Patient Safety Plan Template

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

1. Patients behavior or sick moods
2. TALK TO RESIDENTS OF THEIR CONCERNS
3. BY THEIR BEHAVIOR

Step 2: Internal coping strategies - Things I can do to take my mind off my problems without contacting another person (relaxation techniques, physical activity, individual distraction, mindfulness):

1. OBSERVANCE OF PATIENTS
2. GIVE DAILY ACTIVITIES
3. ASK THEIR PROBLEMS IN CARE

Step 3: People and social settings that provide distraction:

1. Name FACILITY OWNERS Phone 772-3452
2. Name FACILITY OWNER Phone 830-4318
3. Place 881 W. GOLDEN VALLEY 4. Place _____

Step 4: People whom I can ask for help:

1. Name Geriatric GSC Phone 775 398-1981
2. Name DIVISION OF AGING Phone 687-
3. Name BLCRC Phone 684-1030

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

1. Clinician Name GSC Phone 775 398-1981
   Clinician Pager or Emergency Contact # _____
2. Clinician Name 911 Phone _____
   Clinician Pager or Emergency Contact # _____
3. Local Urgent Care Services NEAREST AREA
   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. AWAY FROM ANY DISCOMFORT OF FACILITY
2. PATIENT SHOULD BE MONITORED AT ALL TIMES

Safety Plan Template (Stanley & Brown, 2008)

Instructions for Using Patient Safety Template

Step 1: Recognizing Warning Signs

__ Ask *"How will you know when the safety plan should be used?"*
__ Ask, "What do you experience when you start to think about suicide or feel extremely distressed?"
__ List warning signs (thoughts, images, thinking processes, mood, and/or behaviors) using the patients' own words.

Step 2: Using Internal Coping Strategies

__ Ask "What can you do, on your own, if you become suicidal again, to help yourself not to act on your thoughts or urges?"
__ Ask "How likely do you think you would be able to do this step during a time of crisis?"
__ If doubt about using coping strategies is expressed, ask "What might stand in the way of you thinking of these activities or doing them if you think of them?"
__ Use a collaborative, problem solving approach to ensure that potential roadblocks are addressed and/or that alternative coping strategies are identified.

Step 3: Social Contacts Who May Distract from the Crisis

__ Instruct patients to use Step 3 if Step 2 does not resolve the crisis or lower risk.
__ Ask "Who or what social settings help you take your mind off your problems at least for a little while? "Who helps you feel better when you socialize with them?"
__ Ask patients to list several people and social settings, in case the first option is unavailable.
__ Ask for safe places they can go to do be around people, e.g. coffee shop.
__ Remember, in this step, suicidal thoughts and feelings are not revealed.

Step 4: Contacting Family Members or Friends Who May Offer Help to Resolve a Crisis

__ Instruct patients to use Step 4 if Step 3 does not resolve the crisis or lower risk.
__ Ask "Among your family or friends, who do you think you could contact for help during a crisis?" or "Who is supportive of you and who do you feel that you can talk with when you're under stress?"
__ Ask patients to list several people, in case they cannot reach the first person on the list. Prioritize the list. In this step, unlike the previous step, patients reveal they are in crisis.
__ Ask "How likely would you be willing to contact these individuals?"
__ If doubt is expressed about contacting individuals, identify potential obstacles and problem solve ways to overcome them.

Step 5: Contacting Professionals and Agencies

__ Instruct patients to use Step 5 if Step 4 does not resolve the crisis or lower risk.
__ Ask "Who are the mental health professionals that we should identify to be on your safety plan?" and "Are there other health care providers?"
__ List names, numbers and/or locations of clinicians, local urgent care services, Suicide Prevention Hotline (1-800-273-TALK [8255])
__ If doubt is expressed about contacting individuals, identify potential obstacles and problem solve ways to overcome them.

Step 6: Reducing the Potential for Use of Lethal Means

__ The clinician should ask patients which means they would consider using during a suicidal crisis and collaboratively identify ways to secure or limit access to these means.
__ For methods with low lethality, clinicians may ask patient to remove or restrict their access to these methods themselves.
__ Restricting the patient's access to a highly lethal method should be done by a designated, responsible person—usually a family member or close friend, or the police.