Objectives

Objective 1:
- Discuss definition of NSSI and prevalence among youth

Objective 2:
- Identify assessment and interventional strategies when caring for individuals experiencing NSSI

Objective 3:
- Describe affordable self injury prevention programs based on current evidence based literature

References Available as Handout

Outline of Presentation

- Introduction
  - Definition of NSSI
  - Incidence, Prevalence- Youth
  - Myths about NSSI Reasons for self injury
- Assessment of NSSI
  - Warning signs
  - Observation, what to look for
  - Communication, questions to ask
- Intervention
  - Therapeutic Approaches
  - Pharmacotherapy
- Conclusion
- Question & Answer
Understanding

- What is Self Injury (NSSI)?
- What constitutes NSSI?
- When, Where, How?

NSSI - What and Why?

- Causing deliberate harm to oneself
- Not a suicide attempt
- An unhealthy coping mechanism

<table>
<thead>
<tr>
<th>TABLE 1: Functions of nonsuicidal self-injury</th>
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<tbody>
<tr>
<td>AFFILIATION REGULATION</td>
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<tr>
<td>- Anger</td>
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<tr>
<td>- Frustration</td>
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<td>- Depression</td>
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<tr>
<td>CHANGE COGNITIONS</td>
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<td>- Distraction from problems</td>
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<td>- Stopping suicidal thoughts</td>
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<tr>
<td>SELF-PUNISHMENT</td>
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<td>STOP-DISSOLUTION</td>
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<td>INTERPERSONAL</td>
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<td>- Secure care and attention</td>
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<td>- Fit in with peers</td>
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What Constitutes NSSI?

Definition of Youth

Struggles of Youth

NSSI and Youth
Myths about Self Injury

- Myth #1: Self Injury = Suicide
- Myth #2: Self Injury = Attention-seeking
- Myth #3: Self Injury = History of abuse

Warning Signs

- Frequent Injuries
- Long pants/shirts
- Low self esteem
- Relationship problems
- Making poor grades
- Secretive behaviors
- Substance Abuse
- Social Isolation
- Signs of depression

Assessment

- Visualization
- Informal Discussions
- Formal Assessment
Informal Screening / Assessment Strategies

- Long Pants/Shirts
- Social Isolation
- Multiple Bracelets
- S/S depression
- Frequent “Injuries”
- “Emotional pain”
- Body Image Disturbance
- Fascination/sharp objects

Treatment Options

- Self-Injury Log
- Cognitive-Analytic Therapy
- CBT
- Limited-Pharmacotherapy
- DBT
- Dynamic Therapy

Conclusion

- Youth & NSSI
- Need for more Research
- Questions


