

Inspection Top Tips

Self Harm

April 2025



Children's Homes Regulations

The health and well-being standard

10.—(1) The health and well-being standard is that -

(a) the health and well-being needs of children are met;

(b) children receive advice, services and support in relation to their health and well-being; and

(c) children are helped to lead healthy lifestyles.

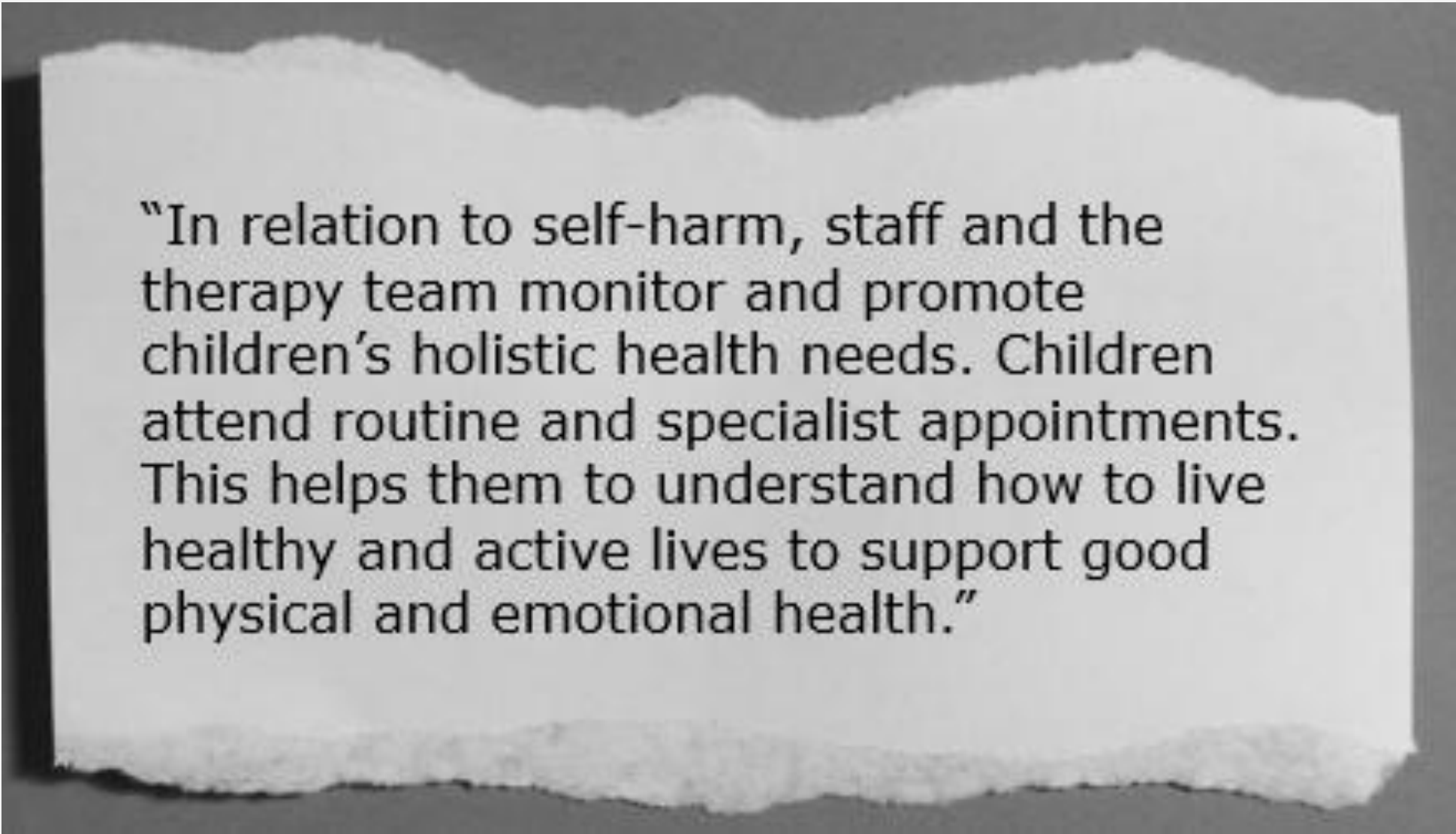


Children's Homes SCCIF

Self-harm is not directly referred to in the regulations but should be considered under health and wellbeing and being alert to the risk of self harm is continuous:

- Children feel protected and are protected from harm, including from neglect, abuse, sexual exploitation, criminal exploitation, accidents, self-harm, bullying and radicalisation.
- There is a strong and proactive response from all those working with children that reduces actual harm or the risk of harm to them, including from self-harm. That response includes regular and effective contact and planning with the child's allocated social worker and their family, if this is appropriate and in accordance with plans for their future.
- Any risks associated with children offending, misusing drugs or alcohol, self-harming, going missing, being affiliated with gangs, or being sexually or criminally exploited are known and understood by the adults who look after them.
- Individual up-to-date risk assessments effectively address any known vulnerabilities for each child and set out what action staff should take to manage the risks.
- There are plans and help in place to reduce actual harm or the risk of harm and there is evidence that these risks are reducing or managed well, based on children's individual circumstances.

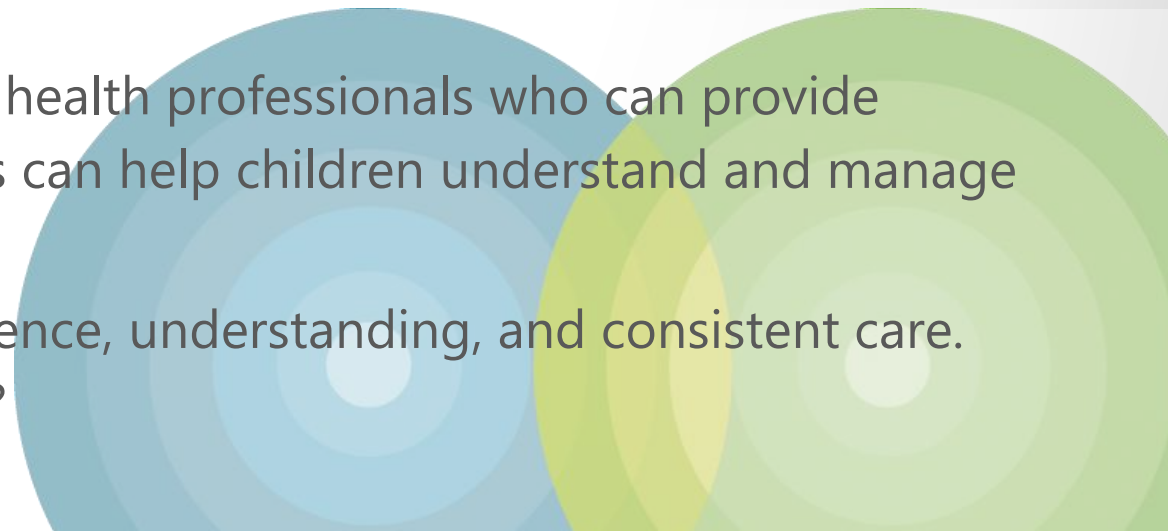
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A piece of white paper with a torn, deckled edge is centered on a dark gray background. The paper contains a single paragraph of text in a black, sans-serif font. The text is a quote about self-harm monitoring and holistic health for children.

“In relation to self-harm, staff and the therapy team monitor and promote children’s holistic health needs. Children attend routine and specialist appointments. This helps them to understand how to live healthy and active lives to support good physical and emotional health.”

Top tips...

- **Create a Safe Environment:** Ensure the children's home is a safe space where harmful objects are minimised. Regularly check for items that could be used for self-harm and remove them.
- **Develop Emergency Kits:** Provide children with emergency kits containing positive items like photos, inspiring quotes, journals, art supplies, and soothing scents. These kits can help distract and comfort them during urges to self-harm
- **Identify and Address Triggers:** Help children recognise their triggers and develop coping strategies. Consider in advance upcoming stressful events and how to manage the emotions associated with them.
- **Seek Professional Help:** Ensure access to mental health professionals who can provide therapy and support. Regular counselling sessions can help children understand and manage their emotions better
- **Supporting children** who self-harm requires patience, understanding, and consistent care. How are you currently managing these situations?



Questions to consider...

- Do your Policies concerning self-harm and suicide should have the necessary level of senior management oversight according to the homes Statement of Purpose?
- Is there a clear understanding in your procedures of constitutes serious level of self-harm?

