

Scotland's Self-harm Strategy and Action plan (2023) aims for anyone affected by self-harm, to receive compassionate support, without fear of stigma or discrimination. The strategy highlights the need to continue to expand and deepen self-harm (SH) knowledge, provision of core training and continuous professional development for key professional groups including schools and further education. The NHS Greater Glasgow and Clyde Health Improvement Team are working in partnership with several Further and Higher Education Institutions to increase awareness and understanding of self-harm through delivery of a capacity building programme. On 19th September 2024, the What's the Harm? Self-harm awareness and skills 1 day training course was delivered to staff from the Royal Conservatoire of Scotland. Below shares a summary of the training evaluation.

Participants

10 staff attended the training,
8 completed an evaluation



Learning

As a result of participating in this training, please share two things you will do.

Emerging Themes

Relationship Building

CPD

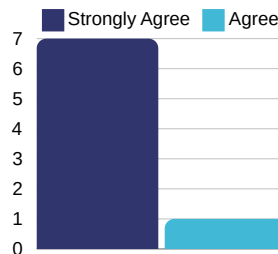
Organisational Development

- Complete re-draft of SH guidelines
- Become a SH trainer
- Focus on building trust and respect and compassion
- Create folder of resources
- Share learning

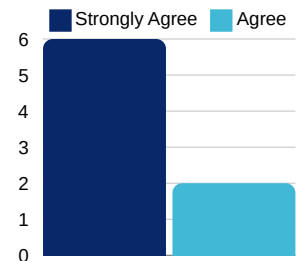
For further information on the NHSGGC Mental Health Improvement Team Self-harm Capacity Building work please email: ggc.mhead@nhs.scot

Course Content

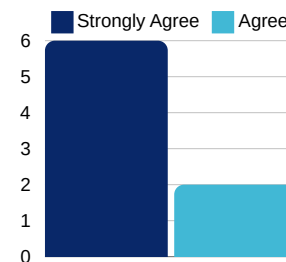
I understand what is meant by SH



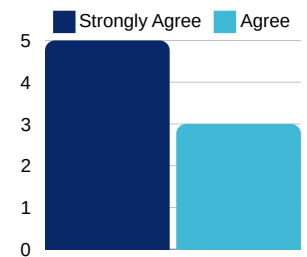
I have an understanding of the function of SH



I have an understanding of some of the factors which may underlie SH



I feel more able to respond appropriately to someone who is SH



"I felt it was both informative and sensitively handled. It was well pitched for the level of intervention expected."

"The trainers were clear and I think the balance of listening and participation was just right. I enjoyed the activities as they were thought provoking and really effective."

"Good amount of content, plenty of time for discussion and reflection."