






A conference for youth workers by Mind & Soul and Soul Survivor




Self-harm

Donna Wade & Julia Hamilton-Crickmay
With Rachel Welch


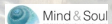
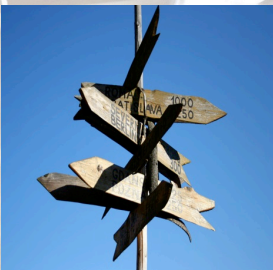
MINDSET The Conference 2011
Saturday 2nd April 2011
Soul Survivor Watford
5 Greyhound Rd
Watford WD24 7DP



Outline



- The statistics
- What and Why
- Need for Change
- What can we do




How Much Do You Know?



Who?

Self-harm is more prevalent in young people:


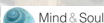
- a) From a poor background
- b) In care
- c) In the “emo” culture
- d) None of these



Who?

A government enquiry “Truth Hurts” revealed that:

- 2% of young people in UK self-harm
- 5% of young people in UK self-harm
- 10% of young people in UK self-harm
- 12% of young people in UK self-harm



Who?

There are slightly higher rates of self-harm amongst:

- Young Asian women
- White British teenagers
- Afro-Caribbean women
- None of these



Who?

The female:male ratio of self-harm is:

- 3:1
- 2:1
- 1:2
- The same

Who?

The average onset age is:

- 11
- 12
- 13
- 14

Who?

What is the biggest cause of self-harm admissions to A&E?

- Cutting
- Overdosing
- Swallowing foreign objects
- Burning

So what is it and why is it happening?

What is Self-Harm?

Self Harm

A behaviour, action or habit causing detriment to one's health

Harming Behaviour

To act in a way that has a negative long-term impact on physical or emotional self

Self Injury

To deliberately harm oneself, causing immediate, tangible, physical injuries.

Why?

- Anger and frustration
- Low self-worth
- EMOTIONS!



Need for Change

MY PAIN IS REAL

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Disclosure

- Are they at risk?
- What are they feeling?
- Questions that move them on...

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Film – Standing Up

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How Do We Help?

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How to help

- Listen
- Be honest and consistent
- Identify emotions and expand coping portfolio
- Encourage them to explore the underlying issues
- Don't avoid the subject
- Don't tell them to stop or intervene
- Affirm their positive choices

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Thank you!

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