

# **Nonsuicidal self-injury (NSSI) in Preteens and Teens: Recognizing, Understanding, and Responding**

**Date: March 15, 2024**

**Presenter:** Julia Brillante, Psy.D.

**Location:**

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724 For directions to the Mall, access our website at: [www.rpdacademy.org](http://www.rpdacademy.org)

**Time:**

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation (Lunch will not be provided)

**Fee:**

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

**Audience:** All Levels

**Seminar Description:**

Nonsuicidal self-injury (NSSI) in Preteens and Teens: Recognizing, Understanding, and Responding

Nonsuicidal self-injury (NSSI), though distinct from suicidal behavior in that it is purposeful self-harm without any intent to die, is a strong risk factor for suicide attempts. Self-harm in teenagers can elicit fear in families and school staff given the concerning nature of these difficulties. At the same time, helping the adults in teenagers' lives to understand the implications of these behaviors, how to respond to these behaviors in a non-therapy setting, and how to connect teens to proper care can make a difference in their lives.

This workshop aims to provide participants with an overview of NSSI, including what it is, warning signs, why teens engage in it, the differences between NSSI and suicidal thoughts/behavior, how to respond to this behavior in a non-therapy setting and connect teens to treatment, and select Dialectical Behavior Therapy (DBT) skills which can help in responding to teens. Although the focus of this workshop is on NSSI, this workshop also aims to help participants recognize the differences between NSSI and suicidal ideation/behavior, ways to assess for suicidal severity, questions which can help assess for suicidal versus non suicidal intent, and ways to respond to teens expressing suicidal thoughts in a non-therapy setting. The intended audience for this workshop includes school-based staff, including teachers, counselors, and administrators.

**Outcome Objectives:** Participants will be able to:

- Define NSSI, suicidal ideation/behavior, and the differences between them.
- Identify reasons teens engage in NSSI.
- Recognize warning signs/characteristics of teens who engage in NSSI.
- Learn how to help/respond to NSSI in a non-therapy setting.
- Tool to assess for suicidal severity
- Learn how to help/respond to teens expressing suicidal thoughts in a non-therapy setting.

**Participants will gain knowledge and skills in:**

- Understanding NSSI and suicidal thoughts/behavior
- How to respond in school setting
- Select DBT distress tolerance skills

**P.D.U.:** 4.0 hours

**NOTE: Participants will be expected to engage in interactively practicing DBT skills during workshop.**