

# REDUCING INCIDENTS OF SELF-HARM ON THE COBORN ADOLESCENT UNIT

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*Developing good practice to support young people who hurt themselves*

## Aim

*To reduce the number of incidents of self-harm in Acute and Day Services by 30%.*

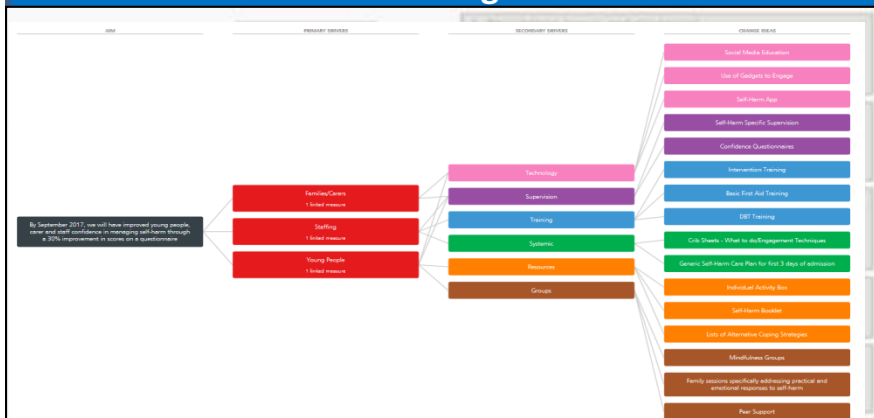
## Why is this important to service users and carers?

*We held focus groups with young people and their families who shared their ideas about how to support them.*

## Tests of Change

*We developed DBT informed groups and individual sessions for young people and their carers. We trained staff about the model.*

## Driver diagram



## Data

*We have embedded DBT informed skills groups (including mindfulness practice) across the wards. We collected baseline data on the number of self-harm incidents over 12 weeks and compared with the number of incidents after the training and group development. Following the change ideas, the number of incidents reduced.*

## Learning and what next?

*Reducing self-harm incidents on the unit, whilst very important, needs to be considered alongside the longer-term goals for the young person and their families, with community camhs colleagues. The MDT used the skills, and this enabled staff to feel more confident when working with young people with self-harm.? We will use QI for the next stage of the project.*

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# Tell us your story in a nutshell

*We began this project because we wanted to support young people who were admitted as they were hurting themselves. We wanted to support them to manage their emotions differently by offering other skills. We also wanted to support families and carers by sharing our learning about their child. We have trained staff in a Dialectical Behavioural Approach and this helped to develop an understanding of why young people hurt themselves and what skills could support them. From this the MDT developed groups which were held regularly on the ward, and the young people were encouraged to apply their skills on the unit and whilst at home. We also supported families through sharing with them our understanding about self-harm and updated them about the skills their children were learning. We have managed to reduce the number of self-harm incidents over a 3 month period. Following this project, we have organised focus groups with our community colleagues, with the aim of improving the trust-wide service that is offered for young people who present with self-harm and their families.*

## Any additional team or project photos?



Paste them into a slide and we will share them with your project story!

Please return your completed poster to [elft.qi@nhs.net](mailto:elft.qi@nhs.net)