

# Self Injury: Changing Practice

## A Harm Minimisation Approach in Lancashire

### What (Methodology)

We came together regularly both virtually and in person to focus on a scoping review to inform:

- Development of Policy & Best Practice Guidance
- Implementation Strategy & Business Case

### Who?

LCFT  
Public  
3<sup>rd</sup> Sector  
Higher Education

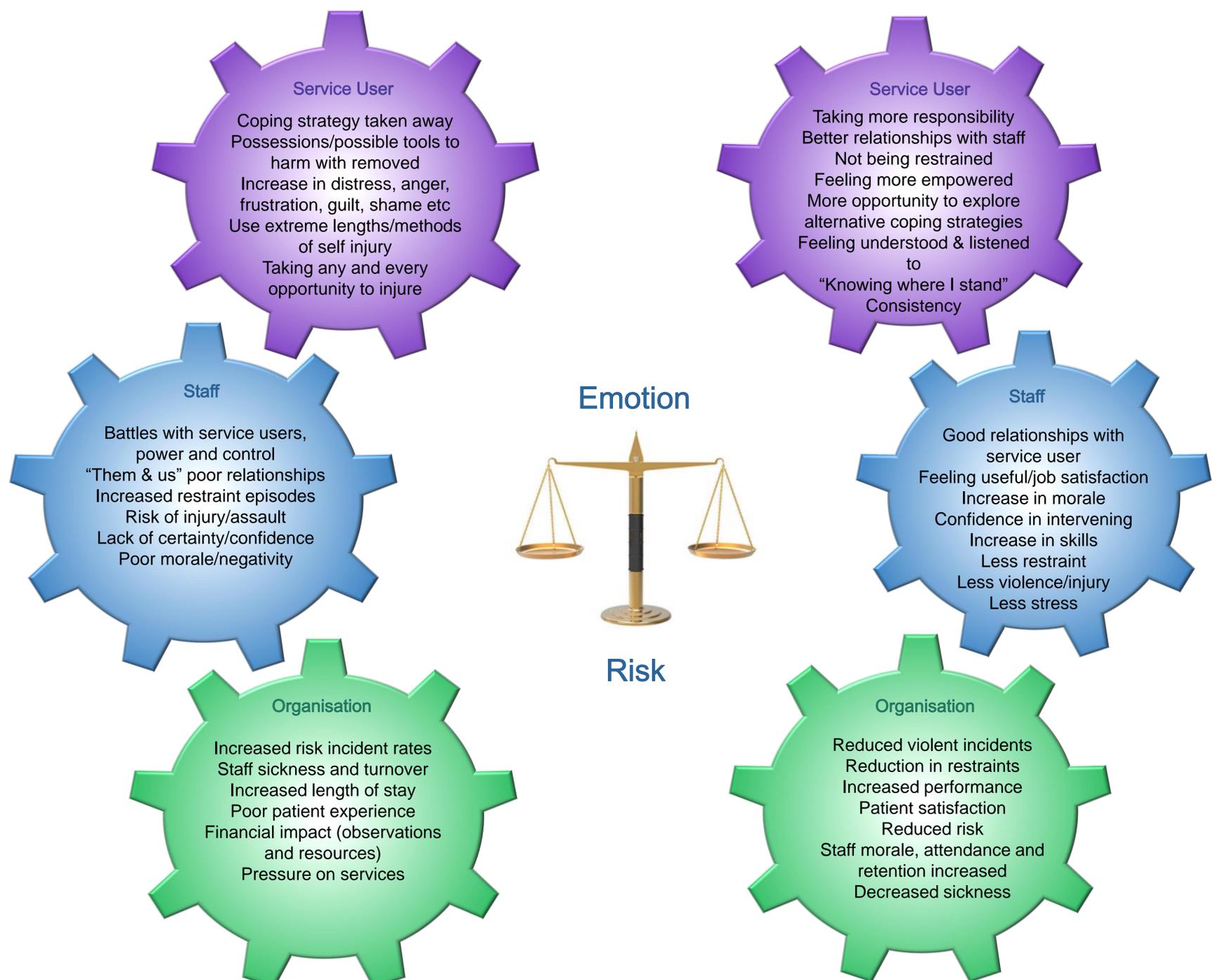


### Why?

To support and promote the adoption of an evidence based approach to self injury & harm minimisation across all LCFT services and inpatient settings so that every service user/patient can expect a consistent and helpful response from a supportive and confident member of staff.

## Costs of enforced harm cessation

## Benefits of harm minimisation



### Results

- We started to distil the knowledge and evidence from the literature to create a policy to support a harm minimisation approach to Self Injury.
- We have produced a detailed review protocol.
- We have provided evidence that the proposed change in practice will result in a better experience for service users/patients.
- We identified further areas for research.

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