

Traditional and Non-traditional Responses to Address Increasing Rates of Self-harm and Death by Suicide

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Treatments for Suicidal and NSSI

Traditional

- Hospitalization
- Individual psychotherapy
- Partial Hospital Program
- Intensive Outpatient Therapy

• Non Traditional

- Dialectical Behavior Therapy (DBT)
- Behavior Activation Therapy
- Solution Focused Therapy
- Art Therapy

Newer programs for Suicidal and NSSI Patients

- Collaborative Care
- Telehealth services
- Brief interventions
- School Based coping skills programs. (DBT in schools)
- On line platforms Now Matters Now
- Phone Apps, Stanley Brown Safety Plan, mood tracker, DBT skills, DBT Diary Card, C-SSRS, Virtual Hope Box.





DBT Crisis Management Skills

Some specific ways to help with people who engage in NSSI and/or Suicidal Behavior.

- **Wise Mind Accept Skills:**

You tube Video

<https://www.youtube.com/watch?v=bl1Sy7xR92g>

- **Improve the Moment Skills**

You tube Video

<https://www.youtube.com/watch?v=nw5moYAEjY8>

- **STOP Skills**

You tube video

<https://www.youtube.com/watch?v=B2caMQUUVdc>

- **TIP Skills**

You tube video

https://www.youtube.com/watch?v=ZVHtjDgc_XU