



# Youth Suicide Prevention

Family Centered Safety Planning

Dr. Steve Nicholas, MFT, NCC  
Jacquelyn Kleinedler, MFT, NCC

# 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

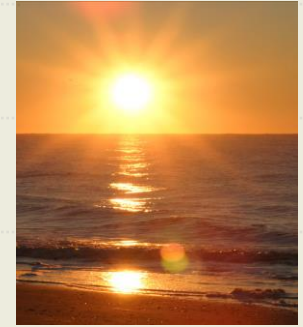
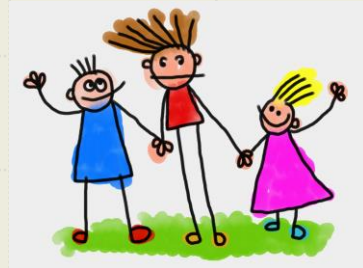
How it seems

How it is



# How Do You Know?

Suicidal Ideation



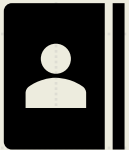
"I have no reason to live"

"Life has no meaning"



Living Ideation

# Youth Focused Living Ideation Safety Plan



## 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?

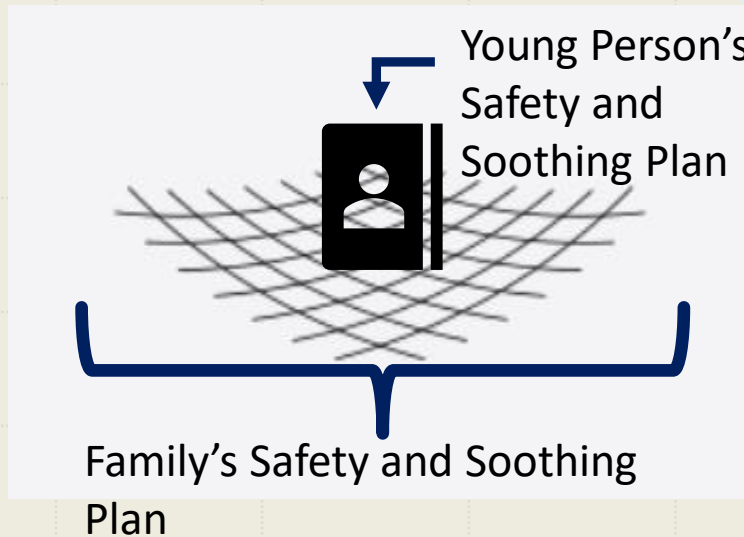
- Name \_\_\_\_\_ Phone# \_\_\_\_\_
- Name \_\_\_\_\_ Phone# \_\_\_\_\_

### 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?




# Family Centered Safety Planning



Communi

## Our Family's Care and Soothing Plan

Date: \_\_\_\_\_ Family Participants: \_\_\_\_\_

 Caregiver Support System			
	Names and Contact Info	Support Plan	
Family and Friends			
Other Caregivers with Experience			
Child's Trusted Adult at School			
 Home Environment			
Decreased access to Lethal Means			
Phones, Social Media, other digital content safety and privacy			
Living Ideation Activities	What your family will do that promotes affiliation/connections	What your family will do that promotes achievements	What your family will do that promotes non painful emotional experiences
 Caregiver Information and Resources			
Living Ideation for yourself (Mental Health Size Up)			
Living Ideation with your child (Connect with Your Teen)			
Information Resources			

If we need more help soon \_\_\_\_\_

If we need more help immediately \_\_\_\_\_

If we are having a medical emergency \_\_\_\_\_





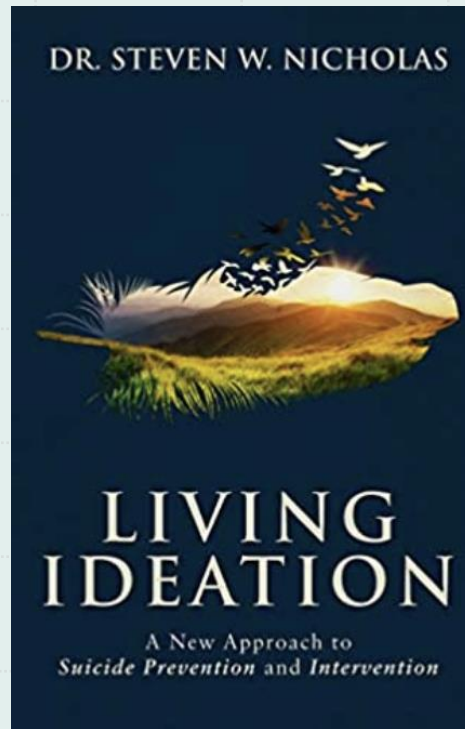
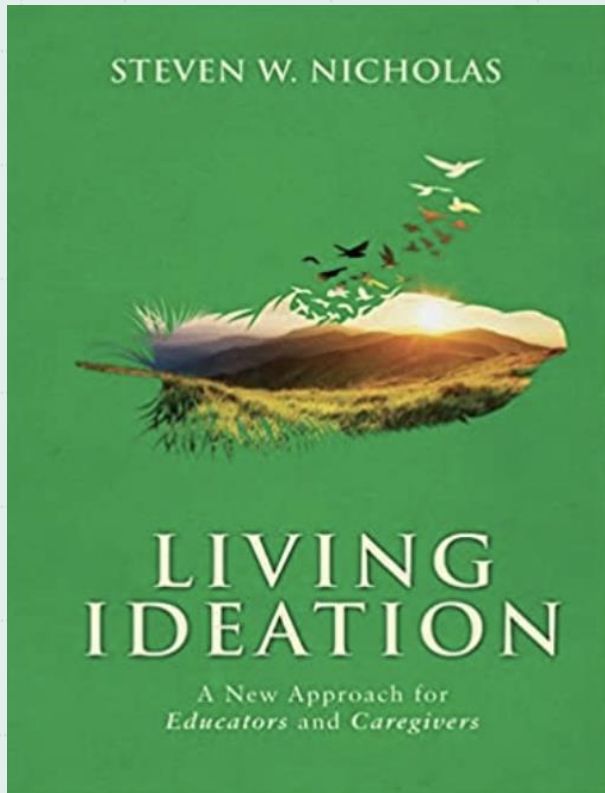
# What Questions Do You Have?

## 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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Steve Nicholas

[swnicholas@gmail.com](mailto:swnicholas@gmail.com)

Jacquelyn Kleinedler

[jacquelynkleinedler@gmail.com](mailto:jacquelynkleinedler@gmail.com)