

## **Improving community-based services for self-harm programme (2020-2023)**

### **Research context**

- Self-harm can occur at any point across the lifetime and is a risk factor for suicide
- Services for people who self-harm are often fragmented
- Psychosocial assessments may reduce self-harm repetition by 40%
- Only 50% of people who have self-harmed receive a psycho-social assessment

### **The programme**

- Phase 1 and 2 = Support NHS Integrated Care Systems (ICS) across England to improve community-based services and care for people who self-harm
- The CQUIN (Commissioning for Quality and Innovation) for psychosocial assessment in liaison psychiatry = Target of 80% of self-harm referrals to receive an assessment in line with the NICE guidelines

### **Phase 1 and Phase 2**

- Support services to develop interventions
- Ongoing evidence-based support
- Regular support by email, phone and online meeting
- Monthly interactive clinics
- Patient involvement and engagement
- Expert reference panel
- Resources website and shared learning

### **Monthly Virtual Clinics**

- 23 speakers on specialist topics covering:
  - Patient involvement and lived experience
  - Integration between services
  - Safety plans and follow-up care
  - Older people, minority ethnic groups, LGBTQ+
- 8 monthly virtual clinics
- 655 participants across 217 organisations

### **Phase 1 and Phase 2 engagement**

- 42 Integrated Care Systems
- 60 million population coverage
- 959 staff and key stakeholder attendance
- 2389 views on the programme webpage

- 22 events
- 2 launch events
- 9 virtual site visits
- 22 site presentations on developing self-harm services
- 11 monthly virtual clinics
- 51 video recordings
- 7 infographics

#### **CQUIN for psychosocial assessment**

- Launch events
- Ongoing evidence-based support
- CQUIN audit tool
- Quarterly interactive clinics
- FutureNHS collaboration platform

#### **CQUIN engagement**

- 550 staff and key stakeholder attendance
- 172 Emergency Departments with Mental Health Liaison Teams represented
- 1 launch event
- 3 implementation support events
- 1 psychosocial assessment audit tool
- 2 support documents (FAQ, Guidance)

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#### **Additional resources:**

- [NCISH | The University of Manchester](#)
- [The Manchester Self-Harm Project | The University of Manchester](#)
- [GM PSRC | \(nhr.ac.uk\)](#)