



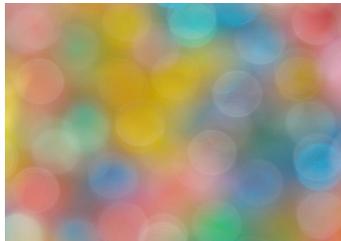
Part 3:

SUMMARY OF PILOT PROGRAMME ACHIEVEMENTS

The 2013 – 2014 Signature Strengths Pilot Programme in Shropshire County involved key professionals and local people including the TaMHS Self-Harm Working Group, the Safeguarding Board and the advisory sub group of local head-teachers, the local schools in Shropshire, the staff who attended the Signature Strengths specialist training programme, the school-based professionals who delivered the psychosocial skills training workshops to secondary school pupils, the TaMHS professional team, the CaMHS Consultant and Young People's Mental Health and Well-being Researcher, the Director of Public Health, the pupils who attended the school-based workshops, and their carers and parents. At the conclusion of the pilot programme there are a number of significant achievements.

Pilot Programme Achievements:

Achievement 1



The pilot programme engendered in professionals and school-based practitioners in Shropshire county a professional skill set, and practitioners' knowledge and resilience, in working with adolescent self-harm. 17 school-based professionals completed the training, and significantly increased their knowledge and skills on average by 78 %, and their confidence levels by an average of 88%. It therefore increased staff confidence and emotional resilience in working with adolescent self-harm.

Achievement 2



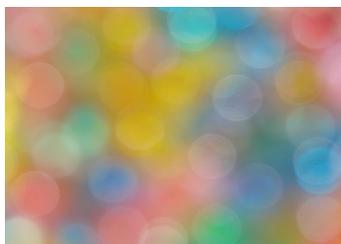
The pilot programme developed specialist staff training, a significant resource manual and a programme of psychosocial skills training workshops to enable professionals to support the emotional regulation and coping skills of pupils and young people in Shropshire, in the context of the risks from initial and low level self-harming behaviours^{lxxvii}. This was significant work that was successfully completed.

Achievement 3



The pilot programme supported secondary school pupils involved in the pilot programme's psychosocial skills training workshops in Shropshire to increase their emotional regulation and coping skills. Emotional dysregulation decreased by a group average of 13%, coping skills increased for the group by an average of 12%. Furthermore, during the programme pupils both learned and undertook health-management behaviours in regards to self-harm, which led to a reduction in their use of self-harm as a coping strategy; other coping strategies were put in place by pupils. This meant that there were improvements in young people's resilience to managing and preventing the use of self-harm as a coping strategy. The programme therefore promoted and strengthened young people's resilience and ability to cope, delivered targeted support, and resided within the Young People's Health and Well-being public health framework (Public Health England, 2014: 21).

Achievement 4



The pilot programme enabled a sustained, local service programme to be developed, increased professional support capacity, as well as consultation, in regards to adolescent self-harm in Shropshire. *Improving young people's health is a collective endeavour between young people, their families, local leaders, commissioners and providers across the statutory and voluntary sectors* (Public Health England, 2014: 21). The pilot programme initiated this collaborative approach, which will continue to grow as the programme develops in the future.

Achievement 5



The pilot programme promoted and achieved the use of evidence-based practice^{lxxviii} in Shropshire in regards to adolescent self-harm. The programme was fully informed by adolescent self-harm clinical and health research evidence.

Achievement 6



An initial research framework for the programme, through critical appraisal, partnerships with key researchers and professional research organisations, and professional acknowledgement for the programme, was established. This included: the International Association of Applied Psychology at the International Congress of Applied Psychology, Paris 2014; the Department of Psychology, Aberystwyth University; DeCIPHer (Development and Evaluation of Complex Interventions for Public Health Improvement); and the School of Social Sciences, Cardiff University. This research framework is currently active, and will continue to develop for the future.