

# **Bexley Safeguarding Children Board**

## **Launch of the Self-Harm Practice Guidance**



# Aims

- To familiarise ourselves with the Practice Guidance for Self-harm in Bexley
- Understand the thresholds for services in relation to self-harm
- Enhance learning in respect of self-harm and young people
- Know how to respond when you have a concern about a young person

# Self-Harm Practice Guidance

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# Why Self-Harm?

- Concerns from schools
- Evidence increasing need
  - Joint Strategic Needs Assessment
  - Routine data
- National Drivers
  - “Future in Mind” report

# Definition of Self Harm

Self-harm is the act of deliberately causing harm to oneself either by causing a physical injury (including ingesting substances) by putting oneself in dangerous situations and/or self-neglect.

# What does the data tell us on mental health of young people in Bexley?

## Mental Health Admissions aged 0-17yrs

	Bexley	London	England
2010/11	92.2	110.7	109.4
2011/12	73.9	87.8	91.3
2012/13	102.6	87.1	87.6
2013/14	122		87.2

# What does the data tell us on self harm?

	A&E data	Admissions
2011/12	52	
2012/13	56	72
2013/14	110	86
2014/15	83	

# Data from schools

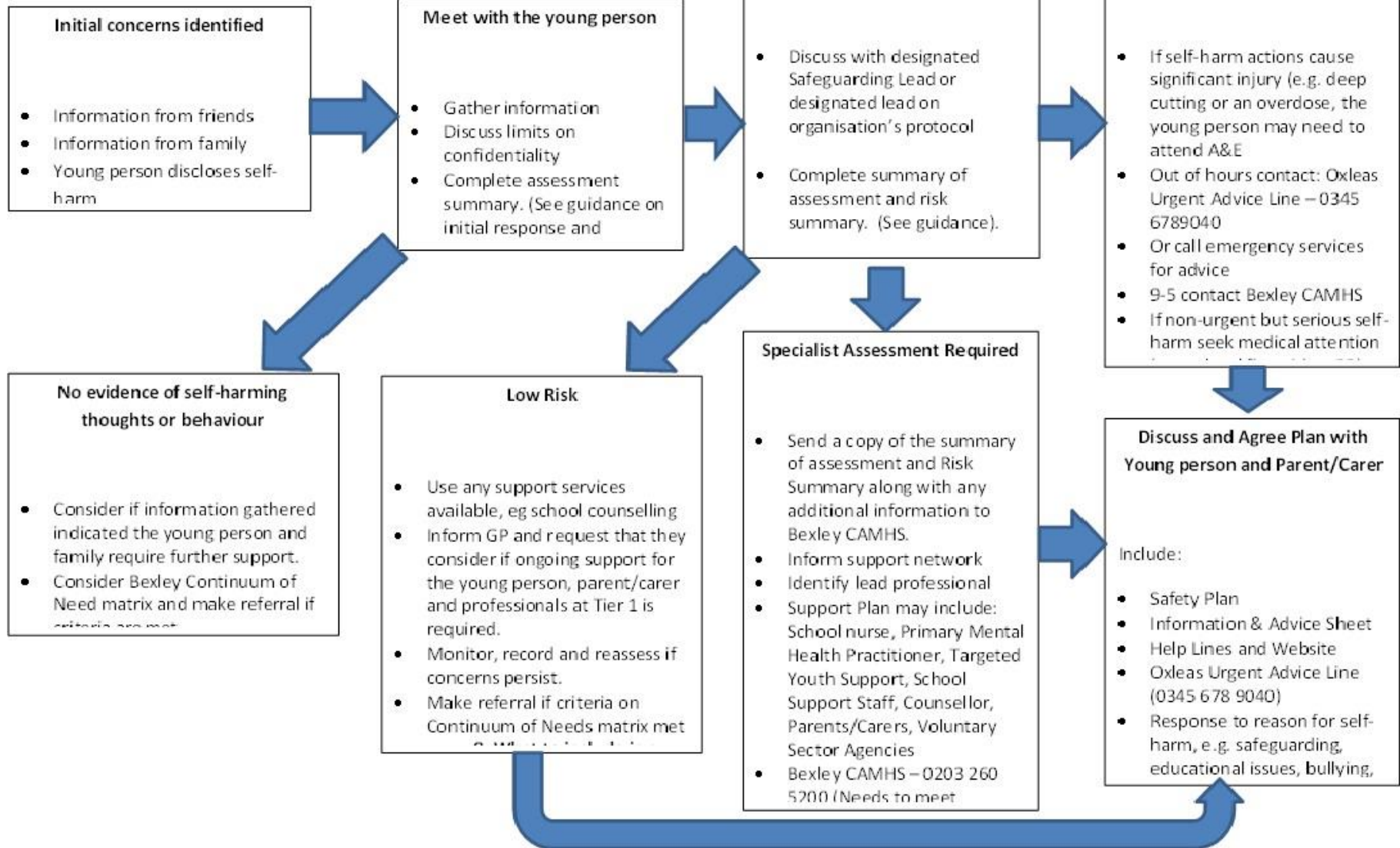
Primary schools	Self harm	Suicidal ideation	CAMHs referrals	Thriving Families referrals	Counselling support in school
1	2	0	24	12	X
2	1	1	1	2	X
3	1	0	4	4	X
Secondary schools					
A	2	0	2	0	X
B	19	3	3	0	√
C	8	3	8	0	X
D	20	<10	3	0	√



# Local service issues

- Lack of Tier 2 CAMHs
- Confidence of universal services in managing self harm
- Need for clear pathways
- Communication between professionals

#### 4. Bexley Practice Guidance for Managing Self-Harm Flow Chart



# Key information

- Role of schools
- Information about Self-Harm
- How to respond to a disclosure of Self-Harm
- Recording
- Assessing level of risk
- Information needed for referral to CAMHS
- Processes within A&E