



ECHO Idaho: Behavioral Health in Primary Care

Safety Planning

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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

February 1973 *American Journal of Psychiatry*
(Drye et al.): “*The No Suicide Decision*”

“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

Sample Safety Plan

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 _____
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

Freedenthal, Stacey, 2015, "The Use of No-suicide Contracts." Retrieved from Speaking of Suicide 7/3/19:
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