

# NHS Greater Glasgow and Clyde What's the Harm Self-harm Skills and Awareness Training

Building Capacity across Education Services



## At A Glance

- Schools provide the biggest access to children and young people and therefore reach to support those using self-harm as a coping strategy is maximised.
- Developing a sustainable model of self-harm training delivery across Education Services in each of the 6 Health and Social Care Partnership's in Greater Glasgow and Clyde; East Dunbartonshire, East Renfrewshire, Glasgow City, Inverclyde, Renfrewshire and West Dunbartonshire.



*"It is encouraging to see the interest and organisational 'buy-in' for our 'Education Model' of self-harm training across the six Education Directorates in Greater Glasgow and Clyde. This model goes a long way to ensuring a sustainable approach to self-harm awareness and capacity building across all of our school constituencies".*

## Heather Sloan

Health Improvement Lead  
(Mental Health) NHSGGC

## Background

Self-harm (SH) is common among young people with research suggesting that 1 in 4 young women and 1 in 10 young men have self-harmed at some point in their life. The NHSGGC SH Forum is a trainer network building SH capacity across Greater Glasgow and Clyde(GGC) through delivery of the What's the Harm Self-harm Awareness and Skills (WTH) training course which seeks to standardise understanding of and responses to SH when used as a coping strategy. The forum worked in partnership with Glasgow City Psychological Services to create a sustainable model of SH training delivery across Education Services. This allowed the forum to free up some capacity to target their training resource across other disciplines. Plans to replicate the capacity building model were proposed to Education Partners; Inverclyde, Renfrewshire, East Dunbartonshire, East Renfrewshire, and West Dunbartonshire.

## Methods

A paper was presented to Education Partners proposing the SH training delivery model and outlined an action plan for implementation. This included a Train the Trainer delivery of WTH to GGC Education colleagues targeting Psychological Services and key staff within Learning Communities; followed up with an Instructor level course and ongoing support provided through the SH forum in the form of an Education sub group. There was also an agreement in place whereby four places were reserved for local partner agencies working with children and young people when delivering training to ensure a multi-agency approach with a rich mix of experiences was in place. All Education Partners signed up to the proposal.

## Outcomes

### Benefit One

12 staff completed the Training for Trainers course.

### Benefit Two

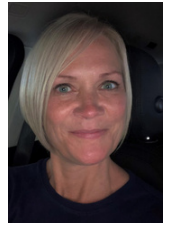
Education Services can deliver self-harm training to meet locality need and demand.

### Benefit Three

Some self-harm training resource has been freed up to meet demand across other disciplines.



Fiona White, Health and Wellbeing Development Officer, shares how Education Services are taking forward self-harm awareness and training in Renfrewshire.



### **Why did Renfrewshire take part in the self-harm capacity building programme?**

"Our schools counselling data has shown an increase in the number of children and young people self-harming so it was important that our staff are equipped with the appropriate skills and knowledge to manage this. This also includes partners from health, sport and 3rd sector in Renfrewshire".

### **How have Renfrewshire taken forward their self-harm training programme?**

"I have a lead role in co-ordinating this programme of work. Our training team initially targeted school staff who have substantial contact with children and young people; Principal Teachers of Pupil Support, Pupil Support Coordinators and key workers across our secondary schools. The training is part of our council improvement plan and filters in to school improvement plans. It has been extended to staff from all sectors".

### **How many staff have completed self-harm training?**

"In 2022 over **60** secondary staff completed the 1 day What's the Harm Course. We also delivered several online sessions (An Introduction to Self-harm) and whole school inputs which have included around **200** staff across all sectors to date".

### **What has worked well and what have been the challenges?**

"Taking a targeted approach to staff training has been key to ensuring teams of pupil support staff have been upskilled. We have recently shifted our focus to staff teaching younger year groups as we are aware this is an increasing demographic in need of support. Every training course we have put on has met its maximum participant allocation. Unfortunately, on the day, staff may have to pull out due to staff cover issues leaving spaces unfilled".

### **What are the next steps for Renfrewshire?**

"We will continue to deliver both our 1 day training and Introduction to self-harm session which will extend to include our 3rd sector partners, leisure and sports clubs. This is part of our whole school approaches to support children and young people who are self-harming".