

Welcome!

Reminders:

1. Turn your video on
2. Test your audio
3. Mute your mic unless you are speaking
4. Make sure you are in a quiet area for the entire session
5. Add your name to the Zoom chat box for attendance

Non Suicidal Self-Injury (NSSI)

Supporting Young People in
NSSI Healing and Recovery



www.SolutionsByJess.com



Objectives

1. Participants will be able to describe facts and figures about NSSI including which sub-populations experience high rates;
2. Participants will be able to list evidence-based practices across all three MTSS tiers for each topic; and
3. Participants will become familiar with available resources and additional learning opportunities.

Defining NSSI

Intentionally engaging in behavior that exposes oneself to risk or harmful consequences, whether immediate or long term, as a way of dealing with unpleasant or overwhelming emotions, thoughts, or situations.

It's not NSSI when the motivation is...

pleasure

body
decoration

spiritual
enlightenment
via ritual

fitting in or
being cool

suicide or
practicing for
suicide

How might young people NSSI?

Cutting

Burning

Binge
drinking

Self-imposed
sleep deficit

Heavy drug
use

Binging/purgi
ng

Food
restriction

Undignified
risk-taking

People NSSI to Feel Better

To reduce
tension

To cope with
strong
emotions

How People Stop

How People Stop

Prepare

Build
Skills

Set Limits

Do the Work

Prepare: Knowing They're Ready

- I have a solid emotional support system of friends, family, and/or professionals that I can use if I feel like hurting myself.
- There are at least two people in my life that I can call if I want to hurt myself.
- I feel at least somewhat comfortable talking about NSSI with three different people.
- I have a list of at least ten things I can do instead of hurting myself.
- I have a place to go if I need to leave my house so as not to hurt myself.
- I feel confident that I could get rid of all the things that I might be likely to use to hurt myself.
- I have told at least two other people that I am going to stop hurting myself.
- I am willing to feel uncomfortable, scared, and frustrated.
- I feel confident that I can endure thinking about hurting myself without having to actually do so.
- I want to stop hurting myself.

Build Skills: Trying New Ways to Cope

Angry, Frustrated, Restless

- Try something physical and violent, but not directed at a living thing.

Sad, Melancholy, Depressed, Unhappy

- Do something slow and soothing

Craving Sensation, Feeling Depersonalized, Dissociating, Feeling Unreal

- Do something that creates a sharp physical sensation

Wanting Focus

- Do a task that is exacting and requires focus and concentration

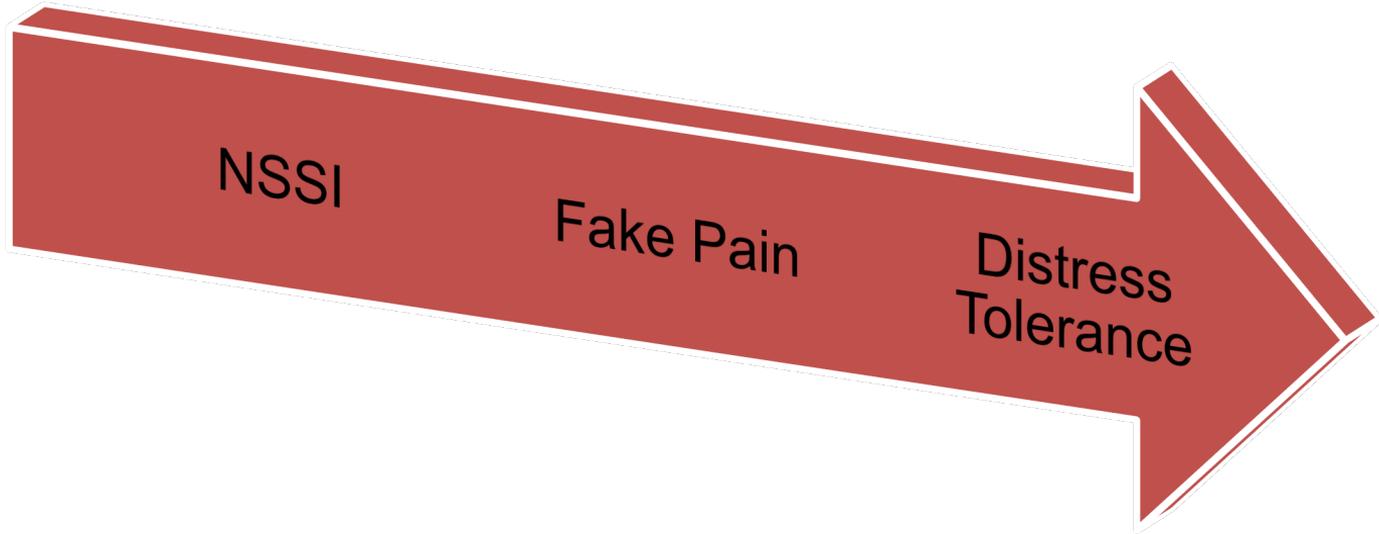
Set Limits When Skills Don't Work

Don't share NSSI tools with anyone

Try to reduce the severity of the harm.

Do only the minimum required to ease distress

Do the Work



Bill of Rights

NSSI Bill of Rights

- The right to caring, humane medical treatment
- The right to participate fully in decisions about emergency psychiatric treatment
- The right to body privacy
- The right to have the feelings behind the NSSI validated
- The right to disclose to whom they choose only what they choose
- The right to choose what coping mechanisms they will use
- The right to have care providers who do not allow their feelings about NSSI to distort the therapy
- The right to have the role NSSI has played as a coping mechanism validated
- The right not to be automatically considered a dangerous person simply because of NSSI
- The right to have self-injury regarded as an attempt to communicate, not manipulate

Summary

- NSSI is a coping skill
- Removing coping skills is dangerous without replacement skills
- Behavior therapies often successfully address NSSI
- Many people stop engaging in NSSI without therapeutic intervention
- Treating people engaging in NSSI with dignity increases the chances of effective intervention.

Questions/Suggestions?



THANK
YOU



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