



UNIQUE CONNECTIONS

# Self-injury Support Package

## Introduction

Self-injury is extremely distressing for both the individual and those supporting them. By the time an organisation reaches out to us, they have usually worked extremely hard and exhausted their ideas and strategies.

Unique Connections was founded to help with this specific issue: to support organisations who had reached the limits of their current resources for supporting an individual with entrenched self-injury.



Whatever the background of the individual, it is likely that they have been self-injuring for some considerable time. It will take some time for things to turn around.

The help we offer is through a process. We want to be confident that the person is making progress, so we prefer to journey with you over time to track with you, the team and the individual.



The self-injury support package has built-in flexibility to adapt to the particular needs of the individual and their presenting concerns.

Jen and Bev have developed this package through joining their specialisms together. We are confident it will bring you and your team clarity and practical solutions, so they can have renewed confidence in the support they are offering.

# Self-injury Support Package



UNIQUE CONNECTIONS

## Stage One: Evaluation, information gathering & agreeing the support package

Timescale	With whom	Work Conducted
Week one	SLT (or lead)	Initial consultation
Week two	SLT  Direct support team	<b>Evaluation</b> Questionnaires sent to SLT and direct support team to gauge areas of focus / need. Conducted at beginning and end of the package for monitoring impact ( <i>online</i> ).
Week two-four	MDT - ideally a lead SLT + direct support team, and therapists if relevant.	<b>Information gathering</b> -Meeting with a group to discuss the concerns, i.e. MDT, SLT and some of the team supporting the young person ( <i>online or in person</i> ).  -Meeting the individual and (if appropriate) spending time observing ( <i>in person</i> ).
Week four-six	SLT / lead staff	<b>Review</b> with senior team to plan the next stage and discuss: -What is already going well -Our understanding of the factors influencing the individual's self-injury and overall presentation -Any immediate advice we can give to enhance the safety of the individual -A recommended package of support and agree a timetable.

# Self-injury Support Package



UNIQUE CONNECTIONS

## The support package will include

Time Scale	With whom	Process
Week four-eight	<b>All staff</b> - (or as many as the organisation wants to make available)	<p><b>Core training</b> Evidence-based core training on self-injury for a large group of staff. This can be in-person or is available as an on-demand resource.</p> <p>It may be appropriate to deliver a second core piece of training to the whole team, e.g. Introduction to Trauma or Having Difficult Conversations with Non-speaking Individuals</p>
Week four-eight	<b>Direct support team</b> , incl a lead staff and therapists	<p><b>Workshop</b> With a small team (6-12 staff) to consider the various factors related to self-injury and help the team to decide on a comprehensive programme of support. (In-person).</p>
Week eight - twenty four  (Minimum of six fortnightly sessions)	Team who attended the workshop	<p><b>Reflective practice</b> Monthly 60-minute reflective practice for six months (online) with the direct support team.</p> <p>This is not quick or easy and can put strain on a team. These sessions allow us to review progress, make adaptations and coach the team.</p>
Week eight - twenty four  Two-three online sessions	SLT	<p><b>SLT Review</b> Checking in with SLT is important for the success of the support plan. This allows us to check progress and review any additional support. These are up to one hour and can also be used to discuss other issues arising if necessary, including an end of contract discussion.</p>

### Responsive work

It is quite common that some additional support is required along the way, such as a second workshop, some additional training, or some more observations. These will be discussed at the check-ins and arranged as necessary.