



PROJECT AIR

A PERSONALITY DISORDERS STRATEGY

Self Harm in High School Students: Issues, Controversies & Responses

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Overview of Presentation

1. Current issues and controversies surrounding self harm and young people
2. Perspective of school psychologists on responding to self harm in the school environment
3. Review of international responses
4. Conclusions and future directions



Current Issues & Controversies

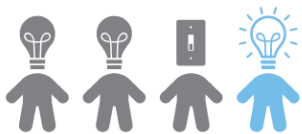
Adolescent self-harm, with or without suicidal intent is a common and serious public health issue

- Prevalence
- Reasons
- Terms we choose to use and why



Responding to & Managing Self Harm in the School Environment

- Programs to support student mental health and well-being
- Policies/procedures to inform response
- Professional development for all education staff
- Increasing staff and facilitating external agency involvement
- Engagement of family and peers



Review of International Best Practices

- Key principles
- Roles and responsibilities
- Confidentiality
- Identification and risk assessment
- Intervention
- Follow-up
- Social contagion
- Staff self-care



Strengthening our Responses

- Students
- Schools
- Health Professionals
- Families
- Peers

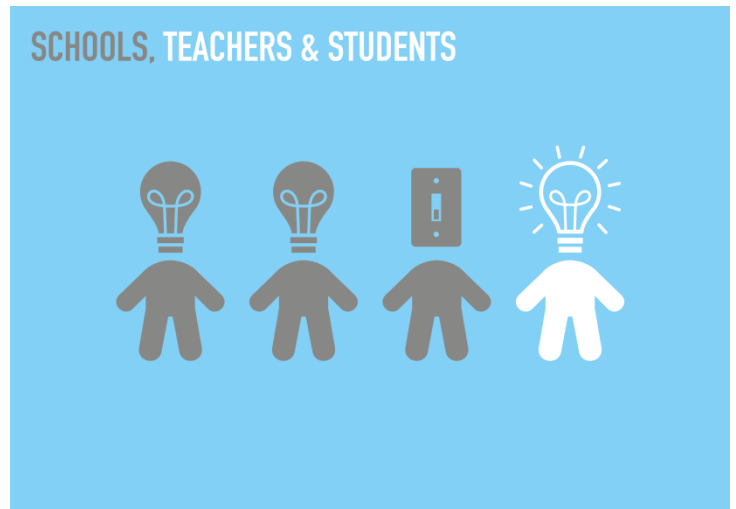


Project Air Strategy for Schools

The Project Air Strategy for Schools is a collaborative project between NSW Health and the NSW Department of Education. The project aims to provide NSW education staff with information and tools to work effectively with young people with complex mental health needs.

Resources being launched in late 2016 include:

- Guide for teachers
- A filmed training resource
- Care plan
- Fact sheets



Questions

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