

**Good Practice Case Study
Self Harm**

The Background

As part of the mentoring service, NCT Mentor worked in multi-agency partnership with Northamptonshire Police / volunteers from CIRV who have been trained in mentoring and subsequently provided this style of intervention to a range of young people.

Safeguarding Concerns / The Incident

During one of these interventions, a young person had started self-harming as a coping mechanism.

Good Practice

The police volunteer and NCT worker had a lengthy discussion about the strategies to support this young person and developed an action plan. This included using an array of self-harm booklets and worksheets which could be used to identify triggers, and the emotions leading to this act. NCT also arranged some training for the volunteer police worker (through NCT) which would support future practice.

Outcome for Young Person

The young person worked through the resources with the volunteer and learnt a lot about the triggers leading to self-harm. This supported the prevention of this act and no more incidences were recorded throughout the rest of the intervention. Working collaboratively meant that we were able to identify the best support plan for this young person and prevent this behaviour from occurring again.