

## Non-Suicidal Self-Injury Workshop

Many adults in our school communities feel woefully unprepared to respond to non-suicidal self-injury among students. Self-injury includes behaviors like cutting, scratching, burning, self-hitting, and punching walls. These behaviors are increasingly common among adolescents: current research suggests at least 12-37% of adolescents will engage in self-harm. Despite the alarming prevalence of self-injury among adolescents, most schools do not have systematic plans to prevent and respond to these behaviors. Many school personnel, including school counselors and school administrators, have questions and/or concerns about: the relationship between self-injury and social media, liability, self-injury and suicide, and talking to parents about self-injury. This workshop provides school personnel with a foundational understanding of non-suicidal self-injury and actionable information about strengthening their schools' efforts to prevent and respond to these behaviors.

### Takeaways from the Workshop:

- Foundational understanding of non-suicidal self-injury, including current research on prevalence, self-injury and social media, and self-injury and suicide
- Awareness of best practices in preventing and responding to non-suicidal self-injury in the school context
- Case examples of how Missouri schools are responding to self-injury, including successes and challenges
- A shareable resource library of tools you can adapt and use in your school for ongoing professional development, including a customizable PowerPoint presentation suitable for a brief staff presentation; resources for communicating with parents about self-injury; working with students engaging in self-injurious behaviors
- A draft school-based protocol for responding to self-injury
- Concrete guidance on integrating this protocol into current school-based suicide prevention and response efforts
- A site-based action plan school personnel can use to expand awareness about this topic in their schools' and strengthen their schools' response to non-suicidal self-injury

### Agenda for the Day (Tentative):

9:00 am – 10:00 am	Introduction to Non-Suicidal Self-Injury
10:00 – 10:30	Non-Suicidal Self-Injury & Social Media
10:45 am –12:00 am	Best Practices in Responding to Non-Suicidal Self-Injury in Schools
12:00 – 12:30 pm	Lunch (provided)
12:30 pm – 1:30 pm	Review of Resources: PD Tools, talking with parents, working with students
1:30 pm – 2:30 pm	Step-by-Step Development of an Action Plan

Melissa A. Maras, Ph.D.

Dr. Melissa Maras is a national expert in school mental health and evaluation capacity-building. Her work focuses on strengthening partnerships and leveraging resources among local school and communities. Dr. Maras currently provides consultation and professional development to Missouri schools and communities around becoming trauma-informed, school mental health improvement, preventing and responding to suicide, non-suicidal self-injury, and school-community collaborations.