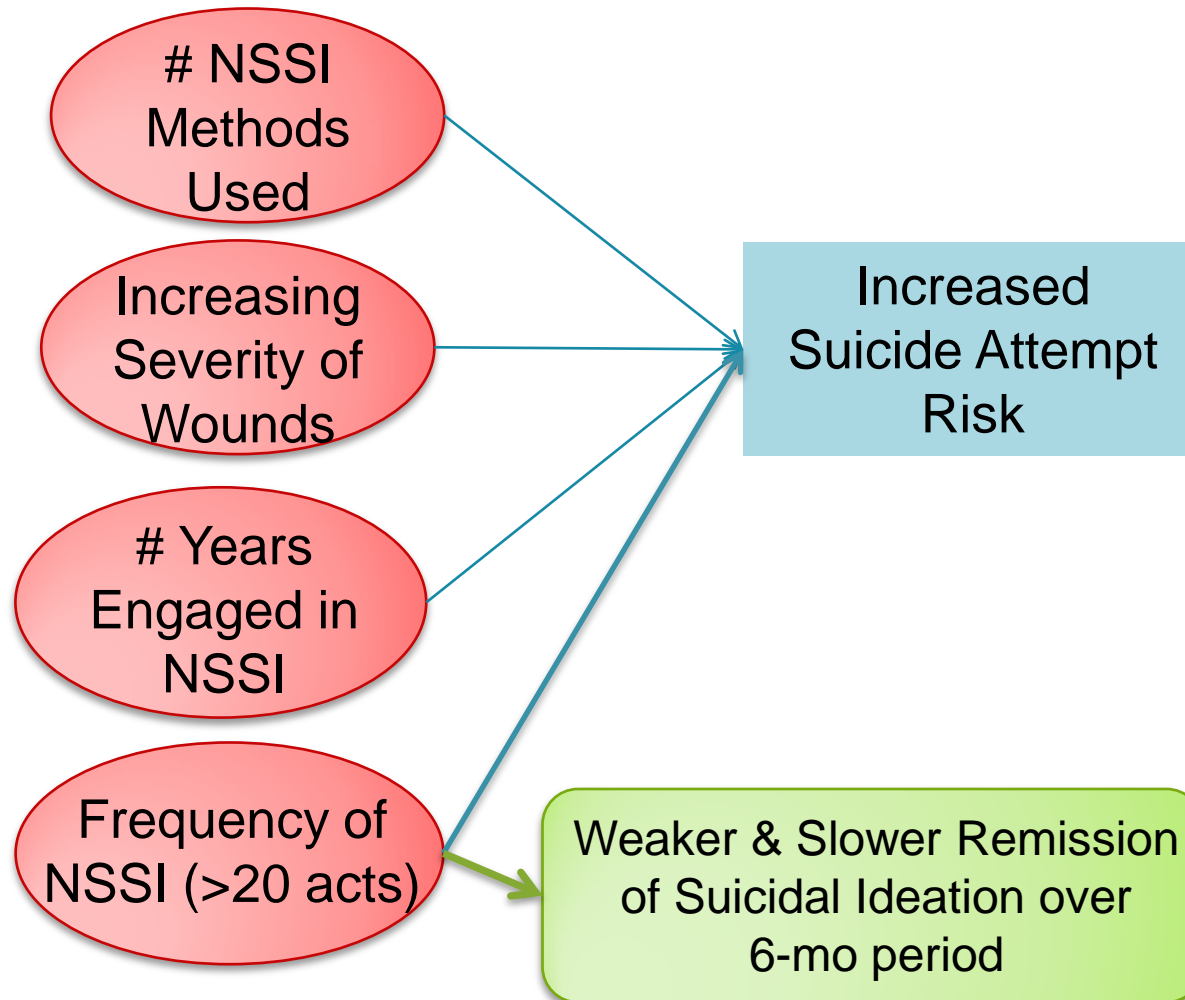
SCOPE OF THE PROBLEM IN HIGH SCHOOLS



NSSI vs. SUICIDE




RELATION TO SUICIDE



MENTAL HEALTH PROFILES

Challenges

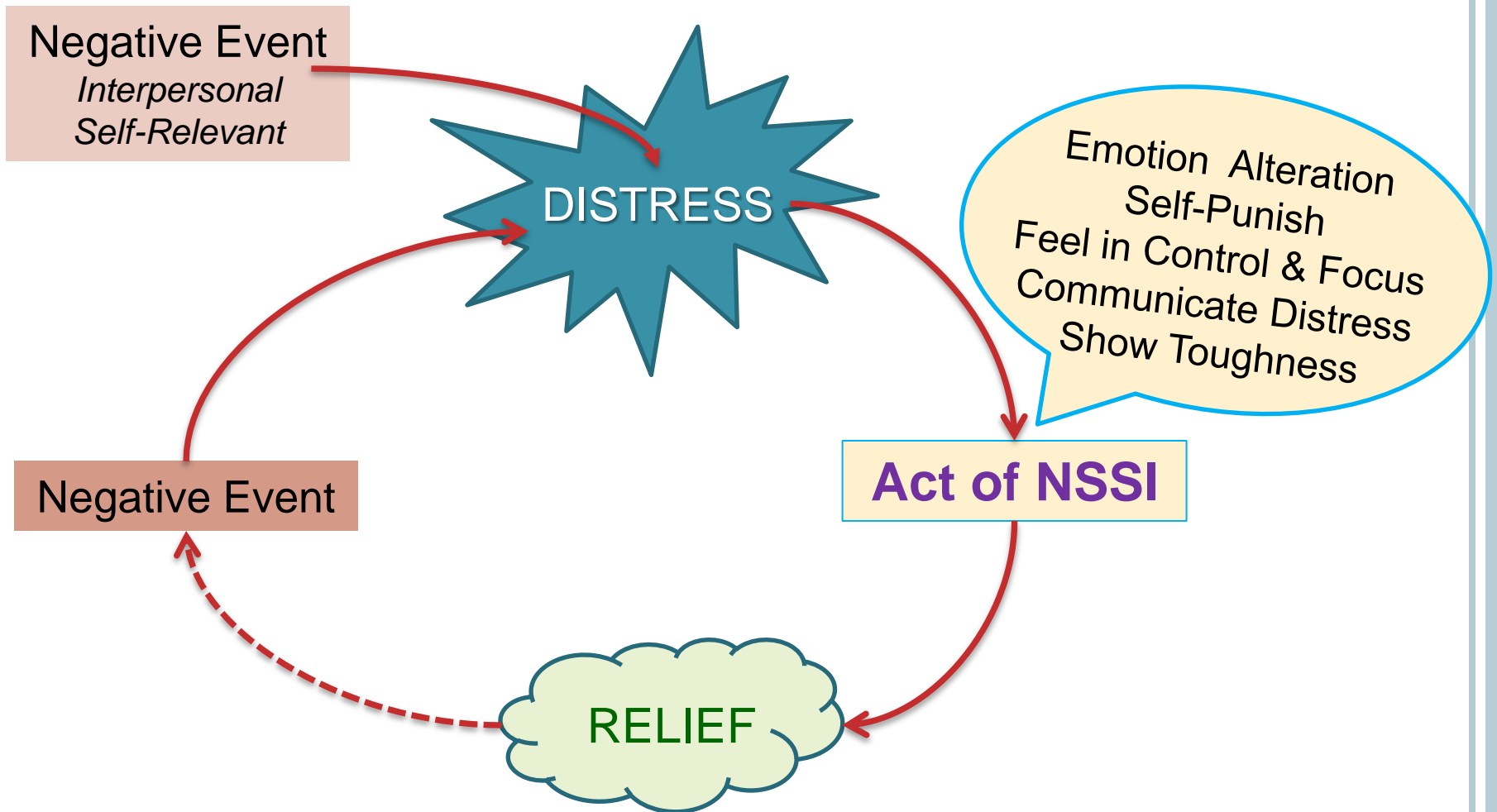
- Emotional Difficulties
 - Anger/Aggression 
- Low Distress Tolerance
 - Easily Overwhelmed
 - Perfectionistic
- Impulsivity
 - Immediate relief/action
- Interpersonal Skills
 - Meeting social needs
 - Identity disturbances

Resilience

- Creative & Inventive
 - Taking charge of self
- Capable Problem Solvers
 - Troubles implementing
- Asserting Self-Care
 - Trying to regulate
- Sensitive & Tolerant
 - Less judgmental of others



WHY NSSI?





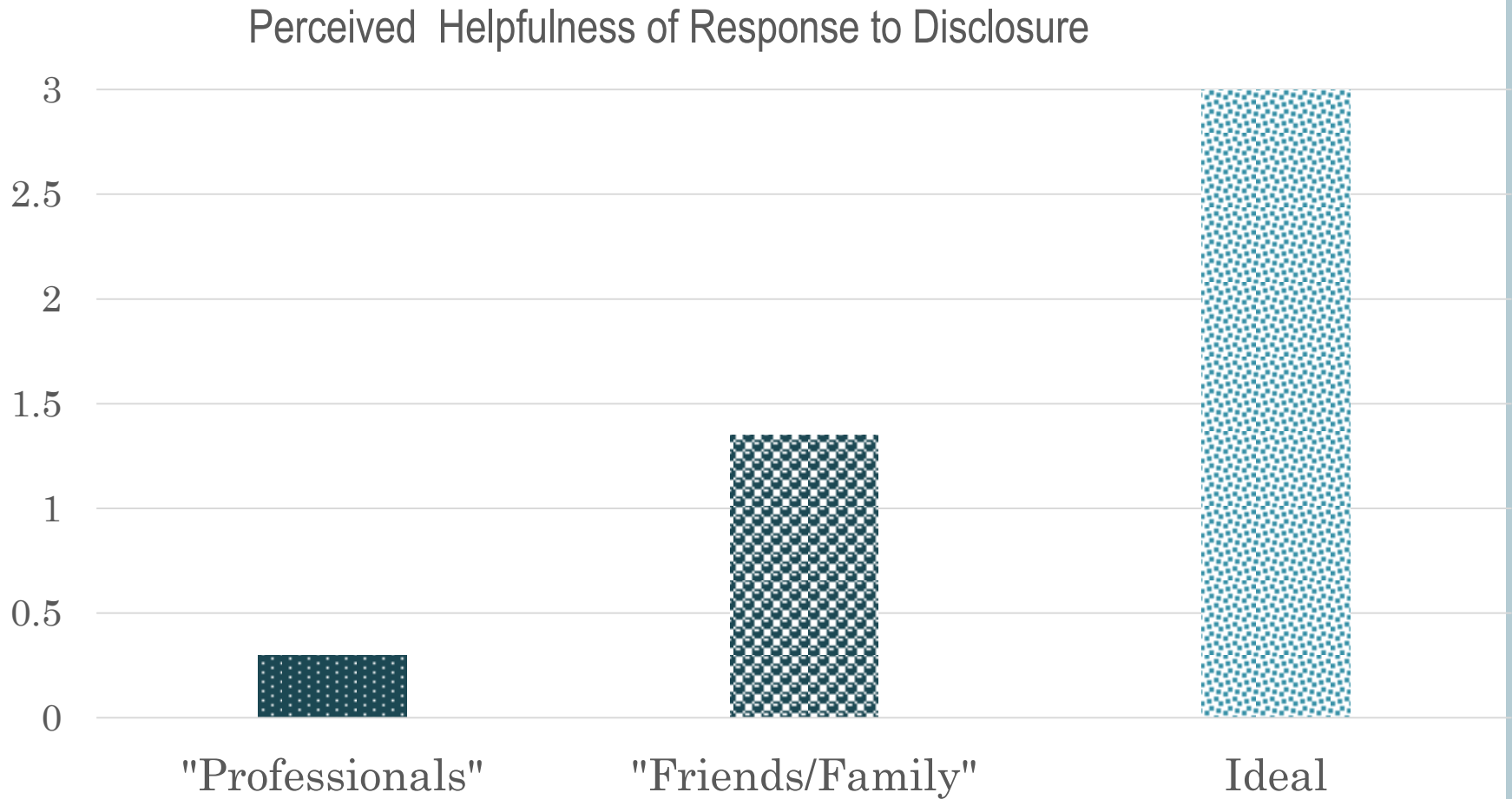
IDENTIFYING NSSI?

- **Difficult** to identify youth if choose not to disclose
 - Frequent unexplained bruises, scars, cuts, burns
 - Clothing inappropriate for weather; jewelry
 - Secretive behaviors
 - Long periods of emotional/physical withdrawal
 - “Put on a Happy Face”
 - Evidence of NSSI in work samples, journals, art projects
 - Refusing activities that involve showing skin
 - Socializing with known self-injurers

High Secrecy is a Red Flag



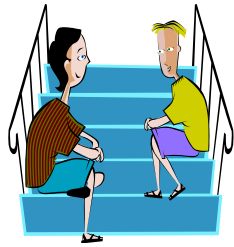
INITIAL RESPONSE IS CRITICAL



INITIAL RESPONSE IS CRITICAL

- Non-judgmental approach
 - In their eyes, it is “the worst”
- Respectful curiosity
 - Consultative with student
 - *“Tell me how this is helping you.” “How does this work for you?”*
- Validation: Show you “get it”
 - *“I hear you’re really worried/freaked out about the fights your parents are having at home and the cutting seems to take that away for a little while. I just wonder if we might be able to find some other things that could work too.”*





Introducing the Topic

Place it in context of conversation

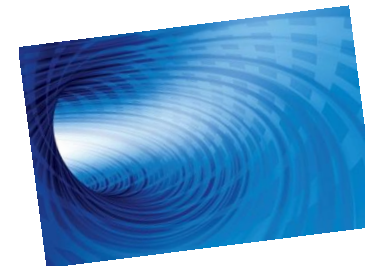
Ask about behaviors performed

Ask about effects/Context of referral

Acknowledge Resourcefulness



RECOVERY & TREATMENT



Recovery is a long hike, but do it anyway: The view from the top is amazing.

- Recovery is COMMON & possible
 - Difficult & may take some time
 - Small Steps
- Evaluate Why to stop NSSI
- Effective Treatments are Out There
 - Individual; Family;
- Relapse is a Learning Opportunity
 - *They are trying hard!*

There's nothing wrong with you, that what's right with you couldn't fix -Baruch Shalem



RECOMMENDED RESOURCES: ON-LINE

- *The S.A.F.E. Program: <http://selfinjury.com/index.html>
- Self-Injury Outreach & Support: www.sioutreach.org
- Self-injury information, coping suggestions, peer support: www.lifesigns.org.uk
- American-based site with lots of information about self-harm: www.selfinjury.org
- International Society for the Study of Self-Injury website: issweb.org
- *Cornell research program on self-injury: www.crpsib.com/whatissi.asp
- Interdisciplinary National Self-Injury in Youth Network in Canada: www.insync-group.ca
- Self-Injury Foundation: www.self-injuryfoundation.org

RECOMMENDED RESOURCES: PRINT

- Alderman, T. (2000). Helping those who hurt themselves. *The Prevention Researcher*, 7(4), 5-8.
- Hollander, M. (2008). *Helping teens who cut*. Guilford Press.
- Klonsky, E.D., & Muehlenkamp, J. J. (2007). Non-suicidal self-injury: A research review for the practitioner. *Journal of Clinical Psychology/In Session*, 63, 1045- 1056.
- Klonsky, E. D., Muehlenkamp, J.J., Lewis, S.P., & Walsh, B. (2011). *Non-suicidal self-injury*. Hogrefe & Huber Publishers. (treatment guide)
- Nixon, M.K., & Heath, N. L. (2009). *Self-Injury in Youth: The essential guide to assessment and intervention*. Routledge Press.
- Nock, M.K. (Ed.). (2009). *Understanding nonsuicidal self-injury: Origins, assessment and treatment*. Washington, DC: APA.
- Schmidt, U., & Davidson, K. (2004). *Life after self-harm: A guide to the future*. New York: Brunner-Routledge.
- Walsh, B. W. (2006). *Treating Self-Injury: A practical guide*. Guilford Press.
- The Prevention Researcher (entire issue; Feb 2010).

