

SHARP (Self-harm Awareness & Resource Project)

Our main aim is to '**raise awareness, build confidence and skills** and **provide support** to front-line service providers and professionals to intervene and manage young people who present with self harm and suicidal behaviours

SHARP Practitioners also provide children and young people with opportunities and strategies for hope and recovery from the effects of self-harm and minimise the risk of future harm through individual and group work

SHARP is funded by Nottingham City Clinical Commissioning Group (CCG) – the service is embedded within Nottingham City Self-harm Pathway.



Evidence that early intervention works

- Between February 2014 to February 2015 there was a **28% reduction of children and young people presenting with self-harm** at our City Children's Emergency Department
- Between Oct 15 – Sept 16 - **100% of completed therapeutic interventions saw a reduction in self-harm behaviour and suicidal ideation**
- Between Oct 15 – Sept 16 - **66 School Self-harm Clinics** were offered and **118 CYP** were seen - **87% of young people seen remained within Universal Services** with clear recommendations of support (robust safety plan, signposting, consultation, risk identified)
- **100% of young people risk assessed in our schools clinics did not require a referral to Children's Emergency Department**
- Between Oct 15 – Sept 16 - **368 professionals** received a SHARP consultation
- **79% of professionals** receiving a consultation gave the highest feedback of **5/5**
- **SHARP 4 Parents** sessions run bi-monthly across various city venues offering workshops on management of self harm and safety in the home (Safe from Harm)
- **Trans4Me** group runs weekly – last year **42 sessions** were delivered and **204 young people** attended sessions

Free Training for Front-line Professionals

Between Oct 15 – Sept 16;

- 133 training sessions were delivered
- 1375 professionals attended
- 1151 said they had improved knowledge
- 83.7% improved overall knowledge of managing self-harm behaviours



Free Training sessions;

Self Harm Awareness, Suicide Everybody's Business, The Transgender Child, A to Z of Your Head, Let's Talk About Drugs, School/Agency Bitesize, Understanding Girls Who Self-harm

New training for 2017 includes – Breaking the Silence (Males and Suicide) and If Toys Could Talk (Recognising early harmful behaviours in children and building resilience)



**Nottingham
City Council**