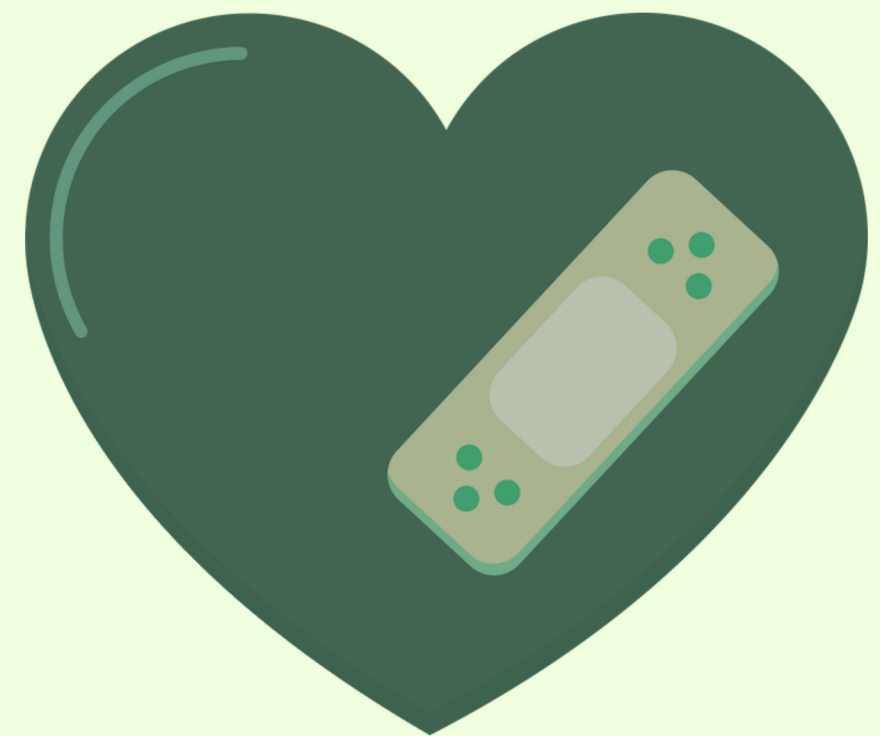




MENTAL HEALTH

SELF HARM AWARENESS





SW CARES CENTER TEAM

SWISD

JOANN SANDOVAL, LPC
PRISCILLA VOMERO, LPC

FAMILY SERVICES ASSOCIATION

CELINA CASTENEDA, LPC-A
ELIZABETH TORRES, LPC-A

GRADUATE COUNSELING INTERNS



THE WHAT



Mission Statement

The mission of the SWISD Health Southwest C.A.R.E.S Center is to "Empower our SW Community to access life changing mental health services, tools, and support – without fear, stigma or barriers."

-SW C.A.R.E.S Team 2023-2024

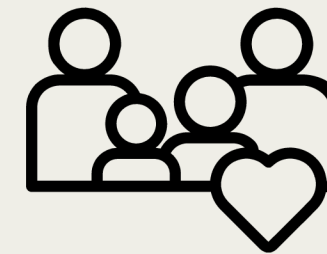
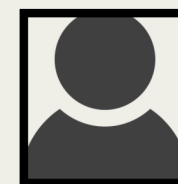
No Cost to All SWISD Families and Employees



Screening & Assessment of Mental Health Disorders



Individual, Family, and Couples Therapy



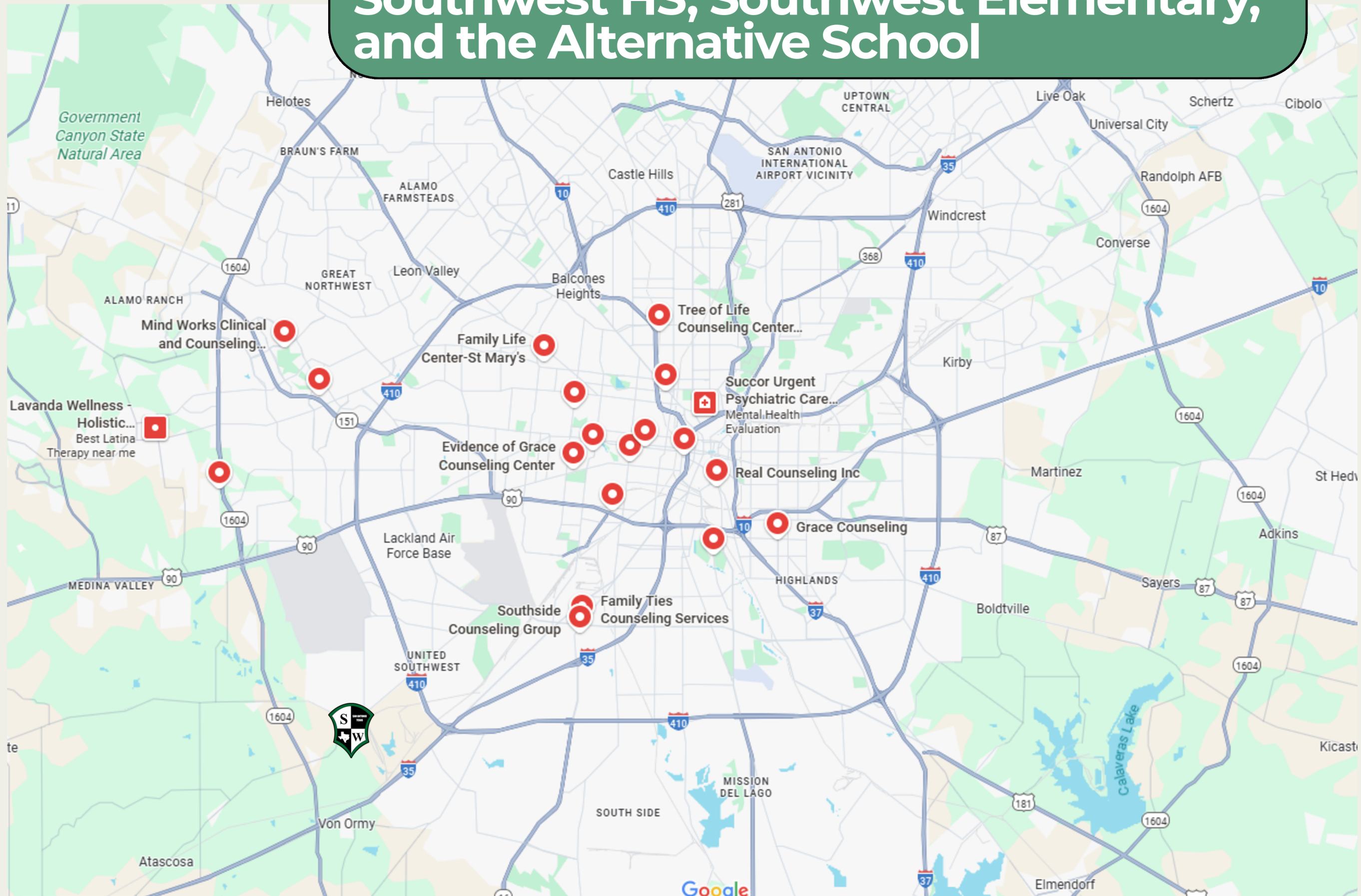
Individualized Treatment Plans





THE WHY

Below is a map of the closest counseling centers from Southwest HS, Southwest Elementary, and the Alternative School





SW CARES Therapist

Priscilla Vomero, LPC

I believe education is empowerment and I have served families in SWISD in San Antonio, TX as both a teacher & school counselor.

I graduated from UTSA with my B.A and a desire to go into PR.

I then ended up in Education as a Teacher and then graduated from OLLU with my MA in School Counseling.

I attained my LPC in Summer of 2023 while working as a High School Counselor and part time therapist at a local mental health hospital.

I am a wife, mother of three, a wife of a first responder, and wife of a veteran.

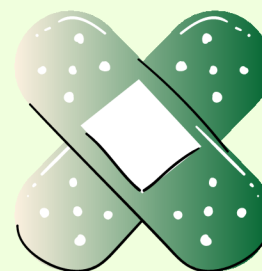




MENTAL HEALTH AWARENESS

OBJECTIVE

**TO UNDERSTAND SELF HARM, WHO IS AT RISK, HOW TO RESPOND, WHO
SELF HARM IMPACTS, AND RESOURCES FOR FAMILIES WITH A LOVED
ONE STRUGGLING WITH SELF HARM**



MENTAL
HEALTH
AWARENESS

TRUE OR FALSE

SELF HARM IS ONLY CUTTING ONE'S SELF
ON PURPOSE.



MENTAL HEALTH AWARENESS



MENTAL
HEALTH
AWARENESS

QUESTION

CAN YOU NAME 2 RESOURCES TO ADDRESS
SELF HARM?



MENTAL
HEALTH
AWARENESS

QUESTION

WHO ENGAGES IN SELF HARM MORE?

MALES OR FEMALES



MENTAL HEALTH AWARENESS



MENTAL
HEALTH
AWARENESS

QUESTION

CAN YOU NAME 2 SIGNS OF POTENTIAL SELF HARM?





MENTAL
HEALTH
AWARENESS

QUESTION

WHICH AGE GROUP ENGAGES IN SELF
HARM MORE?

ELEMENTARY

MIDDLE

HIGH SCHOOL



MENTAL HEALTH AWARENESS



MENTAL
HEALTH
AWARENESS

QUESTION

**HOW MANY SELF HARM
OUTCRIES/ACTIVITY CASES HAVE YOU
RESPONDED TO IN THE LAST 2 WEEKS?**



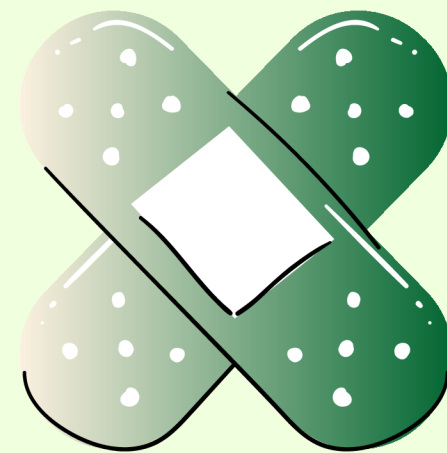




SELF HARM AWARENESS

WHAT IS IT?

: THE ACT OF PURPOSELY HURTING ONESELF (AS BY CUTTING OR BURNING THE SKIN) AS AN EMOTIONAL COPING MECHANISM





SELF HARM AWARENESS

EXAMPLES

SELF HARM: THE ACT OF PURPOSELY HURTING ONESELF AS AN **EMOTIONAL COPING MECHANISM**

IDENTIFYING SELF-HARM



Punching, scratching, or pinching herself



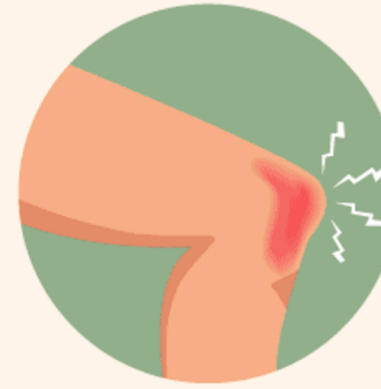
Kicking or punching walls



Pulling out her hair, eyelashes, or eyebrows



Breaking bones



Giving herself intentional bruises



Burning herself



Excessive drinking



Neglecting to eat



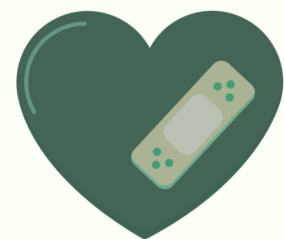
Poisoning herself



Excessive exercising



SELF HARM AWARENESS



SELF HARM **VERSUS** SUICIDE

With suicide, there is an intent to die; whereas, with non-suicidal self-injury the reasons may include to:

- ✚ Feel emotionally better
- ✚ Express desperation or anger
- ✚ Punish oneself
- ✚ Feel pain or relief
- ✚ Have control of one's body
- ✚ Manage painful feelings of current or past trauma

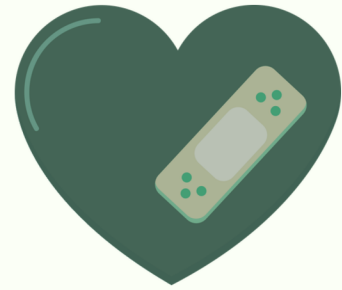
A PROFESSIONAL CLINICAL ASSESSMENT IS NECESSARY TO DETERMINE RISK



LOCAL CRISIS
AGENCIES



SELF HARM AWARENESS



RESEARCH SHOWS



The following **INCREASES** the risk of a child engaging in self harm behavior:

- an Authoritarian parenting style
- low emotional support
- high control of adolescent behavior
- lack of emotional support by parents
- perceived parental criticism



LOCAL CRISIS
AGENCIES



SELF HARM AWARENESS

RESEARCH SHOWS



**SELF HARM: THE ACT OF PURPOSELY HURTING
ONESELF AS AN EMOTIONAL COPING MECHANISM**



More common among
females than males
3x more likely



Behavior begins
in Adolescence or
early adulthood

Middle school
students engage in
behavior the most



Teens usually **think**
about behavior for a
period of time **BEFORE**
self harming



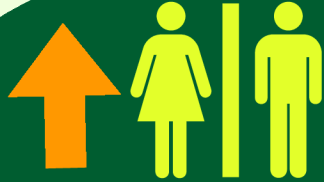
Behavior has a
purpose



A parents response to
Self Harm can impact
the child's recovery

Non-Hispanic White Youth
Report the highest rate of
self-harm




More females
engage in self harm
than males



Majority felt there
wasn't a trusted adult
at school to talk to
about mental health.



Youth aged 13–17
186,382 engage in self
harm every year




A coping mechanism
for negative emotions
and life events

SAN ANTONIO & BEXAR COUNTY RESEARCH SHOWS




It can also be a way
to feel in control of
one's body


Youth reported a
preference to talk to
friends first.


LGBTQ+ and gender diverse youth
Report **higher** rates of self-harm
than their heterosexual
counterparts

WHAT IS A COPING MECHANISM?

how individuals respond to stressful or challenging situations, whether consciously or unconsciously, to reduce tension and anxiety

Healthy COPING SKILLS



USING POSITIVE
SELF-TALK



DEEP
BREATHING



READING A
BOOK



GOING FOR A
WALK



EXERCISING



TALKING TO A
FRIEND



PLAYING A
SPORT



LISTENING TO
MUSIC



BEING VIOLENT
TOWARDS
OTHERS



OVERSLEEPING



SPREADING
RUMORS



YELLING AND
SCREAMING



HURTING
YOURSELF



EMOTIONAL
EATING



DESTROYING
PROPERTY



NAME CALLING
OR INSULTING

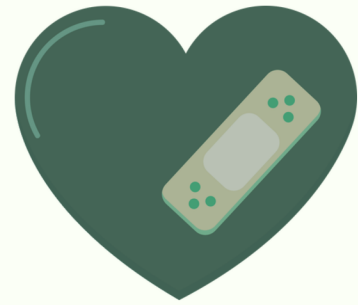


IMPACTS

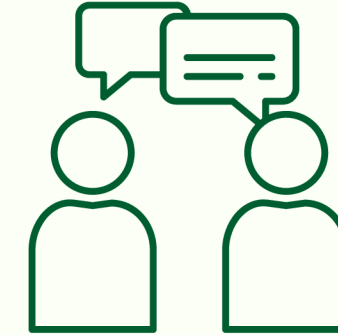




SELF HARM AWARENESS



HOW TO RESPOND



ADDRESS THE ISSUE

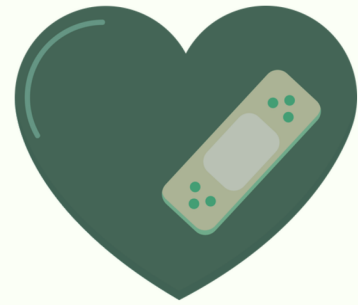
- ✓ **VALIDATE THE CHILDS FEELINGS**
- ✓ **USE YOUR CONCERN IN A HELPFUL MANNER**
- ✓ **DO NOT PRESSURE THE CHILD TO TALK**
- ✓ **GET YOUR CHILD ASSESSED BY A CRISIS MENTAL HEALTH AGENCY**



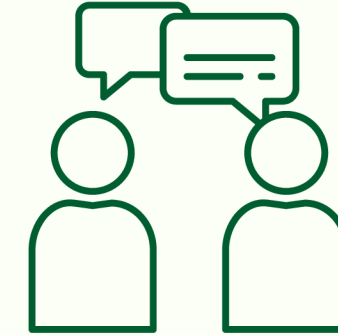
LOCAL CRISIS
AGENCIES



SELF HARM AWARENESS



HOW TO RESPOND



ADDRESS THE ISSUE

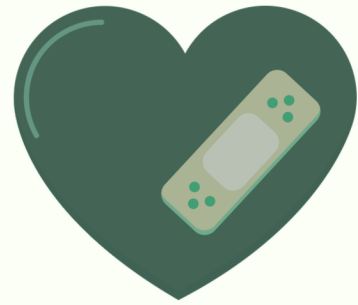
- ♥ Research shows **parents should also seek mental health assistance** because the majority of parents also experience some form of **stress, anxiety, or other mental health need** after learning of a child's self harm (Townsend et al., 2021) .



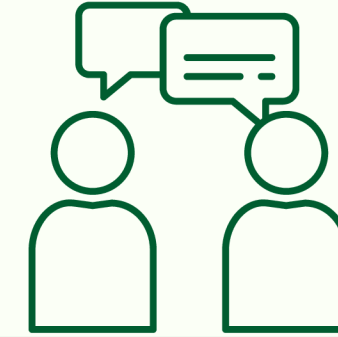
LOCAL CRISIS
AGENCIES



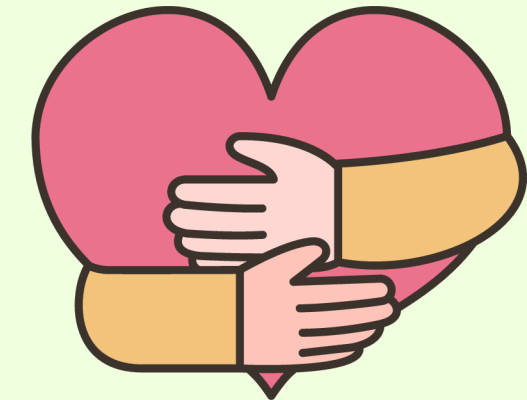
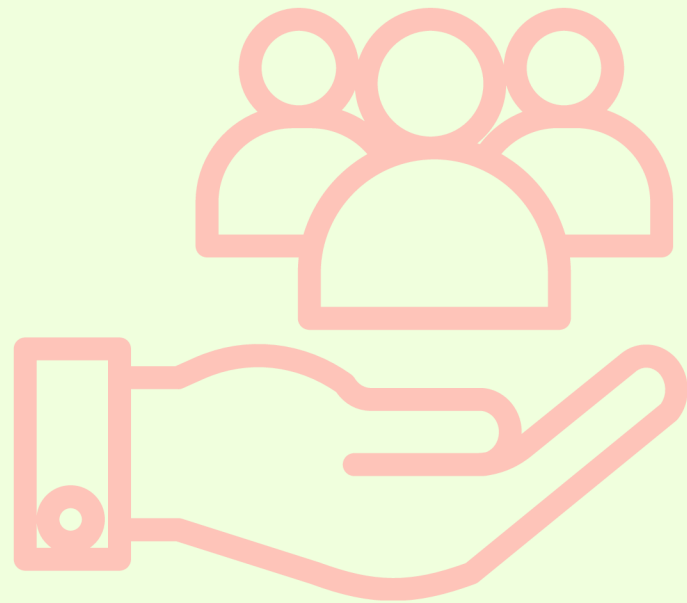
SELF HARM AWARENESS



GET HELP



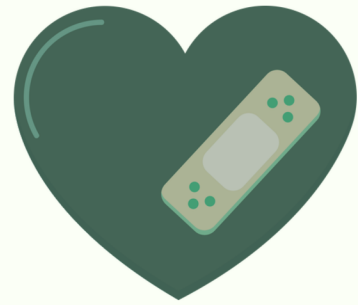
- ♥ Individual Counseling for the student
- ♥ Individual Counseling for the parent
- ♥ Family Counseling
- ♥ Create a Safety Plan with a counselor or mental health provider



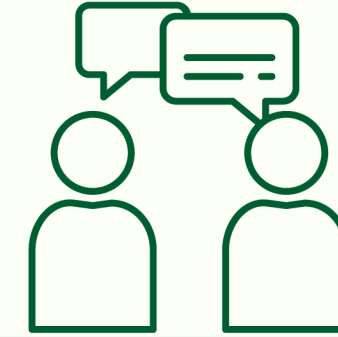
LOCAL CRISIS
AGENCIES



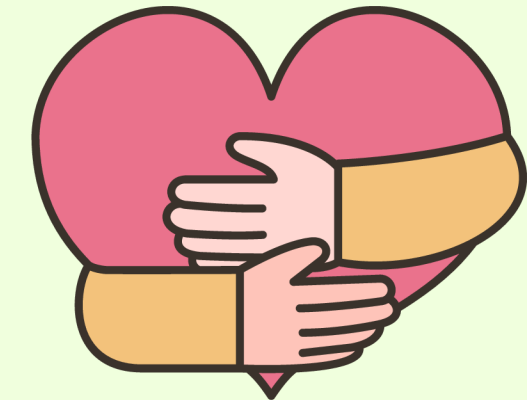
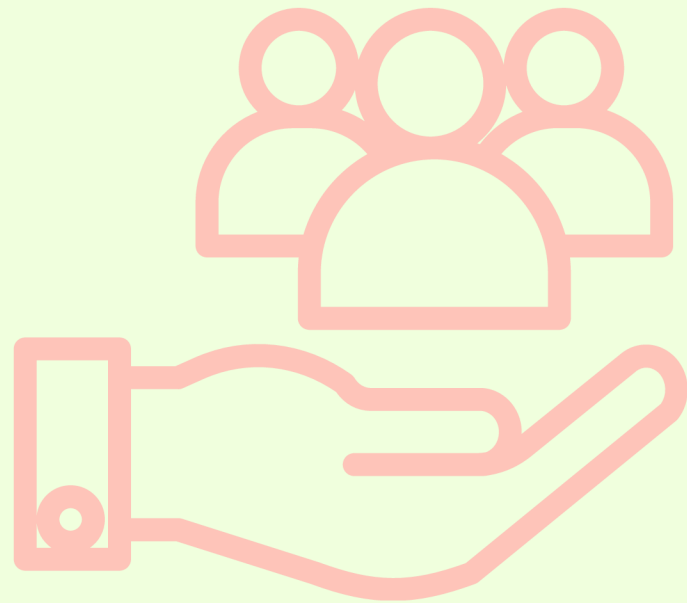
SELF HARM AWARENESS



GET HELP



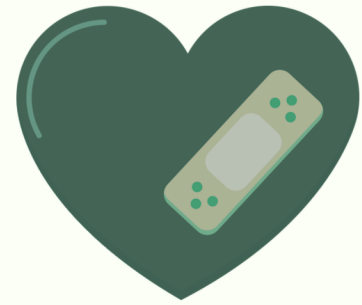
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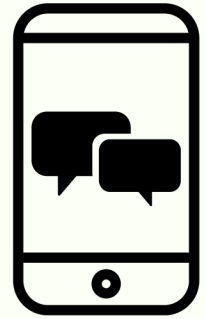
LOCAL CRISIS
AGENCIES



SELF HARM PREVENTION

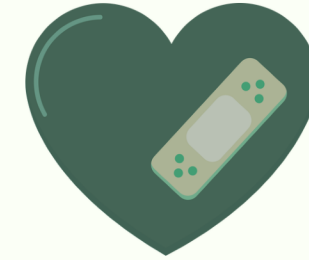


TEXT 741741





SELF HARM AWARENESS

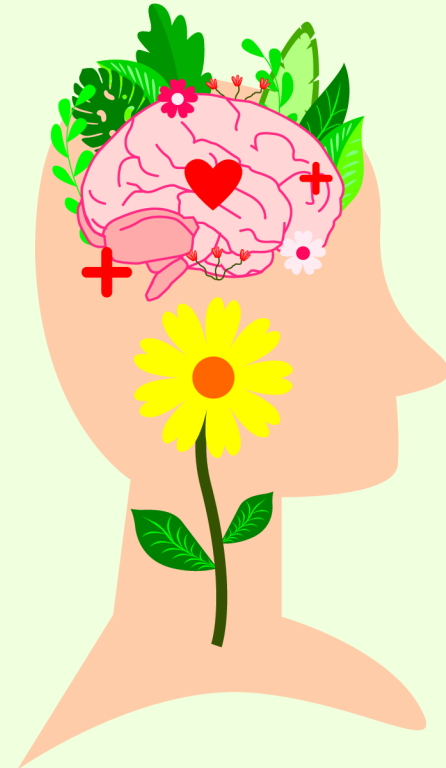


**MARCH IS SELF HARM
AWARENESS MONTH**



**Online
Resources**





TEXT 741741
SELF HARM CRISIS LINE

CRISIS
AGENCIES



ONLINE
RESOURCES



MENTAL HEALTH

SELF HARM AWARENESS

WHAT IS IT?

SELF HARM IS A DELIBERATE AND PURPOSEFUL INJURY TO ONESELF DUE TO AN OVERWHELMING AND UNMANAGED MENTAL HEALTH ISSUE

EXAMPLES INCLUDE BUT ARE NOT LIMITED TO:

- CUTS, MARKS, OR BURNS ON THE SKIN LIKE ARMS, WRISTS, LEGS, OR ABDOMEN
- USING SHARP OBJECTS, RAZORS, KNIVES, OR RUBBER BANDS TO NUMB AREAS OF THE BODY OR BRING PAIN TO AN AREA OF THE BODY



HOW DO I HELP?

- ADDRESS THE ISSUE IMMEDIATELY
- DON'T PRESUME YOUR CHILD WILL "OUTGROW" THE BEHAVIOR
- VALIDATE YOUR CHILD'S FEELINGS
- OFFER REASSURANCE
- DO NOT PRESSURE YOUR CHILD TO TALK
- THE BEHAVIOR REPRESENTS DIFFICULTY IN VERBALIZING HIS/HER EMOTION



WHAT'S NEXT?

IF YOU FIND YOUR CHILD SELF HARMING HAVE THEM SCREENED BY A CRISIS AGENCY IMMEDIATELY.

PLEASE USE THE QR CODE TO THE LEFT FOR CRISIS AGENCIES THAT CAN PROVIDE IMMEDIATE SUPPORT.



MENTAL
HEALTH

SELF HARM
ALTERNATIVES



GO ON A WALK



DRAW ON YOURSELF



TAKE A HOT OR COLD
SHOWER



WRITE OUT YOUR
FEELINGS



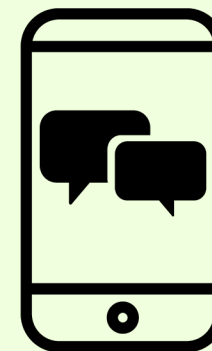
LISTEN TO MUSIC



CALL A TRUSTED
LOVED ONE



CRISIS
AGENCIES



TEXT 741741
SELF HARM CRISIS LINE



ONLINE
RESOURCES



MENTAL SALUD

AUTOLESIÓN



MENTAL SALUD

Autolesión

ALTERNATIVAS



¿QUÉ ES?

La autolesión es una lesión deliberada e intencionada que uno mismo se produce debido a un problema de salud mental abrumador y no controlado.

Los ejemplos incluyen, entre otros:

Cortes, marcas o quemaduras en la piel, como en brazos, muñecas, piernas o abdomen

Uso de objetos afilados, navajas, cuchillos o bandas elásticas para adormecer áreas del cuerpo o provocar dolor en una zona del cuerpo



SAL A
CAMINAR



DIBUJA EN TI
MISMO



TÓMATE UN CALIENTE O
UN FRÍO DUCHA

¿CÓMO PUEDO AYUDAR?

- NO PRESIONE A SU HIJO PARA QUE HABLE, EL COMPORTAMIENTO REPRESENTA DIFICULTAD PARA VERBALIZAR SU EMOCIÓN
- ABORDAR EL PROBLEMA INMEDIATAMENTE
- NO SUPONE QUE SU HIJO "SUPERARÁ" EL
- VALIDE LOS SENTIMIENTOS DE SU HIJO Y
- OFREZCA CONSUELO COMPORTAMIENTO



ESCRIBE TU
SENTIMIENTOS



ESCUCHAR
MÚSICA



LLAMA A UN CONFIANZA
AMADO



LÍNEA DE
CRISIS POR
AUTOLESIÓN

TEXTO
741741

CRISIS
AGENCIAS

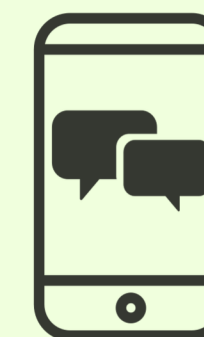


EN LÍNEA
RECURSOS



¿QUÉ SIGUE?

SI ENCUENTRA QUE SU HIJO SE AUTOLESIONA, HAGA QUE EXAMINADO INMEDIATAMENTE POR UNA AGENCIA DE CRISIS POR FAVOR UTILICE EL CÓDIGO QR A LA IZQUIERDA PARA CRISIS LOCAL



TEXTO 741741

LÍNEA DE CRISIS POR AUTOLESIÓN





Crisis Intervention Agencies



Suicidal Ideations/Attempts or Self Harm

EMERGENCY -Call 911

Emergency rooms at the nearest hospital provide crisis assistance.

**Texas Youth Hotline (24 Hours)
1-800-210-2278**

Self Harm Hotline Text 741741

Suicide Hotline Call or text 988 (24 Hours)

LOCAL RESOURCES

The following are two Mobile Response Units. The unit sends a Mental Health Professional(s) to respond and assess an individual experiencing a mental health episode like active self harm or suicidal ideation.

**Specialized Multidisciplinary Alternate Response Team or
S.M.A.R.T.
210-223-7233**

**(MCOT) Mobile Community Outreach Team Crisis Line
by Center for Health Care Services (CHCS)
24-Hour Crisis & Substance Use Helpline: 800-316-9241 or
210-223-SAFE (7233)**



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210-223-SAFE (7233)



Crisis Intervention Agencies



Suicidal Ideations/Attempts or Self Harm

LOCAL RESOURCES

Where you can take an individual who is actively self harming or has made a suicidal outcry or attempt. A trained crisis mental health professional will assess the individual for potential inpatient treatment.

Clarity Child Guidance Center

***Children/ Adolescents ages 13-17
210-616-0300
8535 Tom Slick, 78229**

Innova Recovery.

***Children/ Adolescents ages 13-17
*Adults 18+
(210) 254-3618
1842 Lockhill Selma Rd #102, 78213**

Laurel Ridge Hospital

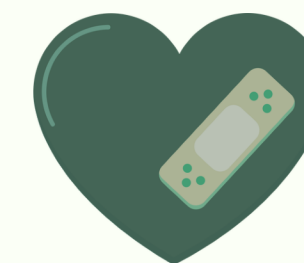
***Children/Adolescents ages 8-17 & *Adults
(210) 491-9400
17720 Corporate, 78259**

San Antonio Behavioral Healthcare Hospital

***Children/Adolescents ages 13-17 & Adults 18+
(210) 541-5300
8550 Huebner Road, 78240**



STUDENT FEEDBACK POST PRESENTATION



  
Survey

Know - Write one thing you already knew about self harm

that people who do it are usually sad

Wonder - Write one thing you still wonder about self harm.

why people do it

Learned - Write one thing you learned from our presentation or mental health agencies

that there are different types of self harm

  
Survey

Know - Write one thing you already knew about self harm

Self harm is a main cause of suicide

Wonder - Write one thing you still wonder about self harm.

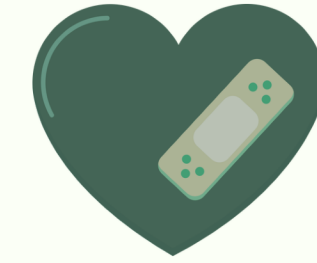
What goes on in their head

Learned - Write one thing you learned from our presentation or mental health agencies

Self harm isn't just cutting



STUDENT FEEDBACK POST PRESENTATION



Know - Write one thing you already knew about self harm
It's trying to hurt yourself

Wonder - Write one thing you still wonder about self harm.
Nothing

Learned - Write one thing you learned from our presentation or mental health agencies
It's not just a phase

Know - Write one thing you already knew about self harm
It's bad

Wonder - Write one thing you still wonder about self harm.
What does it do?

Learned - Write one thing you learned from our presentation or mental health agencies:
How many programs we have to help

Know - Write one thing you already knew about self harm
It hurts the body

Wonder - Write one thing you still wonder about self harm.
If it is long lasting

Learned - Write one thing you learned from our presentation or mental health agencies
It can be for many reasons.

Know - Write one thing you already knew about self harm
Cut lips

Wonder - Write one thing you still wonder about self harm.
Why people do it

Learned - Write one thing you learned from our presentation or mental health agencies
How to prevent it

Know - Write one thing you already knew about self harm
You harm yourself due to feelings

Wonder - Write one thing you still wonder about self harm.
Do you tell someone if you know someone is self-harming?

Learned - Write one thing you learned from our presentation or mental health agencies
suicide & self-harm are different

Know - Write one thing you already knew about self harm
Self-harm is an unhealthy way to deal with emotions.

Wonder - Write one thing you still wonder about self harm.
the brain function

Learned - Write one thing you learned from our presentation or mental health agencies
I didn't learn anything new.

Know - Write one thing you already knew about self harm
Hair pulling is self-harm

Wonder - Write one thing you still wonder about self harm.
Is blasting loud music self-harm?

Learned - Write one thing you learned from our presentation or mental health agencies
Ya'll have good programs

Know - Write one thing you already knew about self harm
Cutting, Burning, overworking, hurting yourself on purpose

Wonder - Write one thing you still wonder about self harm.
What it does to people

Learned - Write one thing you learned from our presentation or mental health agencies
That it's more common in middle school and from girls more than boys.



SELF HARM AWARENESS



What are some feelings about this presentation/topic? Reactions? Thoughts?

REFERENCES

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Sweet, M. & Whitlock, J.L. (2009). *Information for parents: What you need to know about self-injury*. The Fact Sheet Series, Cornell Research Program on Self-Injury and Recovery. Cornell University. Ithaca, NY

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