

**SELF INJURY (SELF HARM) Resident presents with evidence of current (or past) self-harm**

**NOTE: THIS RESOURCE IS NOT A GUIDE FOR SUICIDE PREVENTION OR ADDRESSING SUICIDAL IDEATION. It was also not designed as a primary resource for Borderline clients or other significantly decompensated clients, though it may be a helpful treatment program element.**

Consider the assignment of the "Core Mental Health Resource" for this client.

**Core A:** 130-session core resource provided to all residents. In general, the first 30 sessions may be viewed as a useful preparation for more intensive mental health treatment. The full resource is recommended.

**Core B:** this is provided all residents. Programming for special needs or mental health overlays may be scheduled at this time. The Core B resource is a 50-session loop, and residents may attend when not at special programming during these times. Certain of these skills (assertion, interpersonal communication, and basic coping skills) may be helpful to residents who have a history of self-harm or of passive-aggressive behavior.

Client motivation may be an issue. If so, we recommend the sequential use of:  
MI stage-based resource #1  
MI stage-based resource #2  
MI stage-based resource #3  
MI stage-based resource #4

If needs more intensive MI preparation use Core C1.  
Core C2 (CBT resource) - strongly suggested for MH Tx..  
Core C3 (comprehensive CBT coping skills resource) - strongly suggested.

TP 22 - Treatment overview and suggestions.

The TP 22 "Self-Injury" resource includes a range of specific MH resources for counselor and clients - males and females. It provides an orientation to treatment of this issue, a comprehensive set of treatment planning and implementation suggestions, suggestions for effective use of Motivational Interviewing (MI), and multiple handouts and worksheets for client and counselor addressing symptoms, triggers, incident worksheets, and coping skills tools. *Highly recommended.*

Workbook M22 (male)  
Workbook W22 (female)  
A comprehensive set of more than 20 behaviorally-stated objectives is provided for this resource (also see the competency checklist for workbooks M22, W22).

A comprehensive competency checklist is provided for this resource, and may be used to document outcomes.

**COLOR KEY**

SOCIAL WORKERS
YOUTH SPECIALISTS
SPECIALISTS - AS ASSIGNED
MENTAL HEALTH PROFESSIONALS
RECEPTION STAFF