

## Who is it for:

This programme is for *any family that is supporting a family member who is self-harming or suicidal*. They will be given the opportunity to understand these behaviours and the difficulties that they bring to the family.

From the outset, Zest will use local and regional statutory, voluntary and community agencies to help identify and select appropriate participants for this family programme.

Criteria will be set to help in choosing families who are willing to take part. *It is aimed at the person who is self-harming or suicidal plus one or two family members* i.e. one or both parents or other family members. In some cases there may not be any family support so a close friend will be eligible to take part.

*The emphasis will be on self-harm and suicidal behaviour as a family problem* and not just the individual family members problem.



## How will it work?

Each group will be made up of between 12 - 18 persons. This will include 6 persons who are self-harming plus one or two family members or carers and friends where there is no family support. The group will meet 6 times for 3 hours each time.

### Session 1:

All participants introduced to the programme with *information on self-harm, suicidal behaviours. and family relationships*.

### Session 2:

All those who are self-harming and / or suicidal discussing the *'person behind the behaviour'* and looking at *coping strategies* and family relationships, part 2.

### Session 3:

All the family members / carers examining *the Family System* and significance of relationships, as well as discussing coping strategies for the family.

### Sessions 4&5:

Individual families meet separately to discuss *action plans for future coping*.

### Session 6:

All participants meet again to review *learning and achievements* as well as to identify possible *future support*.

## When will it happen & Where?

There will be a 8 - 12 week preparation period of contacting the relevant agencies in the two priority areas of Mid Ulster and South Antrim. This will include local networking, delivering information sessions and identifying and prioritising the family groups.

There will be thirteen groups in total. Four separate programmes delivered in Feb/April, May/July, Sept/Oct, Nov/Dec 2009. These time-frames will be *repeated in 2010 and 2011*. One group per year will be for families bereaved by suicide to help them come to terms with their loss.

The venues will be carefully selected to reflect the locality of each group and will be as centrally accessible as possible for the participants. It is envisaged that the selected venues will be as informal as possible ensuring maximum privacy and comfort for those taking part. It will be a very important part of the programme that the group experiences a relaxed, friendly and safe environment.



## Background to the Project:

The Northern Board and the Northern Investing for Health Partnership, through their commitment to improving the health and well-being of the people in the NHSSB area have commissioned the Zest organization to provide a support and outreach programme for families in the Mid Ulster and South Antrim areas.

The focus of the project is to address the issues of self-harm and suicidal behaviours by providing information and awareness on self-harm, understanding of the 'person behind the behaviour', looking at relationships within the family and learning problem-solving skills to help families overcome some of the problems that lead to these feelings and behaviours.

The purpose of this project is to assist in the implementation of NHSSB/NiFHP's Action Plans for delivering the Regional Promoting Mental Health and Suicide Prevention Strategies.



**Zest: healing the hurt**

## Facilitators:

### *Conor McCafferty:*

A qualified therapist and trainer who has worked with Zest for the past 10 years. Conor also specialises in addiction counselling.

### *Noella McConnellogue:*

A qualified therapist and trainer who has worked with Zest for the past 8 years. Noella is Director of Clinical Services with Zest and specialises in trauma and behavioural issues.

Both facilitators have many years of experience working with self-harming, suicidal young people, adults and their families.

## Important Numbers:

<b>Zest</b> ( <i>Self-harm / Suicide</i> )	_____	<b>028 71266999</b>
<b>Lifeline</b> ( <i>24hr</i> )	_____	<b>0808 808 8000</b>
<b>Samaritans</b>	_____	<b>08457909090</b>
<b>Nexus</b> ( <i>Sexual Abuse</i> )	_____	<b>028 71260566</b>
<b>Cruse</b> ( <i>Bereavement</i> )	_____	<b>08444779400</b>
<b>Cruse Young Persons</b>	_____	<b>0808 808 1677</b>
<b>Helpline</b>	_____	<b>0800 9178282</b>
<b>National Drink Helpline</b>	_____	<b>0800 776600</b>
<b>National Drug Helpline</b>	_____	<b>0800 11 11</b>
<b>Childcare</b>	_____	<b>0845 120 2961</b>



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*In partnership with the*

**NHSSB / NiFHP**

**Family Support  
& Outreach Services**

Initially available in  
Mid Ulster & South Antrim Areas

Providing information, support  
understanding & guidance to those  
families who are experiencing self-harm  
or suicidal behaviours