Youth Suicide Prevention

Family Centered Safety Planning

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Objectives

- Describe the components of a comprehensive Suicide Safety and Soothing Plan and a Family Centered Safety Plan (including reducing access to lethal means)

- Learn strategies to (accurately) increase parents’ and caregivers’ confidence in keeping their children safe following hospital intervention or to prevent hospital intervention.

- Increase knowledge of available community resources to support youth and family members

- Learn strategies to implement Living Ideation Safety Plans to stabilize youth in their homes and community
Our Therapeutic Responsibility

- Explore our own preconceptions of suicidality and how they impact our interventions
- Meet clients where they are rather than where we think they should be
- Manage our own fears and anxiety around client suicidality
- Develop a strategic therapeutic plan including supportive clinical resources
Local Trends

- Very limited access to hospital-based crisis stabilization (only ER for children under 12)

- Youth (and their family members) who are admitted to local Emergency departments often stay until a bed is available at residential tx, outside of the County, or outside of the State

- Families often report they could keep their child safe at home if they had the guidance and support needed to do so effectively

- Youth with prior hospital experience often refuse to return (and do so in a variety of ways)
The Suicide Continuum

How it seems

How it is
How Do You Know?

Suicidal Ideation

“I have no reason to live”

“Life has no meaning”

Living Ideation

Friendship

Health

Animals
Youth Focused Living Ideation Safety Plan

1. Mindset and outlook
   - **NOW**
     - What’s it like to be you?
     - What are you feeling?
     - What are you thinking about?
     - What are you doing?
   - **FUTURE**
     - What’s it like to be you?
     - What are you feeling?
     - What are you thinking about?
     - What are you doing?

2. What helps you feel better?
   - What is calming?
   - What activity could you do right now?
   - What could you do for someone else right now?
   - What can you do to change this moment?

3. Helpful people and places
   - Name: _________________________________________________________________
   - Name: _________________________________________________________________
   - Place: __________________________________________________________________
   - Place: __________________________________________________________________

4. Who will help you right now?
   - Name____________________________ Phone#_______________________________
   - Name____________________________ Phone#_______________________________

5. Make new moments (Document responses)
   - What is a small activity or comfort that you have access to?
   - Will you agree to do the small activity that brings comfort?
   - Will you call your loved one and spend time with him or her?
   - Can we talk at 8:00 a.m. tomorrow morning to continue our conversation?
   - Can I look forward to seeing you at our next appointment?

6. Name three people/things that are worth living for?
## Our Family’s Care and Soothing Plan

**Date:**

**Family Participants:**

### Caregiver Support System

<table>
<thead>
<tr>
<th>Names and Contact Info</th>
<th>Support Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family and Friends</td>
<td></td>
</tr>
<tr>
<td>Other Caregivers with Experience</td>
<td></td>
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<tr>
<td>Child’s Trusted Adult at School</td>
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</tbody>
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### Home Environment

- **Decreased access to Lethal Means**
- **Phones, Social Media, other digital content safety and privacy**

### Living Ideation

<table>
<thead>
<tr>
<th>What your family will do that promotes affiliation/connections</th>
<th>What your family will do that promotes achievements</th>
<th>What your family will do that promotes non-painful emotional experiences</th>
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</thead>
</table>

### Caregiver Information and Resources

<table>
<thead>
<tr>
<th>Information Resources</th>
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<tbody>
<tr>
<td>Living Ideation for yourself (Mental Health Self-Care)</td>
</tr>
<tr>
<td>Living Ideation with your child (Connect with Your Teen)</td>
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</tbody>
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### If we need more help soon
If we need more help immediately
If we are having a medical emergency

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What Questions Do You Have?

What Next?

- Connect with Your Teen
- Create and Nurture our consultation groups
- Learn about resources for us and for families
Thank You

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