

## Signs of self-injury

- ...❖ Unexplained or poorly explained scars, cuts, burns or other wounds
- ...❖ Bruises, broken bones
- ...❖ Keeping sharp objects on hand
- ...❖ Spending a great deal of time alone
- ...❖ Wearing long sleeves or long pants, even in hot weather
- ...❖ Claiming to have frequent accidents or mishaps
- ...❖ Difficulty verbalizing or expressing emotional needs to others

## Tips to help deal with someone who self-injures

- ...❖ Let the person know that you care about them and are available to listen
- ...❖ Encourage the individual to openly express emotions, even if it's anger
- ...❖ Spend time doing fun activities together
- ...❖ Encourage the individual to seek help from a behavioral health specialist
- ...❖ Don't make judgmental comments
- ...❖ If your child is self-injuring, you may need to address how your family communicates. This will give your family an opportunity to learn new ways of dealing with family interactions and communications.

...❖ **Help is only a phone call away.**  
For an assessment or more information,  
please call the Linden Oaks Help Line  
at (630) 305-5500.



Accredited by:  
The Joint Commission

801 S. Washington Street  
Naperville, Illinois 60540

[www.linden Oaks.org](http://www.linden Oaks.org)

©2011 Edward. 7/1000.

# Discoveries: Self-injury Program

LINDEN OAKS  
at  
EDWARD

Self-injury is not something people talk about very often, but for an estimated 2 to 4 million Americans it is a serious problem. Self-injury is a behavior in which people deliberately harm their own bodies as a way to cope with overwhelming emotions. Over time it can appear addictive-like and at times can be very difficult to break even when the individual wants to stop.

While self-injury can affect anyone, it often starts in preteen or early teen years. That's why Linden Oaks at Edward established *Discoveries*, a self-injury program specifically designed for adolescents.

### Assessment

We understand that everyone is different and we respect each person's uniqueness. With that in mind, we develop a course of treatment that is individually designed by our treatment team. It begins with a free assessment with one of our qualified and experienced counselors.

Assessments are offered 24/7 by calling our Help Line at (630) 305-5500.

### Treatment team

Our treatment team consists of psychiatrists, clinical and expressive therapists, registered nurses, and behavioral health associates, all experts in the field of self-injury.

### Treatment

*Discoveries* is a two- to three-week partial hospitalization program that meets Monday – Friday during the day. During this time, adolescents are involved in individual, group, and family therapy. Through therapy, we encourage and teach teens to address the underlying issues that trigger their self-injury while teaching healthy coping skills. Family members are strongly encouraged to be a part of the treatment process through both weekly family therapy and a weekly multi-family group program.

Our treatment incorporates principles from Dialectical Behavior Therapy. This is a therapy that teaches effective communication, distress tolerance, and emotional regulation skills to help someone manage emotional and self-injury impulses.

In more severe cases, inpatient hospitalization may be required before starting the partial hospitalization program. During inpatient hospitalization, the individual is closely cared for as we begin to work towards long-term recovery.

### Causes of self-injury

While there is no single cause of self-injury, people who engage in it are often in the midst of deep psychological pain but lack healthy ways to cope, so they look to self-injury for relief.

Some evidence suggests that people who injure themselves were sexually, physically, or emotionally abused as children or adults. They may also have been neglected during childhood.

Physical injury distracts from painful emotions and gives the individual a sense of control over an otherwise uncontrollable situation. For some people who have feelings of emptiness or little emotion, self-injury is a way for them to feel something; even if it is physical pain.

### Self-injury and suicide

Self-injury is not the same as suicide, but rather a poorly learned coping mechanism that's used to communicate feelings and self-soothe. In self-injury, the intent is not to die, but to inflict bodily harm. Sometimes self-harm can accidentally go too far, resulting in suicide. This is why it is so important to seek help right away.



Linden Oaks' Self-injury Program –  
awarded a **Center of Excellence**  
by Joint Commission.