

Improving Services & Outcomes for People who **Self Harm**

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Friday 13th May 2016 Hallam Conference Centre London



Chair & Speakers include:

Sean Duggan
Chief Executive
The Centre for
Mental Health

Rachel Welch
Founder
Freedom from Harm

Dr Alys Cole-King
Consultant Liaison Psychiatrist
Royal College of Psychiatrists
Spokesperson on
Suicide and Self Harm

Supporting Organisations:



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"It is vital we have the right services in place when children, young people or indeed adults need them. But this must be combined with greater public understanding of the reasons why someone might self-harm and how to get help." Dr Jacqueline Cornish, national clinical director for children and young people at NHS England

This conference focuses on improving services and outcomes for people who self harm. The conference opens with a presentation from a lived experience perspective of how we can improve services, build understanding and encourage people to talk about self harm. The conference will continue through national updates and practical case studies to demonstrate how the pathway for those who self harm can be improved from identification and early intervention, improving services for those in crisis and presenting in emergency departments, developing effective services and working with people to improve coping strategies, to reducing suicide, mitigating risk and managing the impact of self harm.

"Self-harm is a key indicator of suicide risk and the reported rise has highlighted the need for better services and more positive experiences of care for young people in crisis. Improving the mental health of young people now is key to suicide prevention in the long term... Good management of self-harm is an essential part of the suicide prevention strategy" Professor Louis Appleby CBE Chair of the National Suicide Prevention Strategy Advisory Group Preventing suicide in England: Two years on Second annual report on the cross-government outcomes strategy to save lives, 2015

"Approximately one-in-four adolescents harm themselves each year. Only one-in-eight episodes leads to a hospital presentation but this accounts for 20,000–30,000 presentations annually and this number is rising year on year... Young people who self-harm are heavy users of public services. Repeated acts of self-harm are associated with elevated rates of all-cause mortality and death by suicide placing a huge burden of life years lost on the community, so establishing an effective intervention is an important clinical and public health issue." University of Leeds 2015

"It's almost impossible to say how many young people are self-harming. This is because very few teenagers tell anyone what's going on, so it's incredibly difficult to keep records or have an accurate idea of scale. It is thought that around 13% of young people may try to hurt themselves on purpose at some point between the ages of 11 and 16, but the actual figure could be much higher. In 2014, figures were published suggesting a 70% increase in 10-14 year olds attending A&E for self-harm related reasons over the preceding 2 years. In reality self-harm doesn't happen to one type of person, it can't be predicted and scarily, we don't really know how many people are going through it. This is all really vague, but you can take one thing away from it - you are not alone, whether you are harming or seeing someone you love or work with go through it. It's more common than you think." Self Harm UK

10.00 Chair's Introduction

Sean Duggan *Chief Executive* The Centre for Mental Health

10.10 Self Harm: Building Understanding

Rachel Welch

Founder

Freedom from Harm

- challenge the hidden nature of the self-harm
- the importance of being open about self harm
- building understanding and support in a pro-recovery environment

10.40 Improving mental health services for people who self harm

Speaker to be announced

- improving mental health services for young adults
- how do we improve early intervention?
- actively managing and co-ordinating transfers between child and adolescent and adult services
- ensuring continuous developmentally appropriate support from adult services
- developing supportive recovery focused services

11.10 Question and answers, followed by coffee and exhibition

11.50 Improving identification and early intervention in practice

Speaker to be announced

- creating a more open environment for people to talk about self harm
- communicating the service
- working together with parents in the early stages of self harm to develop more positive ways of coping
- improving identification and early intervention

12.20 What should an effective self harm pathway look like?

Dr Alys Cole-King

Consultant Liaison Psychiatrist

Royal College of Psychiatrists spokesperson on suicide and self harm/Clinical Director Connecting with People

- the elements of an effective self harm pathway
- risk management or risk mitigation?
- averting crisis: what works?
- safe and effective triage, referral and response

12.50 Question and answers, followed by lunch and exhibition

14.00 Improving the response to self harm in emergency departments

Salena Williams

Senior Nurse, Liaison Psychiatry

University Hospital Bristol NHS Trust

- developing user led training and information for emergency departments
- improve staff knowledge, attitudes and management of people who self-harm or who are at risk of
- monitoring of self harm and ensuring self harm information is available in real time to emergency departments: the Bristol-wide Self-harm Surveillance Register

14.30 Quality care and treatment in crisis: elements of 24/7 effective support

Fiona Venner

Director

Leeds Survivor Led Crisis Centre

- what people need when in crisis: five elements of effective support
- why we don't have beds at our crisis centre
- positive risk taking
- our experiences and developments in monitoring and improving outcomes in a user led service
- supporting people after self harm
- the role of crisis resolution home treatment teams
- a user led approach: our experience

15.00 Zero Suicide: preventing death from self harm

Dr Caroline Dollery

Clinical Director

East of England Strategic Clinical Network

- reduce the risk of suicide in self harm as a high risk groups and tailoring approaches
- the preventing death from self harm workstream
- supporting research, data collection and monitoring

15.30 Question and answers, followed by tea

16.00 Managing the impact of Self Harm

Paul Scates

Peer Specialist, Campaigner and Ambassador

- how can we manage the impact of those who are self harming
- improving safety and educating people about the risks
- preparing people to deal with their emotions
- why does it take a crisis to get support?

16.30 Learning from serious case reviews and Self Harm

Speaker to be announced

- self harm and safeguarding
- learning from serious case reviews
- improving the self harm pathway

17.00 Question and answers, followed by close

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Self Harm

Improving Services & Outcomes

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For more information contact Healthcare Conferences UK on **01932 429933** or email **jayne@hc-uk.org.uk**

Venue

Hallam Conference Centre, 44 Hallam Street, London W1W 6JJ. A map of the venue will be sent with confirmation of your booking.

Date

Friday 13th May 2016

Conference Fee

- ☐ £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
☐ £300 + VAT (£360.00) for voluntary sector / charities.
☐ £495 + VAT (£594.00) for commercial organisations.

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