



Fiona White, Health and Wellbeing Development Officer, shares how Education Services are taking forward self-harm awareness and training in Renfrewshire.



Why did Renfrewshire take part in the self-harm capacity building programme?

"Our schools counselling data has shown an increase in the number of children and young people self-harming so it was important that our staff are equipped with the appropriate skills and knowledge to manage this. This also includes partners from health, sport and 3rd sector in Renfrewshire".

How have Renfrewshire taken forward their self-harm training programme?

"I have a lead role in co-ordinating this programme of work. Our training team initially targeted school staff who have substantial contact with children and young people; Principal Teachers of Pupil Support, Pupil Support Coordinators and key workers across our secondary schools. The training is part of our council improvement plan and filters in to school improvement plans. It has been extended to staff from all sectors".

How many staff have completed self-harm training?

"In 2022 over **60** secondary staff completed the 1 day What's the Harm Course. We also delivered several online sessions (An Introduction to Self-harm) and whole school inputs which have included around **200** staff across all sectors to date".

What has worked well and what have been the challenges?

"Taking a targeted approach to staff training has been key to ensuring teams of pupil support staff have been upskilled. We have recently shifted our focus to staff teaching younger year groups as we are aware this is an increasing demographic in need of support. Every training course we have put on has met its maximum participant allocation. Unfortunately, on the day, staff may have to pull out due to staff cover issues leaving spaces unfilled".

What are the next steps for Renfrewshire?

"We will continue to deliver both our 1 day training and Introduction to self-harm session which will extend to include our 3rd sector partners, leisure and sports clubs. This is part of our whole school approaches to support children and young people who are self-harming".