

Seven key elements to involve parents/carers in CYP safety planning

1. Sharing of safety plan and encouraging use.
 2. Means safety.
 3. Promoting connections.
 4. Psychoeducation around warning signs/triggers.
 5. Listening and validating.
 6. Developing own support network or people to contact in emergency.
 7. Supervision and monitoring by parents/carers.
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Abbott-Smith, S., Ring, N., Dougall, N., & Davey, J. (2023). Suicide prevention: What does the evidence show for the effectiveness of safety planning for children and young people? - A systematic scoping review. *Journal of psychiatric and mental health nursing*, 30(5), 899–910. <https://doi.org/10.1111/jpm.12928>

Other notes about involving family and caregivers:

- A. Share the safety plan with the family with input from the youth
- B. Discuss how the parent can best support the youth in using the safety plan
- C. If the youth is reluctant to share the plan, the provider may take a more active role in facilitating this
- D. Any safety related concerns are discussed with the parent with input from the youth about how this is done
- E. Provide parents with a crisis support card which would include the following:
 - a. Summarizes information about the warning signs
 - b. Lists steps for ensuring a safe environment
 - c. Reminder about risk monitoring and asking about thoughts of suicide

- d. Provides crisis support numbers
- e. Lists specific and individualized ideas about how the parent will support the youth in crisis

Micol, V. J., Prouty, D., & Czyz, E. K. (2022). Enhancing motivation and self-efficacy for safety plan use: Incorporating motivational interviewing strategies in a brief safety planning intervention for adolescents at risk for suicide. *Psychotherapy*, 59(2), 174.