



from
Harm to
Calm

Professional Development Session

Every young person may be at risk of self-harming

“1 in 10 adolescents stated that they had self-harmed”

The Second Australian Child and Adolescent Survey of Mental Health and Wellbeing 2015

This session aims to assist school staff to:

- understand self-harm through evidence based research
- understand emotional distress in youth and how this may lead to self-harm
- identify youth who may be self-harming and develop practical and effective responses

The session covers:

- definition and description of self-harm and associated behaviours
- overview of emotional distress and the prevalence of self-harm
- information about adolescent development and indicators of self-harming behaviours
- how school staff and professionals might feel
- how to respond and what to do
- helpful strategies and resources, including SAFEMinds resources

Benefits for your School Community:

- equip and empower school staff to identify and respond effectively to self-harming behaviours
- receive copies of the from Harm to Calm booklets (created in collaboration with young people and other professionals who challenge self-harm)
- a whole school approach provides a safety net for students

A typical session runs for 2 hours and can be configured to suit your requirements.

For a meaningful and interactive session we recommend up to 30 participants.



Inspiring people and communities
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Who we are

Established in 1976, healthAbility is an independent, community owned organisation that improves the health and wellbeing of people across all ages and abilities. We are a not-for-profit organisation, which means surplus funds are reinvested back into healthAbility so we can continue to support the community and contribute positively to society.



About your facilitator – Rosalyn Sandwell

Rosalyn is currently leading healthAbility’s “from Harm to Calm Project”. She is an extraordinary youth and education professional with over 20 years of experience. Rosalyn’s approach is driven from her passion for developments in neuropsychology.

She is dedicated to sharing knowledge and teachings on how adolescent changes effect and control cognition and behaviours, including relationships, self-harm and anxiety and making those teachings accessible.

As Clinical Lead of the Reconnect program at healthAbility, Rosalyn is also engaged in early intervention and prevention work with young people at risk of homelessness. As a persistent and committed practitioner, Rosalyn also offers schools, professionals and individuals education and information sessions.



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