

# Stepping Back Safely

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A Suicide Prevention Project

*Psychoeducation workshops for parents and carers who are supporting adults and young people at risk of self-harm and suicide*



# Stepping Back Safely

**1. Safety Planning Intervention**

**2. Staff Workbook Training**

**3. Carer Psycho-Education Workshops**

# Safety Planning Intervention

- **Delivered over 4-6 sessions using an accompanying workbook**
- **Based on existing models of safety planning (e.g. Barbara Stanley, Thomas Jobes).**

## **Uses some additional elements**

- **Active carer involvement**
- **Recovery Focus**
- **Additional psychological models (Window of Tolerance and DBT)**

# Stepping Back Safely Workshop For Carers

- **Carers in our focus groups asked for help to "step back safely".**
- **Co-produced and now co-facilitate a workshop for carers.**
- **Psychoeducation about how to respond to the person they care for AND how to look after themselves**

# Carer Feedback – SBS Adult Workshops

- Meeting other carers - discussing strategies - understanding we are not alone in our experiences of NSFT.
- Meeting other carers and bereaved parents, thank you for sharing.
- The collection of CBT / DBT based models and the participation of Tutors and Carers that have lost loved ones through suicide.
- The space to discuss our experiences and what we have gone through openly.
- Realising that you are not alone in this situation and giving practical steps I can take. Less daunting and gave you a safe space being online rather than in person.

# Carer Feedback – SBS Adult Workshops

- This was such a helpful course - the trainers were so calm and compassionate, and understood the challenges we face as carers. Thinking about key concepts such as the window of tolerance for us and our loved one, validation, the downsides of the risk averse approach, and how to look after ourselves so we have a greater capacity for care. There is so little out there for carers, but the impact of looking after someone with severe mental illness has a massive impact on our own mental health. This should be available for everybody caring for someone in this situation - not least to prevent added strain on mental health services when our own mental health understandably deteriorates.
- How relatable and understanding the tutors were.
- The window of tolerance and some of the acronyms today, lived experience.
- Reassurance that other carers faced similar challenges to me Simple framework and a good ranges of techniques Well-structured sessions - good speakers and a good balance of communication between them and the carers on the call.
- All areas extremely relevant to current situation, very knowledgeable presenters, clear presenting and kept our attention. No pressure. Sign posted for further support otherwise unknown about.

# Parent & Carer Psychoeducation

## Crisis Assessment Intensive Support Team (CAIST) Pilot

- **Support for parent & carers supporting younger age service users 14 – 18 years at risk of self-harm and suicide**
- **Focuses on the young person and their risk and recovery  
focuses on parents and carer and their needs  
monthly carer support sessions/groups/ meetings**

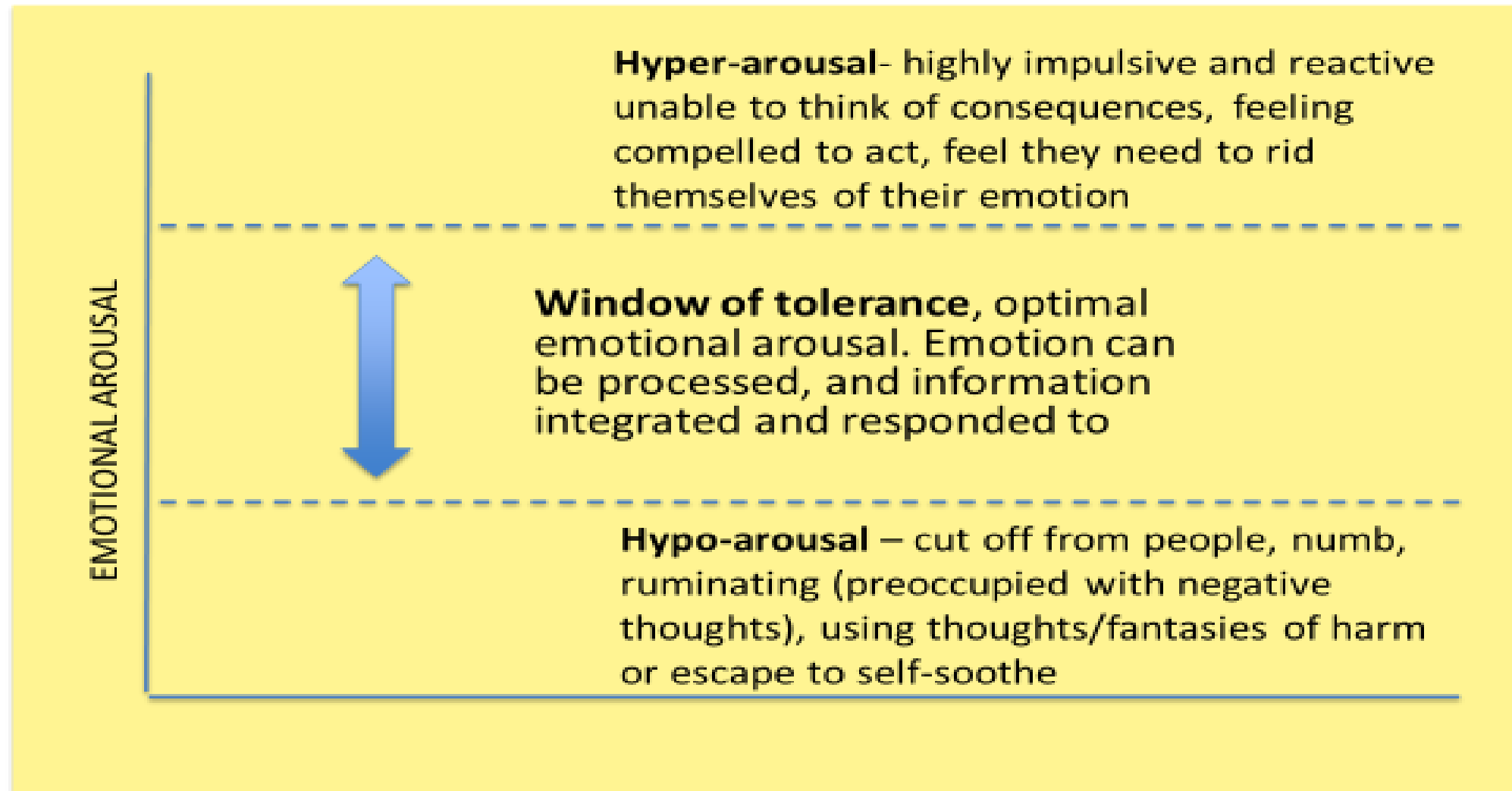
# Caring Safely Together Pilot

- Reaching out to young people, their parents and carers to understand and meet their needs
- Workshops have been co-developed alongside a group of parents and carers with lived and learned experience of supporting young people with long term self-harming behaviours and suicide risks.
- Workshops are underpinned by Window of Tolerance (Siegel,1996) an emotional regulation model to help us to understand and identify risky states of mind
- They incorporate skills from DBT, CBT , ACT & CFT

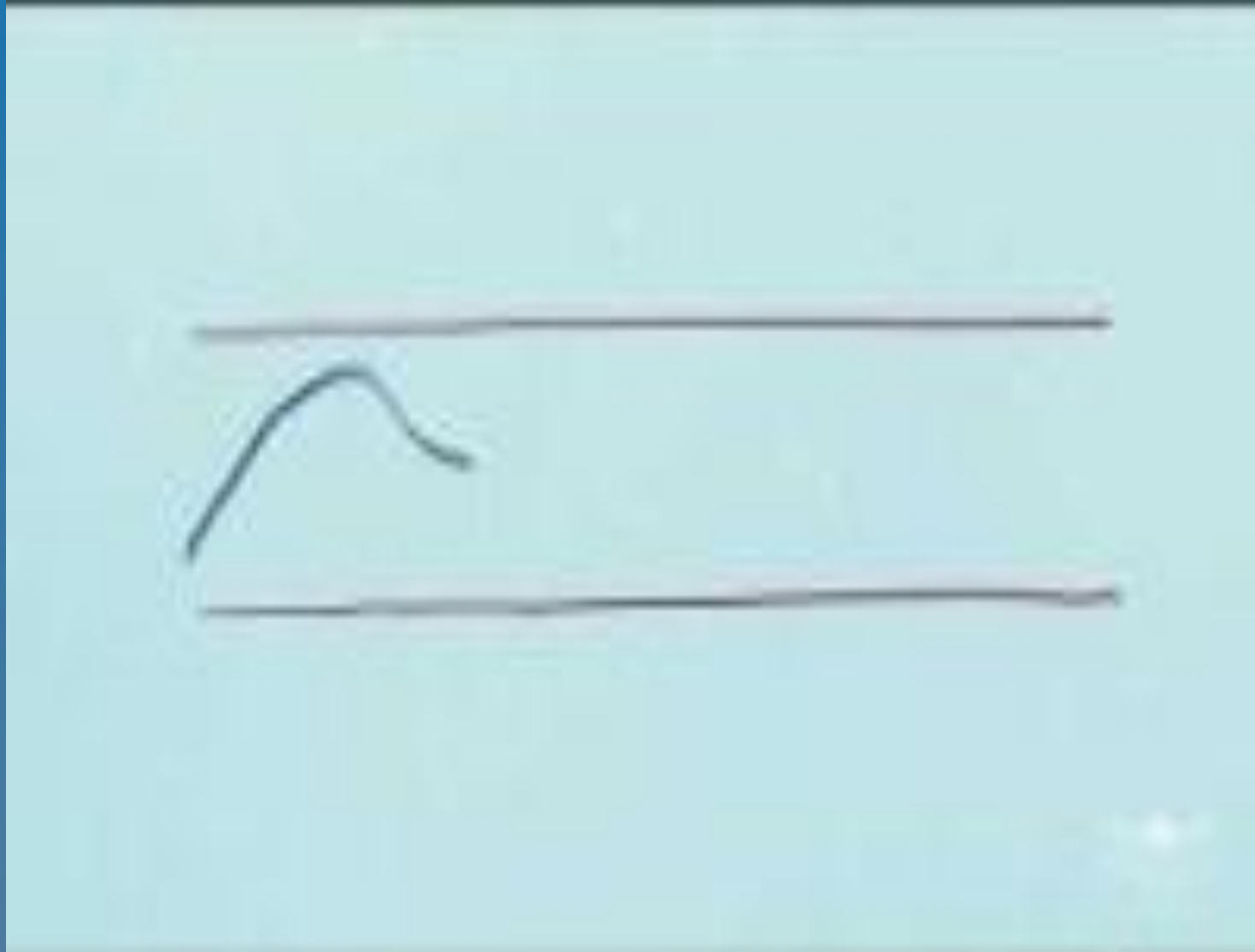
We are undertaking a service evaluation on the pilot



# The window of tolerance and feeling suicidal



# The Window of Tolerance



# Interactive Workshop Activity – Window of Tolerance

## **Group 1 – Hyper-aroused**

- What signs do we notice when our emotions are heightened?
- What things can do in the moment to nudge us back into WoT when emotions are heightened?

## **Group 2 – WoT**

- What everyday things can we do to keep our WoT wide?

## **Group 3 – Hypo-aroused**

- What signs do we notice when we are feeling low?
- What things can we do in the moment to nudge us back our WoT when we are feeling low?

# Sharing Our Work

- If you would like to know about our work, please email us at [steppingbacksafely@nsft.nhs.uk](mailto:steppingbacksafely@nsft.nhs.uk)

## We can:

- Share existing materials
- Meet with you to discuss our work and consider how you might like to implement our interventions
- Invite you to attend our training and workshops

# Q's and A's



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Positively...



Respectfully...



Together...