

## Preventing Self-Harm Action Plan

<b>1. Primary prevention and early intervention - a more robust and consistent approach</b>					
<b>Outcome</b>	<b>No.</b>	<b>Specific Action</b>	<b>Status</b>	<b>Links with other actions / workstreams</b>	<b>Age Group</b>
1.1 Parents and carers of children who are self-harming are better informed and equipped to support them	1.1.1	Provide improved information to parents and carers about self-harm and how to support a young person	Initial meeting	Future in Mind Action 1.09	CYP
	1.1.2	Deliver self-harm training and awareness raising sessions for parents and carers through schools	Underway	Future in Mind Action 1.09	CYP
1.2 People working in school and youth settings are more able to manage and respond to emotional distress, which may be displayed as self-harm	1.2.1	Deliver an anti-bullying and mental wellbeing platform (Toot Toot), which enables students to disclose their worries/concerns safely and confidentially straight to their Designated Safeguarding Lead (DSL)	<b>Underway</b>		CYP
	1.2.2	Roll out the new MH e-learning package to all schools	Underway	Future in Mind Actions 1.08, 1.11 and 1.15	CYP
1.3 Young people can more easily access emotional support before they self-harm or before their self-harm escalates	1.3.1	Commission an online counselling platform for young people	Complete	Future in Mind Actions 1.08, 1.11 and 1.15	CYP
	1.3.2	Enable broader access to face to face counselling for young people below the eligibility threshold for CYPS	Underway	Future in Mind Actions 1.08, 1.11 and 1.15	CYP

	1.3.3	Clarify the offer from school nurses for young people who are self-harming and wish to access a school nurse and ensure it is built in to communication about pathways, e.g. G-Care, parents' information, etc.	<b>Underway</b>	Link with Action 1.1.1 to ensure support and resources given to parents is consistent with that used by school nurses and other staff	CYP
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<b>2. Improve access to care within the community and in primary and secondary care</b>					
<b>Outcome</b>	<b>No.</b>	<b>Specific Action</b>	<b>Status</b>	<b>Links with other actions / workstreams</b>	<b>Age Group</b>
2.1 Trauma informed support is provided to meet specific needs that are not currently met by existing services (NICE QS34 6 &7)	2.1.1	Pilot face-to-face support for vulnerable women through a partnership between Rethink and Nelson Trust Women's Centre. Evaluate and inform future potential support in other settings, e.g. accommodation based support, drug and alcohol services, etc.	Underway		Adults
	2.1.2	Build capacity within the workforce of housing providers to confidently support self-harming residents, including training; improved liaison with 2g and clear point of contact in crisis; and use of assessment and referral tool	Initial meeting	Link with actions 2.3.2 , 5.1, 2.2.5	Both
	2.1.3	Develop a proposal for a counselling pilot for adults in emotional distress, as an alternative or complement to secondary care mental health treatment	<b>Underway</b>		Adults

	2.1.4	Develop access to emotional support for children and young people with long term physical conditions, with specific input on self-harm and how to manage difficult feelings	Underway	Future in Mind Action 3.1.22	CYP
2.2. Professionals across the system have a common understanding of a coherent all-age self-harm pathway and are confident to use it (NICE QS34 2&3)	2.2.1	Improve the information on the primary care pathway on the G-Care system (NICE QS34 2-7)	Initial meeting		Both
	2.2.2	Clarify the self-harm pathway for Minor Injuries Units (MIUs) with a focus on improving links between MIU staff and other professionals involved in the care of the patient (NICE QS34 2-5) to include a simple visual resource	Underway		Both
	2.2.3	Develop an overarching multi-agency self-harm policy to incorporate the four stages of the model used in this review	<b>Underway</b>	Linked to Actions 3.1.3 and 3.1.4, which refer to the specific policies for ED attendance and admission of people who self-harm	Both
	2.2.4	Improve promotion of existing resources, including: Self-Harm Helpline; TIC+ services and CYPS Professionals Helpline	Underway	links with 2.3.1	Both
	2.2.5	Further research the needs of voluntary and community sector partners and others, e.g. housing, when seeking advice and guidance on how to best support an individual who is self-harming (e.g. practitioner advice)	Underway		Adults

2.3 Non-mental health practitioners are confident in talking to an individual about their self-harm and can make appropriate decisions about risk and onward (NICE QS34 2)	2.3.1	Develop and test a local assessment tool and referral mechanism for non-mental health practitioners working with children and young people, based on the Oxford Health tool used in Wiltshire and BANES	Underway	links with 2.2.4	CYP
	2.3.2	Test the potential for the CYP tool to be adapted for use with adults	<b>Awaiting result of 2.3.1</b>	Reliant on delivery of Action 2.3.1	Adults

<b>3. Improve the quality of treatment and care within the community and in primary and secondary care</b>					
<b>Outcome</b>	<b>No.</b>	<b>Specific Action</b>	<b>Status</b>	<b>Links with other actions / workstreams</b>	<b>Age Group</b>
3.1 People who present to the Emergency Department having self-harmed or in extreme emotional distress receive good quality treatment and care (NICE QS34 2-5)	3.1.1	Review the provision of mental health liaison services for children and young people (including inpatient, ED and LTC), addressing hours of availability and physical location of service and assessment and linked to developments of an all-age liaison offer	Underway	Delivered via the NHS England Transformation Fund Task and Finish Group (NICE QS34 2-3)	CYP
	3.1.2	Review the GHT-led multi-agency policy for children and young people's self-harm, incorporating findings of this project	Underway		CYP
	3.1.3	Review the GHT-led multi-agency policy for adult self-harm, incorporating findings of this project	Initial meeting		Adults

	3.1.4	Build in an alternative and appropriate place to be for adults in emotional distress to plans for the new Urgent Care Centre arrangements (QS34 4&5)	Initial meeting		Adults
	3.1.5	Review the quality of in-patient care in Gloucestershire for those who have self-harmed against NICE guidance and quality standards	<b>Underway</b>		Both
	3.1.6	Review the pathway for SWAFST staff attending callouts involving self harm	<b>Awaiting imminent MIU pathway publication</b>	Links with 2.2.2	

<b>4. Helping people to recover and stay well, without further self-harm</b>					
<b>Outcome</b>	<b>No.</b>	<b>Specific Action</b>	<b>Status</b>	<b>Links with other actions / workstreams</b>	<b>Age Group</b>
4.1 There is a strong network of support around a person post assessment, treatment and discharge, which draws on the assets in the community and family	4.1.1	Review existing recovery plans (or equivalent) for adults, to ensure where relevant they include specific reference to avoiding self-harm, with appropriate alternative coping strategies, and are accessible by the individual and their carer (QS34 6&7)	<b>Idea</b>		Adults
	4.1.2	Review existing care plans for children and young people to ensure where relevant they include specific reference to avoiding self-harm, with appropriate alternative coping strategies, and are accessible by the individual and their parents/carers (QS34 6&7)	Initial meeting		CYP

	4.1.3	Consider the feasibility of commissioned services' discharge protocols 'keeping the door open' for people who have reduced or stopped self-harming but may need occasional support (QS34 8)	Idea		Both
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### 5. Developing knowledge, understanding and skills within the Gloucestershire workforce and wider community

Outcome	No.	Specific Action	Status	Links with other actions / workstreams	Age Group
5.1 Professionals and the wider community are confident and skilled in supporting someone who self-harms (to an appropriate level) as a result of coordinated and targeted training and awareness raising (QS34 1)	5.1.1	Develop a training and awareness plan to enable the local workforce for people with care and support needs to respond with confidence to those who are in emotional distress/self harming.	Initial meeting	Links with Crisis Concordat Workforce Development Strategy and Suicide Prevention Training Plan	Both
	5.1.2	Provide a rolling programme of training to MIU staff in how to work with patients who present with self harm	Underway	Links to 5.1.1 and 2.2.2	Both
	5.1.3	Develop proposal for pilot project to train and support workers within VCS and primary care to jointly run DBT skills groups on referral, initially in Gloucester and Forest of Dean.	Initial meeting		Both
	5.1.4	Providing a rolling programme of training to SWAFST staff in how to work with patients who present with self harm	Initial meeting	Links to 3.1.7 and 5.1.1	Both

	5.1.5	Increase availability of university based training in mental health issues for non mental health trained staff (from Health Education South West)	<b>Initial meeting</b>		Both
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