

Self-injury Outreach & Support

Launched in 2012, Self-injury Outreach & Support (SiOS; www.sioutreach.org) is the first international non-profit outreach organization providing current information and helpful resources about self-injury to individuals who self-injure, those who have recovered, as well as their caregivers and families, friends, teachers and the health professionals who work with them. To date, SiOS has been accessed in over 120 countries across the globe.

SiOS was co-founded and is co-directed by Dr. Stephen Lewis (University of Guelph) and Dr. Nancy Heath (McGill University).

WHAT WILL YOUR DONATION HELP ACCOMPLISH?

This crowdfunding project will provide the needed financial support to fund the development of a SiOS App for use on mobile devices. The mobile App will be developed specifically for those who self-injure — the primary stakeholder of SiOS.

SHORT-TERM GOALS

The short-term goals for this project are to develop and evaluate a beta version of a mobile App for SiOS. Data from this evaluation will then be used as a part of the longer-term goals of the project (below).

One of SiOS' goals is to provide needed and timely resources to help people work toward self-injury recovery. In this way, the App developed through this project will provide people with immediate access to recovery-oriented stories and an interactive platform on which to access coping guides and activities to assist with self-injury recovery.

PROJECT OVERVIEW

<u>Project Phase</u>	<u>Timeline</u>
I: App Content Development	March to April 2016
II: Develop Beta Version of SiOS App	May to July 2016
III: Test Beta Version of SiOS App	August to October 2016

PHASE I: APP CONTENT DEVELOPMENT

a) Focus Groups: \$400

- Two focus groups of 10 individuals who previously self-injured will help to identify core content and features for the SiOS App.

- A donation of \$25 will allow 1 individual to take part in a focus group.

b) UoG Psychology Student Research Assistantships: \$1100

- Two senior research assistants will be hired to manage the focus group component of this project. Each will be receive an enriching research training experience and be compensated with \$550 for their role in recruiting focus group participants, managing the project, and analyzing data.
- Donations will accrue and be used to hire each student.

PHASE II: DEVELOP BETA VERSION OF SIOS APP

a) UoG Computer Science Student Assistantships: \$2000

- Two research assistants will be hired to develop and program the beta version of the SiOS App. Each will be compensated with \$1000 for their role.
- Donations will accrue and be used to hire each student.

PHASE III: EVALUATE BETA VERSION OF SIOS APP

a) Evaluate SiOS App (Beta Version): \$1500

- Thirty individuals who have self-injured will be given the beta version of the app to use for 2-weeks. Over this period, the App will be evaluated for its usability, satisfaction, ease of use, and functionality. All individuals will be provided mobile devices via Dr. Lewis' lab (funded by Canadian Foundation for Innovation).
- A donation of \$50 will allow 1 individual to take part in the App evaluation

b) UoG Psychology Student Research Assistantships: \$1100

- Two senior research assistants will be hired to manage the evaluation of the SiOS App. group component of this project. Each will be receive an enriching research training experience and be compensated with \$550 for their role in recruiting participants, managing online evaluation surveys, and analyzing data.
- Donations will accrue and be used to hire each student.

Project Updates:

- Project updates will be shared via Twitter.
- Project updates will also be shared on our Facebook Page.
- We will compile a voluntary list of emails from all donors to provide updates via a newsletter (only those who wish to be emailed will be contacted).
- Project updates will also be posted on the SiOS website.

Dr. Stephen Lewis' Story

Originally from the east coast of Canada, Dr. Lewis has been a faculty member at the University of Guelph since 2008. His research is dedicated to helping the countless individuals who struggle with self-injury and those who want to support them (e.g., families, schools). His research findings have been covered by: The New York Times, Time, USA Today, The Globe & Mail, Good Morning America, and Canada AM, among many other news outlets. He is co-author of the book *Non-Suicidal Self-injury* and is an invited member of the International Society for the Study of Self-Injury (ISSS), where he currently sits on the Executive Board. Not only does Dr. Lewis research self-injury, he has also lived it. He shared his story in a TEDx Talk in February of 2015. The goals of this talk were to foster understanding about self-injury and most importantly, to convey a sense of hope to those who presently struggle so they know they are not alone and that recovery is possible.

Email: stephen.lewis@uoguelph.ca

URL: <http://www.sioutreach.org/>

Dr. Nancy Heath: SiOS Co-Founder

Nancy L. Heath, PhD, is a James McGill Professor in the Department of Educational and Counselling Psychology at McGill University. She is a professor in the Human Development and School/Applied Child Psychology programs. Dr. Heath's research program explores resilience and adaptive functioning in youth at-risk with a particular focus on mental health concerns in educational and community settings. Her most recent work focuses on non-suicidal self-injury in the community and the use of mindfulness to enhance well-being. Dr. Heath is past president of the International Society for the Study of Self-injury and has been recognized as an international leader in the study of self-injury in the schools. She has consulted with schools nationally and internationally around the management of self-injury and the role of mindfulness as well as having presented at more than 200 conferences and published extensively on issues pertaining to mental health in the schools.

Why does this matter?

- Self-injury occurs when people purposely hurt their own bodies without wanting to die. Common forms: cutting, burning, and self-hitting.
- Self-injury is a major mental health concern across the world with up to 1 in 5 youth and young adults report self-injury. However, other age groups are also affected with about 8% of children under 12 and 6% of adults reporting self-injury.
- Self-injury associates with mental health difficulties including depression, anxiety, and eating disorders. Of grave concern is research indicating that self-injury substantially increases the risk for death by suicide.
- Sadly, self-injury remains a topic marred by stigma and misunderstanding. This makes it very difficult for those who struggle with self-injury to share their experiences with others (e.g., parents, friends) and seek help.
- Our team's research has demonstrated that the Internet is highly relevant to those who self-injure and that a mobile app may have strong potential to help those who currently struggle. Moreover, our review of existing mobile apps has identified a need for an affordable app specific to self-injury that includes moderated and interactive material regarding self-injury recovery (e.g., stories to inspire hope) and research-informed coping guides.

Who is impacted by this project?

- This project will primarily impact individuals who self-injure. However, there are also several notable indirect stakeholders.
- However, there are many indirect stakeholders who know and care about those who self-injure and who can also be affected by knowing or working with someone who self-injures. This includes: family, friends, partners, school and various mental health professionals.
- The current project will directly involve UoG students who will receive enriching experiential training opportunities.