ECHO Idaho: Behavioral Health in Primary Care

Safety Planning
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Jeremy Stockett, LCSW

The speaker has no significant financial conflicts of interest to disclose.
Learning Objectives

• Build one skill: Using safety plans
• Expose a bad habit: No-harm contracts
History of no-harm contracts


“No matter what happens, I will not kill myself accidentally or on purpose at any time.”
contracting (cont.)

If the patient could not fully agree, they were asked what modifications would make the statement acceptable (i.e. changing time frames)

“The investigators were enthusiastic about the use of this technique as a way of continuously monitoring, not controlling, the seriousness of a patient’s suicide risk.” (Goin, 2003)
contracting considerations

1) Informed Consent- legal competence?

1) The helping relationship/alliance

1) Medicolegal concerns
SAFETY PLANS

1. Keep the environment safe
2. Recognize warning signs
3. Coping skills/strategies
4. Informal resources
5. Formal resources
6. Reasons to live
## Patient Safety Plan Template

### Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. 
2. 
3. 

### Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1. 
2. 
3. 

### Step 3: People and social settings that provide distraction:

1. Name_________________ Phone_________________
2. Name_________________ Phone_________________
3. Place_________________ Phone_________________ 
4. Place_________________ 

### Step 4: People whom I can ask for help:

1. Name_________________ Phone_________________
2. Name_________________ Phone_________________
3. Name_________________ Phone_________________

### Step 5: Professionals or agencies I can contact during a crisis:

1. Clinician Name_________________ Phone_________________
   Clinician Pager or Emergency Contact #_________________
2. Clinician Name_________________ Phone_________________
   Clinician Pager or Emergency Contact #_________________
3. Local Urgent Care Services
   Urgent Care Services Address_________________
   Urgent Care Services Phone_________________
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

### Step 6: Making the environment safe:

1. 
2. 

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Safety Plan Considerations

Possession of plan
Size of plan/custody of plan
Updating the plan?
APPS/Social media tools?
Appendix/Resources

1. Safety Planning Quick Guide for Clinicians
2. Suicide Assessment Evaluation and Triage (SAFE-T)
3. Suicide Quick Reference
References

