

## Self-Harm Framework: Building Capacity in East Renfrewshire Staff

Building Capacity in East Renfrewshire Employees to Support Young People who Self-Harm

All East Renfrewshire staff will have access to mental health and self-harm training as part of the Self-Harm Framework. Implemented across 4 levels, staff members can decide what level of training is most appropriate for them.

### Level 1 – For All Staff

#### **NHS NES Mental Health Improvement, and prevention of self-harm and suicide – Informed Level Resources**

All staff members are invited to complete level one training which consists of self-led online modules. These modules will build understanding and knowledge of mental health, and the basic skills and confidence to support an adult, child or young person. For access to the modules, you will be asked to register for a Turas account.

**For level 1 training practitioners are invited to access learning resources at the [informed level](#).**

For information about the whole framework and links to informed level resources:

<https://learn.nes.nhs.scot/17099/mental-health-improvement-and-prevention-of-self-harm-and-suicide>

Direct link to the informed level resources:

<https://learn.nes.nhs.scot/33734/mental-health-improvement-and-prevention-of-self-harm-and-suicide/informed-level-resources>

### Level 2 – For staff who support children and young people directly and on a regular basis

#### **East Renfrewshire Healthier Minds Self-Harm One Day Training**

In 2022, East Renfrewshire launched its own 1 day Self-Harm Training session. This in-depth and interactive session is available to all East Renfrewshire employees with the following course aims:

- Understand self-harm
- Have an awareness of some of the reasons why young people self-harm
- Understand the misconceptions of self-harm
- Identify some of the risk and protective factors associated with self-harm
- Consider compassionate and non-judgmental approaches
- Practice skills which help you to confidently respond to, and talk about, self-harm
- Understand the needs of those in a supporting role
- Identify organisational considerations and processes for responding to incidents of self-harm
- Practice self-care

**Prior to the one day training courses, delegates are required to complete level 1 training as detailed above.**

### **Level 3 – For staff who have completed the East Renfrewshire Healthier Minds Self-Harm One Day Training and support children and young people directly and on a regular basis**

#### **NHS NES Mental Health Improvement, and prevention of self-harm and suicide – Skilled Level Resources**

This resource is a series of 5 short learning bytes designed to support staff to develop their skills, knowledge and practice covering promoting mental health and tackling inequalities, supporting people in distress, supporting people at risk of suicide and self-harm and supporting recovery and quality of life.

While practitioners are encouraged to complete all learning bytes, **learning byte 4 is particularly relevant for this self-harm framework**. These learning bytes can be completed individually, however, we encourage practitioners to complete these resources as a staff team in order to benefit from the learning and experiences of others, to consider the specific contexts in which your team operate and to plan together. We recommend completing learning byte 4: supporting people at risk of self-harm, **6-12 weeks** after completing the one day self-harm training in order to consolidate and develop learning.

For information about the whole framework and links to skilled level resources:

<https://learn.nes.nhs.scot/17099/mental-health-improvement-and-prevention-of-self-harm-and-suicide>

Direct link to the skilled level resources:

<https://learn.nes.nhs.scot/33738/mental-health-improvement-and-prevention-of-self-harm-and-suicide/skilled-level-resources>

Direct link to learning byte 4: supporting people at risk of self-harm

<https://learn.nes.nhs.scot/39315>

### **Level 4 – For staff who directly and regularly support children and young people and are likely to support children and young people who are at risk of self-harming or who are self-harming**

Series of online workshops covering a variety of topics related to self-harm. All delegates must have completed levels 1-3 prior to attending as a knowledge of mental health and self-harm is required.

Topics covered:

- Promoting understanding of self-harm through the curriculum: On Edge Resource
- Exploring the East Renfrewshire Multi-Agency Guidance and online resources
- Talking to parents about self-harm
- Self-harm and additional support needs
- Supporting younger children who self-harm
- Peer support and coaching



