The Crisis Team

Team of diverse individuals (e.g., counselors, nurses, school social workers, school psychologists, administrators and/or teachers) best positioned to address issues related to detecting and managing self-injurious behaviors.
- Identify a point person from this team to serve as the main liaison between students, parents, and the school.
- Team should have in-depth training from local self-injury or mental health experts.

School Becomes Aware of Student Self-Injury

Nurse treats wounds & assesses lethality

Contacts emergency services if wounds are severe, life-threatening or if student is suicidal.

Low Risk vs. High Risk

Low Risk
- Little history of self-injury
- Manageable amount of external stress
- Some positive coping skills
- Some external support

High Risk
- Frequent or long-standing self-injury practices
- Use high lethality methods
- Experiencing chronic internal and external stress
- Few positive supports or coping skills

Point Person Meets with Student

Point person meets with student and discusses strategies for using more positive coping mechanisms and minimizes follow-up pain.

Low Risk

Point person & student contact parents.

High Risk

Point person student and parents meet.

Encourage a help family & student get outside services

Follow-up in a few weeks later.

For More Resources

Cornell Research Program on Self-Injury and Recovery
http://www.selfinjury.cornell.edu
Youths Risk and Opportunity Lab
http://www.correl.com
School Protocol Paper
Schools for Psychology International

NSSI School Protocol Process
Presented by Lindsay Raskin
The Cornell Research Program on Self-Injury and Recovery