

SAFETY/CRISES PLAN
FOR FAMILIES IN CRISIS

What is a Safety/Crisis Plan?

A safety/crises plan is a prioritized written list of coping strategies, resources and sources of support clients who are in crises and/or clients whose safety is at risk. Clients can use these strategies before or during a crises situation or if and when safety is at risk. The plan is **brief**, is in the **client's own words** and is **easy to read**.

Who Should Have a Safety/Crisis Plan?

The people who are most effected by the situation should be involved in the safety/crisis planning. **No person should be left out unless they are severely cognitively impaired**. All persons who are involved in the crisis or any and all persons who safety is at risk or could be a t risk should be involved in the formulation of the plan.

How Should a Safety Plan be Done?

Safety/Crisis plans can be done with or without the presence of a neutral third party such a counselor or therapist. The presence of a counselor or therapist can help better facilitate the process. If you are participating n telehealth, your therapist will review with you what you have completed during your initial session.

Implementing the Safety/Crisis Plan: 5 Step Process

Below are guiding questions to help you complete the safety plan. After reading through each step, fill in your answers starting on page 3.

Step #1: Warning Signs

- Ask yourself: “How do you/we know when the safety/crisis plan should be used.”
 - Example: when voices are being raised and/or when tension is building
- Ask yourself: “What do you experience when you know that things are not headed in good direction?”
- List warning signs such as the examples given above.

Step #2: Internal Coping Strategies (*each person should be asking themselves*)

- Ask yourself: “What can I do on my own if I notice things are not going well?”
- Ask yourself: “What can I do to get through this without making things worse?”
- Identify coping strategies (e.g., reading, watch TV, play video games, journaling) and prepare to follow through with them. It is a good idea to have more than one.

Step #3: Problem Solving

- Ask yourself: “What are potential road blocks for me not following through with my internal coping strategies?”
- Example for youth: If it cold outside I can't go for a walk or if mom doesn't follow through with her internal coping strategy and follows me in my room.

- Example for youth: If my son doesn't follow through with his internal coping strategy or if my son also wants to watch TV. We don't like the same TV shows.
- It is still the individual's responsibility to follow through with their internal coping strategy even if the other person or person(s) do not.

Step #4: Places and People that May Help

- Ask yourself: "What places can I go or people can I contact that will help relieve some stress or distract me for a little while?"
- Ask yourself: "Where can I go or who can I talk to that is appropriate and it won't make things worse?"
 - Example: going for a walk in the neighborhood, the park, talking to cousin or best friend.
- Communicate this to appropriate people with reasonable time limits without neglecting your responsibilities.
 - Example for Youth: "Mom, I am going for a walk around the block and I will be back in 15 minutes."
 - Example for Youth: "I am calling (best friends name). I will clean the dishes when I am done."
 - Example for adult: "(son/daughter) I'm upset so I am going to go in my room. We can talk about this later tonight when mom gets home. I'll be cooking dinner around the time you get back."
- It is a good idea to think of relatives and friends that would be willing to allow the youth to stay at their home for a limited amount of time. Who are those individuals?

Step #5: Professionals, Agencies and others to Contact

- Ask yourself: "Who are appropriate people to contact that are involved with what is going on and if you are seeing someone, can it wait until your next appointment?"
 - Example: Grandparents, other adults
 - Example: Therapist, psychologist, psychiatrist, social worker, probation officer etc...
- Ask yourself: (*if the situation has escalated and it is unsafe*) "Who do I need to contact?"
 - 911, Foundation 2, Therapist etc...
- List names, numbers and/or locations of clinicians and local emergency room services
- Make it clear with everyone involved that if the situation has not deescalated what will happen such as calling Foundation 2 crisis center, calling 911 if the situation gets physical etc...

If there are immediate safety concerns such as domestic violence, guns in the home, or specific threats being made that you are concerned about, talk with your counselor/therapist immediately.

SAFETLY CRISIS PLAN

Step #1: Warning Signs

1. _____
2. _____
3. _____
4. _____
5. _____

Step #2: Internal Coping Strategies

Person

- | | Person |
|-----------|--------|
| 1. _____ | |
| 2. _____ | |
| 3. _____ | |
| 4. _____ | |
| 5. _____ | |
| 6. _____ | |
| 7. _____ | |
| 8. _____ | |
| 9. _____ | |
| 10. _____ | |

Step #3: Problem Solving

Person

- | | Person |
|----------|--------|
| 1. _____ | |
| 2. _____ | |
| 3. _____ | |
| 4. _____ | |
| 5. _____ | |

Step #4: Places and People that May Help *(agreed upon by everyone especially parents)*

1. Places: _____
2. Places: _____
3. Places: _____
4. Places: _____
5. Places: _____

1. Name: _____ Phone: _____
2. Name: _____ Phone: _____
3. Name: _____ Phone: _____
4. Name: _____ Phone: _____
5. Name: _____ Phone: _____

Step #5: Professionals and Agencies to Contact

1. Name: _____ Phone: _____
2. Name: _____ Phone: _____
3. Name: _____ Phone: _____
4. Name: _____ Phone: _____
5. Name: _____ Phone: _____