

SAFETY PLANS

These are documents that are produced by families and professionals collaboratively. The young person should in most cases take the lead.

Areas that should be covered:

- What do we want to stop happening?
- How can we prevent this from happening?
- What if this doesn't work?
- What to do in an emergency?
- Who needs to know about the plan?

Please find examples of safety plans at the end of this document. These are suggestions only and the phone numbers and web addresses may not be current, remember any plan for your child has to work for your family and these may not reflect that. They are a starting point though if you don't have any support from services. You can also use symbol based plans (Similar to a visual timetable) for those young people with communication difficulties. It can be pinned up in a private place so the young person does not feel it is 'on show' the whole time and the situation is being handled sensitively.

There may be a tendency to want to check up on your son and daughter to make sure they are following the plan as you are. Instead try to give them space to just be themselves. Remember, there is no such thing as a watertight safety plan, but there is a 'safer' plan and this is done best with the young person leading so they do not feel disempowered.

All professionals working with your young person should be aware of the safety plan. It needs to address the main risks and needs to be practical, you should feel confident that all of you can follow it. You need to put in key contact numbers (Maybe have the most useful number for each person already in your phone) The Plan needs to include ideas for keeping the environment safe (keeping medication/sharp objects out of reach) It should be reviewed and added to. It can also include what happens after an incident e.g. when is the best time for communication about the set back. The incident of self-harm should be viewed as just a set-back in that young person's journey, make their next step achievable and let go of anything that doesn't go to plan.

EXAMPLES OF SAFETY PLANS

SAFETY PLAN EXAMPLE



What do we want to stop happening?

We want Mark to be less likely to hurt himself, by improving his mood

How can we prevent this from happening?

- When possible, Mark will do an activity after school with a friend
- Where possible, Mark will stay at school to do homework before going home
- Dad will keep sharp knives in a locked box, and check Mark's room to remove any sharp objects every day
- Tablets will be locked away
- Dad to talk to Miss Scothart at school, to see what can be done about the bullying

What if that doesn't work?

- When Mark becomes very quiet, appears to be thinking a lot and can't concentrate, a family member will ask him if he is all right and offer some time to talk things through.
- Family members will encourage him to do some of the following ideas, until his mood improves:
 - Do an activity with a friend
 - Remember and write down something good that happened that day
 - Call a friend
 - Do something enjoyable (play football, watch a comedy show, read magazine, listen to music)
- Mark can call 08088 084994 or text 80849 for advice, or visit getconnected.org.uk
- Mark must tell his dad if he feels like he wants to hurt himself
- If Mark still feels he needs to hurt himself, he can try doing this in a less risky way:
 - Putting ice in his mouth
 - Having a cold shower
 - Biting into a lemon
 - Elastic back being flicked onto his wrist

What should we do in an emergency?

- If Mark needs medical attention he can:
 - Call NHS for advice on 111, or go to www.nhsdirect.co.uk
 - Go to see his G.P.
- In an emergency, if Mark has harmed himself or wants his life to end, Mark (or other family members) can:
 - Call the GP emergency number on 03301 239131
 - Call 999 to get an ambulance
 - Go to the Accident and Emergency Department of the nearest hospital

Who needs to know about this plan?

Dad
Miss Scothart at school
GP

Self Harm Safety Plan (Example 2)

Triggers:

- When Angry
- When distressed over something that has happened at school or with friends
- When distressed after conflict at home
- When new rules are being put in at home
- When (YP) feels as if responses to her are unfair.
- When (YP) feels as if preferential treatment is being given to others over her.

What helps:

- Do not talk to (YP) if she is being verbally aggressive.
 - State once that you can see she is upset but that you will not talk to her while she is being verbally aggressive.
 - State you are happy to talk to her once she is calm.
- If you have a request for a behaviour – say it once.
- If you are trying to say a new rule or give a consequence, it may not always be appropriate to give these to (YP) at the time. If you feel her behaviour is escalating instead of decreasing, stop talking to her and try again later when she is calmer.
- Talk to (YP) about her behaviour during a period where she has been aggressive at a time when she is calm and in a good mood.
- Try not to talk to (YP) about her behaviour when she is in the middle of being in a bad mood.
- Praising and rewarding times when (YP) manages to walk away from conflict and does not escalate her behaviour.

House made safer by:

- Remove all sharp objects or any items that could be used to self harm and put in secure location
- Search house, including all bedrooms and outhouses for sharp objects or other items that could be used to self harm.
- Search bag at random intervals
- Ensure all alcohol is locked away
- Ensure all solvents, medications are locked away and search the house daily for new items being brought home

If you feel (YP) may want to self harm:

- Remain calm.
 - Manage emotions: see steps – what helps.
 - If coping well Mum/family member will say they will call an ambulance if carries on.
 - If serious self harm to call an ambulance straight away.
- If the self-harm is to a lower level but you feel you need some advice – call Urgent Care Cambridgeshire on 0330 123 9131

(YP) to try:

- Walk away from the conflict.
- Talk to her mum/family member at a time when she is calm about what would help in a future situation.
- Talk to a person of her choice about her feelings.
- Use elastic bands to ping on her skin as a more safe use of pain to help manage/focus her emotion instead of using a sharp object to cause harm to herself.



Safety Plan – Rebecca

1. Rebecca will speak to Mum or Abi if she feels like self-harming.

If Rebecca mentions she feels like self harming her concerns will be discussed.



There will no shouting, arguing or stress about it,



Mum will check Rebecca's room for blades, knives, scissors and glass and remove any she finds.



Mum and/or Abi will check on Rebecca every 15 minutes and try not to leave her alone in the house without being monitored. If at work they will ring her 2/3 times a day to check her mood.

Rebecca will not be allowed to leave the house unaccompanied till her mood improves.

2. If no-one is home or Rebecca feels she cannot talk to her family she can:

1, Call Jane (keyworker) Between and

2, Call....

Or call The Samaritans - **08457 90 90 90** or Childline; **08001111** (free)

If the above is not possible or Rebecca feels she cannot follow the above
Rebecca can ring the GP emergency number.

Tel:

If Rebecca rings any of the above she will tell Mum afterwards

If the phone is locked she can use the 30p left

For emergency phone calls or reverse the charges to

**3. If the above is not possible or Rebecca feels she can not follow it, or
Rebecca has harmed herself and needs help she can go to Adam's or to
ask for help.**

If the above is not possible or Rebecca has self-harmed and needs emergency
medical attention then an ambulance should be called – **999**.

Rebecca or anyone with her if Rebecca is not capable must let mum know if this
occurs.