BHIPP Resilience Breaks: Understanding Adolescent Self-Injury

Links to Resources

Children’s Hospital Colorado: *Pediatrician’s Guide to Non-Suicidal Self-Harm in Teenagers*

Contemporary Pediatrics: SOARS model: *Risk assessment of nonsuicidal self-injury*

Suicide Prevention Lifeline: *Patient Safety Plan Template*

Dialectical Behavioral Therapy: *Distress Tolerance: TIPP Skills*
- [https://dialecticalbehavioraltherapy.wordpress.com/distress-tolerance-tipp-skills/](https://dialecticalbehavioraltherapy.wordpress.com/distress-tolerance-tipp-skills/)

Cornell Research Program on Self-Injurious Behaviors in Adolescents and Young Adults
- [www.selfinjury.bctr.cornell.edu](http://www.selfinjury.bctr.cornell.edu)

Self-Injury Outreach and Support
- [www.sioutreach.org](http://www.sioutreach.org)

Self-Abuse Finally Ends
- [www.selfinjury.com](http://www.selfinjury.com)

Links to Research Articles

- [https://www.sciencedirect.com/science/article/pii/S089085671831267X?casa_token=8G1U1ZUE_1QAAAAA:NryHbZxHQThC8Y0ZpWF3StmE-Mpj3hrday6gKnGicME0aXGIVYEyVIFXnKlvYADSjWXhr9Ab4w](https://www.sciencedirect.com/science/article/pii/S089085671831267X?casa_token=8G1U1ZUE_1QAAAAA:NryHbZxHQThC8Y0ZpWF3StmE-Mpj3hrday6gKnGicME0aXGIVYEyVIFXnKlvYADSjWXhr9Ab4w)

- [https://www.sciencedirect.com/science/article/pii/S0165178106001351?casa_token=ss_badU877MAAAA:4p8EtUzLpooM7mGb61Bp1z3ztzcsgrOhyhGVovyyEi1U5Lzbnli50F1-0PgyYC1pr_1T3hig](https://www.sciencedirect.com/science/article/pii/S0165178106001351?casa_token=ss_badU877MAAAA:4p8EtUzLpooM7mGb61Bp1z3ztzcsgrOhyhGVovyyEi1U5Lzbnli50F1-0PgyYC1pr_1T3hig)
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Suicide Attempts and Nonsuicidal Self-Injury in the Treatment of Resistant Depression in Adolescents: Findings from the TORDIA Study (Asarnow, Porta, Spirito, Emslie, Clarke, Wagner, Vitiello, Keller, Birmaher, McCracken, Mayes, Berk & Brent, 2011)

- [https://www.sciencedirect.com/science/article/pii/S0890856711003443?casa_token=JlYpJ2gx-XsAAAAA:ByO5sAd8RnIV3eiZy8-7n0vL9rDh5T0EXM69_bunykCISU2_1_t5HEBng9WFHo14i7U1F6u7A](https://www.sciencedirect.com/science/article/pii/S0890856711003443?casa_token=JlYpJ2gx-XsAAAAA:ByO5sAd8RnIV3eiZy8-7n0vL9rDh5T0EXM69_bunykCISU2_1_t5HEBng9WFHo14i7U1F6u7A)

Clinical and Psychosocial Predictors of Suicide Attempts and Nonsuicidal Self-Injury in the Adolescent Depression Antidepressants and Psychotherapy Trial (ADAPT) (Wilinson, Kelvin, Roberts, Dubicka & Goodyer, 2011)


Parental Expressed Emotion and Adolescent Self-Injury (Wedig & Nock, 2008)

- [https://www.sciencedirect.com/science/article/pii/S0890856709619353?casa_token=MU7BlMd0xkwAAAAA:Kcu2DBxeWosbJ35dUtUMAESmLmYTJ9R1pq6ftAbX9yYBLIWWvU7IQWpLvF0X7O3I4hj0Y5dYg](https://www.sciencedirect.com/science/article/pii/S0890856709619353?casa_token=MU7BlMd0xkwAAAAA:Kcu2DBxeWosbJ35dUtUMAESmLmYTJ9R1pq6ftAbX9yYBLIWWvU7IQWpLvF0X7O3I4hj0Y5dYg)

Physiological arousal, distress tolerance, and social problem-solving deficits among adolescent self-injurers (Nock & Mendes, 2008)

- [https://psycnet.apa.org/record/2008-00950-005](https://psycnet.apa.org/record/2008-00950-005)

Self-Injury (Nock, 2010)


Revealing the form and function of self-injurious thoughts and behaviors: A real-time ecological assessment study among adolescents and young adults (Nock, Prinstein & Sterba, 2009)

- [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5258190/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5258190/)

Therapeutic Interventions for Suicide Attempts and Self-Harm in Adolescents: Systematic Review and Meta-Analysis (Ougrin, Tranah, Stahl & Asarnow, 2015)


Protecting Adolescents From Self-Harm: A Critical Review of Intervention Studies (Brent, McMakin, Kennard, Goldstein, Mayes & Douaihy, 2013)

- [https://www.sciencedirect.com/science/article/pii/S0890856713006394?casa_token=U96NOVMAMA4AAAAA:QOaoyjeFJS-jULFntDnxJCrU8dxH1_KzPBNtkKfsJqFo91y4ZrlbAPw2DLLfQ2E7TgGv1P5A](https://www.sciencedirect.com/science/article/pii/S0890856713006394?casa_token=U96NOVMAMA4AAAAA:QOaoyjeFJS-jULFntDnxJCrU8dxH1_KzPBNtkKfsJqFo91y4ZrlbAPw2DLLfQ2E7TgGv1P5A)