

Safety Plan Intervention (SPI) Brief Checklist

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Directions: This checklist is a guide when conducting the SPI. Each section should be completed. The patient information document can be used to provide supplemental information about the Safety Plan.

Once the suicide crisis narrative has been obtained, conduct the following steps:

1. INTRODUCE AND PROVIDE RATIONALE FOR SAFETY PLANNING (APPROX. 2 MINUTES):

- Introduce the safety plan as a method for helping to recognize warning signs and for taking action to reduce risk or keeping it from escalating
- Describe the safety plan as an “emergency plan” to prevent acting on suicidal feelings
- Describe how suicidal ideation may come and go over brief periods of time and that using the safety plan helps to actively cope with suicidal feelings
- Describe how the safety plan consists of a sequence of steps

If following one step is not helpful for reducing the suicidal crisis, then go to the next step

2. COMPLETE EACH STEP OF THE SAFETY PLAN (APPROX. 15 MINUTES)

- Describe the rationale for each step
- Collaboratively brainstorm ideas for each step; be as specific as possible; use individual’s own words.
- Assess feasibility of using each strategy and trouble-shoot barriers to its use
- After each step, remind individual that if suicidal crisis does not remit, then go to the next step (steps may be skipped, if needed)
- **FOR STEP 5 ON SPI FORM – CONTACTING PROFESSIONALS & AGENCIES:**
 - If there is no existing treatment, introduce and describe the benefit of treatment, describe local resources
 - Explain how to contact the local 24-hour crisis line(s) or the National Suicide Prevention Lifeline
- **FOR STEP 6 ON SPI FORM – MAKING ENVIRONMENT SAFE:**
 - Explain how making the environment safer will help to lower risk of acting on suicidal feelings
 - Always assess the availability or access to firearms
 - Identify any other potential methods or plans to kill oneself
 - Collaboratively develop an action plan to make the environment safer
 - For firearms, consider:
 1. Asking a family member or friend, who would be authorized to possess a firearm, to remove it
 2. Locking the firearm and ammunition, separately, and giving the keys to a family member or friend
 - If doubt is expressed about limiting access:
 1. Assess pros and cons of having access to this method
 2. Brainstorm alternative ways of limiting access so that it is safer

3. REVIEW USE OF SAFETY PLAN (APPROX. 3 MINUTES)

- Review the steps of the safety plan with the individual and ask about the likelihood of using it
- Identify a location where it can be readily accessible
- Assess feasibility and trouble-shoot obstacles to using the safety plan intervention, in general
- Explain how the safety plan can be reviewed later to see how helpful it was for lowering risk and how it can be revised to be more effective
- Provide individuals with the safety plan and explain that a copy will be retained in their records
- Remind individuals that they can receive a copy should they want another one

Directions: This checklist is a guide when conducting follow-up visits after a Safety Plan has already been developed. The clinician should retrieve the last Safety Plan from the medical record.

1. **DO YOU REMEMBER THE LAST SAFETY PLAN YOU DEVELOPED?**

2. **HAVE YOU ACTUALLY USED YOUR SAFETY PLAN?**

3. **WAS THE SAFETY PLAN HELPFUL FOR PREVENTING YOU FROM ACTING ON YOUR SUICIDAL URGES? IF NOT, WHY NOT (SUCH AS FORGETTING TO USE IT, HOW TO USE IT, OR FINDING IT)?**

4. **HOW CAN THE SAFETY PLAN BE REVISED SO THAT IT WOULD BE MORE HELPFUL TO YOU? ARE THERE SPECIFIC STEPS THAT COULD BE IMPROVED (SEE EXAMPLE QUESTIONS BELOW)?**

WARNING SIGNS:	<input type="checkbox"/> Can the warning signs be changed or revised to be more specific so that you will remember to use it? <input type="checkbox"/> Can you review the Safety Plan on a regular basis so that you will remember to use it? <input type="checkbox"/> Can the Safety Plan be placed somewhere so that it is more visible and serve as a reminder to use it?
INTERNAL COPING STRATEGIES:	<input type="checkbox"/> Are there new internal coping strategies that would be more effective or more feasible distractors? <input type="checkbox"/> Are there any coping strategies listed on your Safety Plan that should be removed because they weren't that helpful?
SOCIAL CONTACTS AND SOCIAL SETTINGS:	<input type="checkbox"/> Are there new people or social settings that would be more effective or feasible distractors? <input type="checkbox"/> Are there some people or social settings listed on your Safety Plan that should be removed because they weren't that helpful?
SOCIAL SUPPORT FOR HELP WITH CRISES:	<input type="checkbox"/> Are there other family members or friends who should be added? <input type="checkbox"/> Are there people listed on your Safety Plan who should be removed because they were unhelpful or unavailable?
PROFESSIONALS AND AGENCIES:	<input type="checkbox"/> Are there other professionals or agencies that should be added or removed? <input type="checkbox"/> Were there any problems you experienced when you tried to contact a professional or agency for help?
MAKING THE ENVIRONMENT SAFER:	<input type="checkbox"/> Have you been able to make the environment safer by removing or restricting access to anything that could be potentially harmful to you? <input type="checkbox"/> Do you currently have access to a firearm? <input type="checkbox"/> Is there anything else that could be done to make your environment safer?
USING THE SAFETY PLAN:	<input type="checkbox"/> Was the location where you kept the Safety Plan helpful or convenient for you? <input type="checkbox"/> Is there a better place that you could keep it?