

Self Harm in Children and Teens Agenda—July 19 & 21, 2022 - 10am-1pm EDT

<p>Session 1:</p> <p>10a – 10:30a (EST)</p> <p>Welcome and Overview</p> <ul style="list-style-type: none"> • What’s In It For Me (participant needs and expectations) • What are some common traits among people who self-harm? • Grounding 	<p>Didactic</p> <p>Large Group Discussion</p>	<p>30 minutes</p>
<p>Understanding NSSI = Non-Suicidal Self Injury</p> <p>10:30a – 11:00a</p> <ul style="list-style-type: none"> • Who is at risk? • How common? • Common diagnosis associated • What behaviors are seen? • Prevalence in community sample report NSSI? • Myths refuted. <p>Understanding patterns:</p> <ul style="list-style-type: none"> • Relief, release, comfort.... • How do kids get started? <ul style="list-style-type: none"> ○ To figure out why..... Start with when. ○ What came before? ○ What came after? 	<p>Large Group Discussion</p> <p>Didactic</p> <p>polling</p>	<p>30 minutes</p>
<p>11:00a – 11:30am</p> <p>SAFETY Assessment for:</p> <ul style="list-style-type: none"> • suicidal ideation and intent • drug/alcohol abuse • eating disorders • major mental health conditions • Imminent risk <ul style="list-style-type: none"> ○ Self-harm while under the influence of drugs/alcohol ○ Dissociating while self-harming ○ Severe incidents that need medical attention 	<p>Large Group Discussion</p> <p>Didactic</p> <p>Polling/quizzing</p>	<p>30 minutes</p>
<p>BREAK 11:30a-11:45a (15 Minutes)</p> <p>11:45a – 12:15p</p>	<p>Large Group Discussion</p> <p>Didactic</p>	<p>30 minutes</p>

Self Harm in Children and Teens Agenda—July 19 & 21, 2022 - 10am-1pm EDT

<p>What can you do?</p> <ul style="list-style-type: none"> • Address life challenges • Finding and securing meaningful resources • Coping Skills- finding and leveraging • Individual Solutions <p>Effective Substitutions</p> <p>To do or not to do “Body checks”?</p> <p>Alone time restrictions?</p>	<p>Polling/quizzing</p>	
<p>12:15p – 12:45p</p> <ul style="list-style-type: none"> • Self-Compassion <ul style="list-style-type: none"> ○ Be Kind to Yourself ○ Recognize Common Humanity ○ Mindfulness • Barriers to Self-Compassion for those with a trauma history • Methods of Mindfulness 	<p>Large Group Discussion</p> <p>Didactic</p> <p>Polling/quizzing</p>	<p>30 minutes</p>
<p>12:45p – 1:00p</p> <p>Questions, processing and homework</p> <p>Kristin Neff: TED Talk</p> <p>The Space Between Self Esteem and Self Compassion</p>	<p>Large Group Discussion</p>	<p>10 minutes</p>
<p><u>Session 2:</u></p> <p>10a – 10:10a (EST)</p> <p>Welcome, review and questions</p>	<p>Large Group Discussion</p>	<p>10 minutes</p>
<p>Eating Disorders</p> <p>10:10a – 10:55a</p> <ul style="list-style-type: none"> • Anorexia Nervosa • Bulimia Nervosa • Binge Eating Disorder • Orthorexia Disorder • Avoidant restrictive food intake disorder 	<p>Large Group Discussion</p> <p>Didactic</p> <p>Polling/quizzing</p>	<p>45 minutes</p>

Self Harm in Children and Teens Agenda—July 19 & 21, 2022 - 10am-1pm EDT

<p>Suicide</p> <p>10:55 – 11:50a</p> <p>Risk Factors</p> <ul style="list-style-type: none"> • Previous Suicide Attempt • Major Mental Health Disorder particularly Depression • Drug/Alcohol Addiction • History of Maltreatment • Family Member who died by Suicide • Aggressive/Impulsive Behaviors <p>Protective Factors</p> <ul style="list-style-type: none"> • Treatment for mental health/substance abuse concerns • Limited access to means • Problem solving/coping skills • Religious/cultural beliefs opposed to suicide <p>How to initiate a conversation</p>	<p>Large Group Discussion</p> <p>Didactic</p> <p>Polling/quizzing</p>	<p>55 minutes</p>
<p>Break 11:50 – 12:05 noon (15 Minutes)</p>		
<p>Self-Injurious Behavior in Individuals with Developmental Disabilities</p> <p>12:05 noon - 12:45p</p> <p>Functional Analysis:</p> <ul style="list-style-type: none"> • Document Baseline • Frequency • Duration • Severity • WHY SIB? • Consistency matters <p>Prevention, Treatment and Help</p> <p>Shrink the Pain and Increase Resilience</p> <ul style="list-style-type: none"> • Coping skills ingredients 	<p>Didactic</p> <p>Polling/Quizzing (SIB review)</p>	<p>40 minutes</p>

Self Harm in Children and Teens Agenda—July 19 & 21, 2022 - 10am-1pm EDT

<ul style="list-style-type: none">• Social media pros and cons• Life challenges• Interrupt the pattern of self-harm• Medication• School• Safety		
Wrap Up/Q and A	Large Group Discussion	15 Minutes