

## Health and Wellbeing Board

1.	Date:	23 <sup>rd</sup> March, 2015
2.	Title:	Rotherham Self Harm Practice Guidance

### 3. Summary

In 2013/14, Rotherham Youth Cabinet as part of its Youth Cabinet Manifesto looked at the subject of self-harm, recognising this as a local, as well as national issue, which is on the increase. Their aim was:

*“to help develop information for young people around self-harm and [contribute to] a strategy to disseminate this. Also to work with services to improve access for young people seeking help and support around self-harm” (Rotherham Youth Cabinet, 2013).*

In conjunction with this work, partner organisations had begun work drafting self-harm guidance for all staff working with children and young people, recognising that this is an emotive issue for staff supporting young people. The purpose of the guidance is to promote a safe, timely and effective response to children and young people who harm themselves or are at risk of harming themselves.

The guidance incorporates the findings from the work of the Rotherham Youth Cabinet, which includes the voice of young people who self-harm in Rotherham, and expertise from partners;

- Rotherham Metropolitan Borough Council: Public Health, Healthy Schools, Integrated Youth Support Service, Looked After and Adopted Children’s Team and Educational Psychology
- Rotherham, Doncaster and South Humber NHS Foundation Trust
- The Rotherham NHS Foundation Trust
- Rotherham Clinical Commissioning Group
- Rotherham Multi Agency Support Team
- Rotherham and Barnsley Mind.

### 4. Recommendations

**That the Health and Wellbeing Board:**

- **Agree and adopt this guidance for use across all services who work with children and young people both within the statutory and voluntary sector.**

## 5. Proposals and details

### Background

Rotherham Youth Cabinet's work on self-harm focussed on:

- information/awareness raising;
- response of agencies, including access to early help;
- the role of schools and colleges.

This involved talking to young people, producing several case studies and discussing the findings with Providers and Commissioners in order to identify how services and support could be improved. The work of the Youth Cabinet, including their ten recommendations, were presented in outline to the Overview and Scrutiny Management who endorsed them at its Children's Commissioner's Day meeting of February 27, 2014. Two of the ten directly support the need for guidance on self-harm.:

1) That a consistent, concise and simple message is developed and disseminated for use by ALL organisations (including schools, health and social care, youth services, and voluntary/community sector);

2) That agencies work together to develop clear, consistent referral routes that are shared with ALL relevant organisations

This guidance is a framework for use by all agencies in Rotherham who work with children and young people, in order to promote a safe, timely and effective response to children and young people who harm themselves or are at risk of harming themselves. The guidance is intended for use with children and young people up to the age of 25 years and **does not supersede safeguarding procedures**.

The guidance has been written to reflect the development of the self-harm pathway. The guidance will also appear on the CAMHS website which is in development. This website will be for workers, young people and parents/carers.

### Proposals

It is suggested that the board accept and adopt this guidance for use across all services who work with children and young people both within the statutory and voluntary sector.

### Finances

The adoption of this guidance needs to be supported by a robust training programme to ensure that workers feel confident and able to support young people, referring on when appropriate. This will have financial implications and exact costs at this time are uncertain. This is work being taken forward by the CAMHS Partnership Group and CAMHS Service Development Improvement Group.

## **Risks and uncertainties**

The guidance is not adopted by partner organisations leading to inconsistency in providing support to young people who are self-harming and their families.

An absence of a coordinated programme of training for universal workers to accompany this guidance leading to staff feeling unsupported and unclear about best practice in when working with young people who self-harm.

## **6. Contacts**

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