

STORM[®] Self-harm Mitigation Skills Training

Suicide Prevention

Module 1: Assessment of Risk

- Suicide intent
- Degree & seriousness of that intent
- Hopelessness
- Background leading up to suicide becoming an option
- Associated risk & protective factors

Module 2: Safety Planning

- Developing a safety plan for the immediate risk
- A guide to levels of risk
- Safety - Removal or restriction of the methods identified
- Signposting & support
- Coping strategies and self-help

Module 3: Problem Solving

- Learn a basic problem solving technique
- Teach the technique to others

Module 4: Future Safety Planning

- Recovery through collaboration
- Identifying signs & indicators,
- Signposting & support
- Coping strategies and self-help
- Developing a plan for both early indication of distress and a worsening situation

Module 5: Postvention

- Understanding grief
- Positive and meaningful approach
- Safety – identifying vulnerability
- Signposting & support
- Developing a Postvention plan

School Student Workshop

Uses drama and multi-media to:

- Raise awareness of distress and suicidal thoughts
- How to seek help

Self-injury Mitigation

Module 1: Assessment of Risk

- Assessing the physical injury; degree & seriousness of the injury
- Suicide intent
- Signs & indicators
- Need to intervene
- Background leading up to self-injury

Module 2: Safety Planning

- Developing a safety plan for the immediate risk
- Injury care
- Signposting & support
- Immediate safety plan
- Continue or S.T.O.P – appraisal of need to self-injure; appraisal of coping strategies; and safety planning for the future

Course Structure

STORM[®] training is structured to maximise skills development. It utilizes the gold standard methods of rehearsal, filmed role-rehearsal, self-reflection and feedback.

The training is an opportunity to team-build and/or network with staff from other agencies. Using a solution focused approach, Participants to work together to:

- Translate skills into practice
- Discuss issues and perhaps incidents
- Face challenges to improve practice and services
- Brings staff and services together using a common language and approach to assessment and safety planning of risk