

Suicide Safety Plan

Our Goal - Zero Harm

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Community Need Statement

The Safety Plan is created for patients who are discharged from medical settings, such as the Waterfront Recovery Center. Creating a safety plan for patients recovering from substance use disorder is crucial to ensure the patients to not repeat their same past behavior or come across feelings of suicide. Before patients are discharged they have an opportunity to sit down one-on-one with a clinician to fill out their safety plan. For patients leaving it is imperative for the safety plan to include names, addresses, phone numbers, and/or locations for support groups or other agencies the client can easily access.

Dr. Ruby Bayan was willing to brainstorm with us to create a safety plan that is able to help reduce the risk of future harm to the client. Finding ways the patients can prevent future crises and have a quick and easy resource to help prevent that. We worked together to create a plan that was easy to read, easy to follow and does not overwhelm the patient should they be experiencing a crisis.

Our safety plan aims for reducing factors that may increase the risk of repeating harmful behaviors and suicide. With implementing our safety plan, we hope to limit the risk of repeating substance use because clients have their two page packet to look at and utilize their plan they put together. Along with their plan there is a page of resources and hotline numbers past patients can use to keep themselves safe and sober.

Theoretical Issues

Core Practice Model Framework based on Biological Theories, Psychodynamic Theories, Cognitive-Behavioral Theories, and Developmental/Systems Etiologies.

- Trauma Informed Practice Approach
- Stress and Coping Theory
- Social Learning Theory
- Behavioral Choice Theory
- Strength-Based

Acknowledgements

- Dr. Ruby Bayan and Staff at Waterfront Recovery Services
- Cal Poly Social Work Department Faculty and Staff



Credibility Statement

- 18 months at St. Joseph Hospital
- 8 months with Childwelfare Services (CWS)
- Bachelor of Arts Psychology
- Bachelor of Social Work (BSW)
- 10 years in the mental and behavioral health field.

Method

- Utilize Current Resources.
- Reviewed Existing Research and Information.
- Compile Recommended Best Practices in the Safety Plan and Implement.
- Conducted Direct Conversations with Dr. Ruby Bayan.
- Directing Staff Awareness of the Safety Plan.

Deliverable

- Our finished and finalized copy of the suicide safety plan to Dr. Ruby Bayan.
- Conducting a well in-depth training of the safety plan to all staff members.
- Give presentation to current patients.
- Waterfront Recovery Services will implement safety plan as part of patient discharge.

References

Van Orden, K. A., Witte, T. K., Cukrowicz, K. C., Braithwaite, S. R., Selby, E. A., & Joiner, T. E. (2010). The interpersonal theory of suicide. *Psychological Review*, 117(2), 575-600. <https://doi.org/10.1037/a0018697>