

Suicide Safety Planning

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Introduction

- Who am I?



- What do I bring to the table?

Basic Concepts

- Suicide is an attempt to relieve pain rather than to stop living
- We are a bridge to life
- Contextually anchored
- From prediction to planning
- While the assessment of suicide risk is the job of a trained professional, anyone can participate in the safety plan

Shared perspective

- The person feels like you really get it
- Malignant alienation – *Watts and Morgan, Brit J Psychiatry, 1994*

Formulation of Risk

Mostly Stable

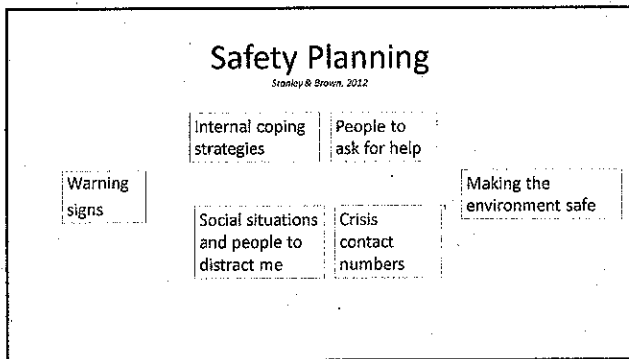
- Strengths and protective factors
- Long term risk factors
- Impulsivity/Self-control
- Past suicidal behavior
- Recent/present suicide ideation

Dynamic

- identifiable stressors/precipitants
- Changes in behavior
- Engagement

Collaborative Contingency Planning

- At risk person
- Therapist
- Central others



Specific contingency plans

- Potential triggers
- Plan for trigger 1
- Plan for trigger 2

Contingency and Safety Planning - Student Form

This form is designed to help you create a safety plan for yourself. It includes sections for identifying warning signs, internal coping strategies, people to ask for help, making the environment safe, social situations and people to distract you, and crisis contact numbers.

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SAMPLE CASE SUPPORT PLAN

1. Identify the client's current level of functioning and the specific areas of concern.

2. Establish a baseline of the client's current level of functioning.

3. Identify the client's strengths and resources.

4. Identify the client's goals and objectives.

5. Develop a plan of action to address the client's needs.

6. Implement the plan of action.

7. Monitor the client's progress and adjust the plan as needed.

8. Evaluate the client's progress and determine if the plan is effective.

9. Document the client's progress and the results of the plan.

10. Provide ongoing support and resources to the client.

Observation driven assessment

- New stressors or rekindling
- Change in behavior, sudden change in mood, new information
- Engagement
- Inner prompting /Holy Spirit nudges

Talking about suicide *decreases* the risk

- I've noticed a change. Are you thinking about suicide?
- How strong is the wish to die, scale of 1-10?
- How would you do it?
- What kind of plans have you made?
- **Utilize safety plan**

Resources

- ✓ Suicide & Crisis Hotline
 - Call 988
 - Text 741741
- ✓ 911
- ✓ Therapist contact information

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