



MTSS Tip Sheet

Self-Harm

A act calm

D de-escalate

A acknowledge feelings

P problem-solve

T think reflectively

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PURPOSE

This tip sheet will help you help your scholars who are having issues with self-harming behaviors. Below are tips that may be helpful, both in the moment and for future planning.

This list is not all encompassing, discuss with OT (and whole team), and see additional references for other suggestions.

TIPS

In the moment:

- Interact with scholar, engage in conversations, be open and listen
 - Understand they may be defensive / protective
- Maintain scholar safety

Future planning:

- Refer to behavioral health services (Applewood, Beech Brook, etc.)
- Remember that self-harm is a form of coping
- Incorporate safe coping mechanisms throughout the school day to educate scholar
 - deep breathing at the end of lesson
 - engage in weekly mindfulness activity
 - utilize Zones of Regulation “Tools to Try”
 - provide time for journaling
 - emotional check in’s with whole class
- Use students “regulation plan” to identify alternatives

TIPS FOR SCHOLARS WITH ID

- Provide scholar comforting or preferred items
- Placing scholar in protective helmets and/or gloves

Information from (Greydanus, 2011), (Hummel, 2020), and (Kuypers & Winner, 2021)*

OT / PT WEBSITE

<https://www.clevelandmetroschools.org/occupational-physical-therapy>

* detailed references available on department website