

Recognizing that collaboration with families (and youth) is critical, no matter what the circumstances, is a key ingredient of a well-constructed System of Care.

Adapted from Patricia Miles,
Miles Consulting, LLC

What is a Safety Plan

Good Proactive Prevention strategies are those that build on family (and youth) strengths and community capacities. Effective strategies organized a range of responses from a range of people rather than expecting the person in the middle of the crisis to be the first step in keeping the event from occurring.

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- A Crisis Plan is based on a comprehensive understanding of the behavior causing the crisis.
- The youth and family, and other people who know them and the behavior best are those involved in the planning.
- There is a method for evaluating the progress toward desired goals/outcomes.
- A Crisis Plan lists the setting events and triggers.
- Brainstorming ideas helps to identify steps that will help prevent the behavior.
- Action steps are created to deal with the setting events and triggers.
- It is important to list the signs and behaviors that indicate the youth is escalating.
- Brainstorm ideas for replacement behaviors that are less destructive but serve the same function.
- Describe the replacement behavior chosen by youth to replace the crisis behavior.
- Describe how the replacement behavior will be taught and reinforced.
- If the crisis behavior occurs, the Crisis Plan provides detailed action steps to be followed by the individuals.
- Describe how the plan will be monitored and by whom.
- Identify how individuals respond to the behavior and if their response is reinforcing the crisis behavior.
- Brainstorm ideas how individuals can respond in another way.
- The Crisis Plan includes a description provided by the youth and family of what a successful resolution of the crisis behavior would “look” like.
- After brainstorming options, ensure the youth and family has access to the resources and action steps they chose.
- The Crisis Plan is written in youth and family friendly language.
- Community and natural supports are utilized in plan.
- Strengths and culture of the youth and family are incorporated in the plan.