

The Safety Planning Intervention in Suicide Prevention

Mark Margolis, Psychologist MA, Suicide
Prevention Coordinator



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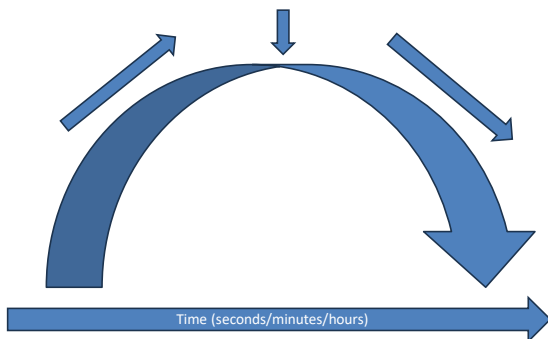
1

Assessment

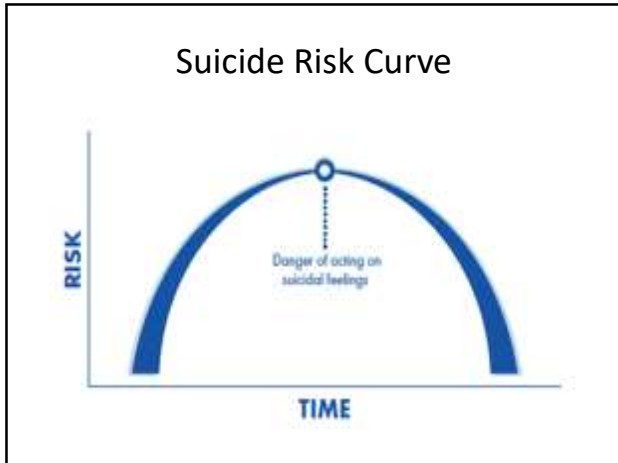
- Person tells their story about the most recent suicidal crisis
 - What happened before, during and after?

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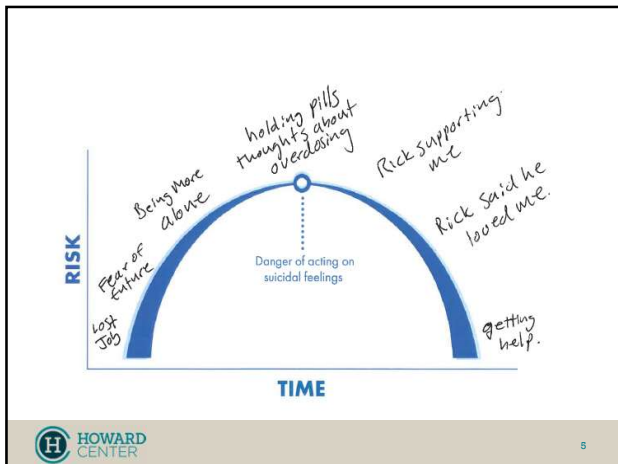
Suicide Risk Curve



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Safety Planning Intervention

STANLEY - BROWN SAFETY PLAN

STEP 1. WARNING SIGNS

1. _____

2. _____

3. _____

STEP 2. INTERNAL COPING STRATEGIES: THINGS I CAN DO TO DEAL BY MYSELF OR BY PROBLEMS WITHOUT CONTACTING ANOTHER PERSON

1. _____

2. _____

3. _____

STEP 3. PEOPLE AND SOCIAL SETTINGS THAT PROVIDE DISTRACTION

1. Name: _____ Contact: _____

2. Name: _____ Contact: _____

3. Name: _____ Contact: _____

STEP 4. PEOPLE WHOSE I CAN ASK FOR HELP DURING A CRISIS

1. Name: _____ Contact: _____

2. Name: _____ Contact: _____

3. Name: _____ Contact: _____

STEP 5. PROFESSIONALS OR AGENCIES I CAN CONTACT DURING A CRISIS

1. Emergency Agency Name: _____ Phone: _____

Emergency Contact: _____ Phone: _____

2. Crisis/Agency Name: _____ Phone: _____

Emergency Contact: _____

3. Local Emergency Department: _____

Emergency Department Address: _____

Emergency Department Phone: _____

4. Suicide Prevention Helpline: 1-800-273-8255

STEP 6. MAKING THE ENVIRONMENT SAFER PLAN FOR (THAT MEANS SAFETY)

1. _____

2. _____

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1) Warning Signs

- Immediately precede the crisis
 - Thoughts/thought processes/images
 - Feelings
 - Behavior
 - Situations/activating events

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2) Internal Coping Strategies

- Things the person can do without contacting someone else
 - “What have you done in the past to take your mind off your troubles, even for a little while?”

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3) People and Social Settings that Provide Distraction

- The goal is distraction and (or) feeling connected
 - Not for meant for talking about the crisis
 - “Who helps you take your mind off your problems at least for a short while?”

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4) People Whom I Can Ask for Help During a Crisis

- Someone specific to go to for help
 - "Who do you think you can confide in?"
 - "Who do you go to for help?"

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5) Professionals or Agencies to Contact in a Crisis

- Contacted if prior steps are not effective
- At least one should be available 24/7

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6) Making the Environment Safe

- Always ask about firearms regardless of whether this is identified as a method in assessment
- Ask person which means they would consider in a crisis
 - "What ideas do you have about how to make the environment feel safer?"

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Implementing the Safety Plan

- “How likely is it that you will use this plan when you notice the warning signs?”
- Identify and problem solve obstacles
- Provide person a copy of the plan and keep a copy to be filed
- Review and revise periodically: Was it used? Did it work?

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STANLEY - BROWN SAFETY PLAN

STEP 1: WARNING SIGNS

1. _____

2. _____

3. _____

STEP 2: INTERNAL COPING STRATEGIES - THINGS I CAN DO TO DEAL MY MIND OFF MY PROBLEMS WITHOUT CONTACTING ANOTHER PERSON

1. _____

2. _____

3. _____

STEP 3: PEOPLE AND SOCIAL SETTINGS THAT PROVIDE DISTRACTIONS

1. Name _____ Contact _____

2. Name _____ Contact _____

3. Place _____ 4. Place _____

STEP 4: PEOPLE WHOM I CAN ASK FOR HELP DURING A CRISIS

1. Name _____ Contact _____

2. Name _____ Contact _____

3. Name _____ Contact _____

STEP 5: PROFESSIONALS OR AGENCIES I CAN CONTACT DURING A CRISIS

1. Clinician/Agency Name _____ Phone _____

Emergency Contact _____

2. Clinician/Agency Name _____ Phone _____

Emergency Contact _____

3. Local Emergency Department _____

Emergency Department Address _____

Emergency Department Phone _____

4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (101111)

STEP 6: MAKING THE ENVIRONMENT SAFER (PLAN FOR LETHAL MEANS SAFETY)

1. _____

2. _____

3. _____

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References

- Stanley, B., & Brown, G. K. (2012). Safety planning intervention: a brief intervention to mitigate suicide risk. *Cognitive and behavioral practice*, 19(2), 256-264.

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