

Additional Information on NSSI

- Cornell University Self-Injury and Recovery Research and Resources (SIRRR)
  - <http://www.selfinjury.bctr.cornell.edu/index.html>

NSSI	Methods of Suicide
Intentional carving or cutting of the skin	Firearms
Subdermal tissue scratching	Suffocation
Burning oneself	Poisoning
Banging or punching objects or oneself with the intention of hurting oneself	Other
Embedding objects under the skin	

Assessment

- It is important to assess for thoughts of death, desire to be dead, suicidal ideation, suicidal behavior, and NSSI
  - Each of these domains need to be assessed as separate entities

Thoughts of death	Thoughts about being dead but no desire to be dead
Desire to be dead	Wish to be dead but no desire to kill oneself
Suicidal ideation	Thoughts of wanting to kill oneself with or without plan or intent
Suicidal behavior	Thoughts of wanting to kill oneself and attempts to do so
NSSI	Actions intended to harm oneself without intent to kill oneself

- If a client answers “yes” to any of the questions related to a desire to be dead, active suicidal ideation, suicidal behaviors, or NSSI, assess for the frequency, intensity, and duration; the function; and the surrounding emotionality and cognitions
  - Examples of how to do this include but are not limited to...
    - When is the last time you had the thought of \_\_\_\_\_?
    - How often have you had the thought of \_\_\_\_\_?
    - How long do the thoughts of \_\_\_\_\_ usually last when you have them?
    - How many times have you \_\_\_\_\_?
    - When you have had these thoughts of \_\_\_\_\_/tried to hurt yourself/tried to kill yourself, what were you feeling? How strong was that feeling 0-10, 0 being not strong at all, 10 being the strongest ever?
    - What else were you thinking about yourself when you had these thoughts of \_\_\_\_\_/tried to hurt yourself/tried to kill yourself?
    - What does hurting yourself/would killing yourself help you escape/gain?
    - What did you do that helped stop these thoughts of \_\_\_\_\_/you from continuing to hurt yourself/you from killing yourself?
    - What are you thinking/what are you doing when you feel your best?
- Standardized tools
  - Columbia Suicide-Severity Rating Scale (C-SSRS)
    - <http://cssrs.columbia.edu/>
    - Scroll down and click on “Find Your C-SSRS”
  - University of Washington Behavioral Research and Therapy Clinics
    - Mostly geared toward adults
    - Pull items from these measures that fit your setting and your population
    - <http://depts.washington.edu/uwbtrc/resources/assessment-instruments/>

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